

July 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
July Culture Topic: Bringing Generations Together * Our mission is our reason for being and the touchstone we turn to for inspiration while caring for families, residents, and each other. * Bringing people together from different generations allows sharing of wisdom, skills, and life lessons. * Intergenerational friendships contribute to stronger and more connected communities. * Spending time with people from different age groups encourages empathy and understanding. This leads to more compassionate and inclusive communities.			9:00 Total Body Strength w/ Kathryn (CP) 1 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Orientation Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 6:00 Movie: Hacksaw Ridge 2h 19m (LH)	10:00 Balance for Beginners w/Kathryn (CP) 2 12:00 Floor Stretch Class w/ Kathryn (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 3:00 Tai Chi/ Qigong (CP) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 3 9:00 Shopping: Walgreens & Vallarta (RA) 10:00 Chair Yoga w/ Kathryn (CP) 3:00 Spirituality Book Discussion Group (L) 6:00 Shabbat Service on YouTube (HC)	10:00 Shuffleboard & Games (CP) 4 1:00 Death Reflection Group (L) 2:00 4th Of July 250th Year Celebration Ice Cream Social w/ Sentimental Journey (Plaza 1st fl.) 3:00 Movie: The Boroughs EP. 1 56m (LH) 4:00 PV Preachers & Prayer (HC)	
8:30 Bus to First United Methodist Church Mission Valley (RA) 5 9:00 Walking Club: Harbor Island(RA) 9:30 Eastlake Church Service(LH) 10:30 Eastlake Church Coffee Social(AD) 11:30 Catholic Mass (LH) 3:00 Movie: The Boroughs EP.2 50m(LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 6 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 10:30 Lunch: Point Loma Seafood(RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Diabetes Support Group(Palms 1st fl.) 2:00 Shopping: Food 4 Less nc (RA) 3:00 Men's Discussion Group (L) 6:30 BYOB w/ Bayou Brothers (AD)		9:00 Dynamic Balance w/ Kathryn (CP) 7 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 8 10:00 Cardio Workout w/ Kathryn (CP) 10:30 Cell Phones 1.0 Basics (AD) 12:00 New Resident Club Paradise Orientation (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart H St CV (RA) 1:30 Cell Phone 1:1 Tutorial (CR) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 6:00 Movie: The Patriot 2h 45m (LH)	10:00 Balance for Beginners w/Kathryn (CP) 9 12:00 Floor Stretch Class w/ Kathryn (CP) 1:00 Community Wide Resident Meeting (LH) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 DOC:Declaration of Independence Today (L) 1:30 Shopping: Dollar Tree (RA) 6:00 Shabbat Service on YouTube (HC)	10:00 Shuffleboard & Games (CP) 11 10:30 Alzheimer's Caregiver Support Group(L) 11:00 Book Club (BR) 11:00 Stronger-U Stretch w/ Jazmine (CP) 2:00 PV Choir Concert(LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 12 9:30 Eastlake Church Service(LH) 10:00 Stronger-U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 1:00 Old Globe Northwest Showing(RA) 3:00 Movie: The Boroughs EP.3 40m (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 13 9:30 Shopping: Costco H Street (RA) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target Plaza Bonita (RA) 3:00 Men's Discussion Group (L) 6:00 Better Together Film Festival: A Binding Truth 57 mins(LH)		9:00 Dynamic Balance w/ Kathryn (CP) 14 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 3:00 Life- Enriching Ideas to Discuss & Use (L) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 15 10:00 Cardio Workout w/ Kathryn (CP) 10:30 Cell Phones 1.0 Basics (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 1:30 Cell Phone 1:1 Tutorial (CR) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 2:00 Script in-Hand Players(LH) 6:00 Better Together Film Festival: Breaking the Cycle 1hr 44min(LH)	10:00 Balance for Beginners w/Kathryn (CP) 16 10:30 Women's Friendship Group Luncheon (LH & AD) 12:00 Floor Stretch Class w/ Kathryn (CP) 1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 17 10:00 Chair Yoga w/ Kathryn (CP) 6:00 Shabbat Service on YouTube (HC) 6:30 Birthday Happy Hour w/ Double Take (AD)	9:00 Walking Club: Shelter Island(RA) 18 10:00 Shuffleboard & Games (CP) 2:00 Singalong(Plaza 1st Fl.) 3:00 Movie: The Boroughs EP.4 49m (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 19 9:30 Eastlake Church Service(LH) 10:30 Shopping: Fashion Valley Mall(RA) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 3:00 Movie: The Boroughs EP.5 43m (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping: NEX & Commissary North Island (RA) 20 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Food 4 Less nc (RA) 6:00 Movie: Father of the Bride Pt.1 1h 45m(LH)		9:00 Dynamic Balance w/ Kathryn (CP) 21 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 5:30 Free Concert Balboa Park Jazz Orchestra (RA) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 22 10:00 Cardio Workout w/ Kathryn (CP) 12:30 FREE Art Project Pt. 1 (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 6:00 Movie: Father of the Bride PT. 2 1h 46m(LH)	10:00 Balance for Beginners w/Kathryn (CP) 23 12:00 Floor Stretch Class w/ Kathryn (CP) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 24 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Terra Nova Plaza (RA) 6:00 Shabbat Service on YouTube (HC)	10:00 Shuffleboard & Games (CP) 25 10:30 Alzheimer's Caregiver Support Group(L) 10:30 NC Community Market (RA) 11:00 Stronger-U Stretch w/ Jazmine (CP) 12:30 FREE Art Project Pt. 2 (AD) 3:00 Movie: The Boroughs EP.6 (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 26 9:30 Eastlake Church Service(LH) 10:00 Stronger-U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 3:00 Movie: The Boroughs EP. 7-8 1hr 20m (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 27 9:30 Shopping: Costco H Street (RA) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Walmart Nc(RA) 3:00 Men's Discussion Group (L) 6:00 Movie: The Great Gatsby 2h23m(LH)		9:00 Dynamic Balance w/ Kathryn (CP) 28 10:00 Beginners Watercolor Class (AS) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 3:00 Life Enriching Ideas to Discuss & Use (L) 4:30 Dinner: Italianissimo Trattoria(RA) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 29 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 6:00 Movie: I.S.S 1h 36m (LH)	10:00 Balance for Beginners w/Kathryn (CP) 30 10:00 Lysa From Intoxicakes(Plaza) 12:00 Floor Stretch Class w/ Kathryn (CP) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 31 9:00 Shopping: Walmart H St CV (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Grocery Outlets& Dollar Tree 2:00 Norman Park Singing Seniors (LH) 6:00 Shabbat Service on YouTube (HC)	Activities are Subject to Change