

June 2023

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Balance for Beginners (CP) 12:30 Water Walk Workout w/ Kathryn (CP) 1:00 AgeStrong Lawn Party (HPP) 1:00 Pinochle (Pn. 3rd Fl.) 2:00 PV Drama Club (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Sagittarius: Archer in the Sky (LH)	2 9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 AgeStrong Health Fair (AD) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping 99 Cent Store National City (RA) 2:00 Humana Presentation: (BR) 2:00 Humana Presentation: Healthy Sleep (BR) 6:30 Dartball (CP)	3 9:00 Walking Club: Liberty Station (RA) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: The Mind Explained Series. Memory; Dreams & Anxiety 1 hr. (LH)
4 9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: House of Gucci 2 hr. 37 min. (LH)	5 9:00 Total Body Strength (CP) 9:30 Shopping: Costco on H Street in Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Plaza Bonita Mall (RA) 2:00 Movie: Being the Ricardos 2 hr. 5 min. (LH) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Sing-a-Long Karaoke w/ Aileen (AD)	6 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout (CP) 2:00 Movie: The Aeronauts 1 hr. 41 min. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	7 9:00 Total Body Strength (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: NC Food for Less (RA) 6:30 Evening Worship (HC)	8 10:00 Balance for Beginners (CP) 12:30 Water Walk Workout w/ Kathryn (CP) 1:00 Pinochle (Pn. 3rd Fl.) 1:30 Resident Council Meeting (LH) 2:30 PV Drama Club (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9 9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: NC Walmart 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	10 10:00 Sound Therapy (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Walking Club: Balboa Park (RA) 2:00 Documentary: The Mind Explained Series, Mindfulness; Psychedelics & How to Focus (LH)
11 9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:30 San Ysidro Outlets & Lunch (RA) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: Air 1 hr. 52 min. (LH)	12 9:00 Total Body Strength (CP) 10:00 Balance Class w/ Kathryn (CP) 11:00 Lunch at Old Spaghetti Factory \$\$ (RA) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:30 Resident & Staff Talent Show Rehearsal (LH) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 2:30 Shopping: Walgreens & Vallarta (RA) 7:00 BYOB Sing-a-Long Karaoke w/ Aileen (AD)	13 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout (CP) 2:00 Resident & Staff Talent Show (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	14 9:00 Total Body Strength (CP) 10:00 Cardio Workout w/ Kathryn (CP) 12:30 Club Paradise New Resident Orientation (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 6:30 Evening Worship (HC)	15 10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Water Walk Workout w/ Kathryn (CP) 1:00 Pinochle (Pn. 3rd Fl.) 1:30 Ambassador Meeting (L) 2:00 PV Drama Club (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	16 9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: Vons in Bonita (RA) 2:00 Humana Presentation: (BR) 2:00 Humana Presentation: Eating Healthy When Eating Out (BR) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball (CP)	17 9:00 Walking Club: Shelter Island (RA) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: The Mind Explained, Teenage Brain; Personality & Creativity 1 hr. 7 min. (LH)
18 9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:50 Catholic Confessions (HC) 11:00 Father's Day Brunch (PC) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: Hillbilly Elegy 1 hr. 56 min. (LH)	19 9:00 Total Body Strength (CP) 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Dollar Tree Store National City (RA) 2:00 Movie: Life of Pi 2 hr. 5 min. (LH) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Social w/ Rhythm Express (AD)	20 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 10:30 Drama Club Rehearsal (LH) 12:30 Hula Hoop Chair Workout (CP) 12:30 National City Book Club Outing (RA) 2:00 Movie: Enchanted 1 hr. 48 min. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	21 9:00 Total Body Strength (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 Resident Volunteer Luncheon: "PV Thinks You're One in a Melon" (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 FREE June Art Project Pt. 1 (AD) 1:30 Shopping: Walmart H. Street Chula Vista (RA) 2:00 Drama Club Presents: The Village Players Performance (LH) 6:30 Evening Worship (HC)	22 10:00 Balance for Beginners (CP) 12:30 Water Walk Workout w/ Kathryn (CP) 1:00 Pinochle (Pn. 3rd Fl.) 2:00 Drum Circle w/ Minnie (CP) 2:00 PV Drama Club (LH) 4:00 BINGO (AD) 5:30 Twilight in the Park FREE Concert: San Diego Concert Band (RA) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	23 9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: NC Food for Less (RA) 6:30 Dartball (CP)	24 10:00 Sound Therapy (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Walking Club: Embarcadero Park (RA) 1:30 FREE June Art Project Pt. 2 (AD) 2:00 Documentary: The Power of Play: The Unexpected Truth about Play in Nature 52 min. (LH)
25 9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 1:00 Resident Council Wine Tasting Fundraiser (AD) 2:00 Asian Mah Jong (Mg. 5th Fl.)	26 9:00 Total Body Strength (CP) 9:30 Shopping: Target at Plaza Bonita (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Movie: Jack 1hr. 53 min. (LH) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB: Double Take (AD)	27 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout (CP) 2:00 Movie: BIG 1 hr. 44 min. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 5:00 Dinner at Supanee House of Thai \$\$ (RA) 6:30 Dartball (CP)	28 9:00 Total Body Strength (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: NC Walmart 2:00 Movie: Shutter Island 2 hr. 18 min. (LH) 6:30 Evening Worship (HC)	29 10:00 Balance for Beginners (CP) 12:30 Water Walk Workout w/ Kathryn (CP) 2:00 PV Drama Club (LH) 4:00 BINGO (AD) 5:30 Twilight in the Park FREE Concert: Charlie Chavez y su Afrotruko 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	30 9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: Walgreens & Vallarta (RA) 2:00 Humana Presentation: Sneaky Sodium (BR) 6:30 Dartball (CP)	Activities are Subject to Change. Club Paradise Ext: 48116