

June 2025

The Plaza Vitality Calendar

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                | Monday                                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                             | Saturday                                                                                                                                                                                                             |
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| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:00 Silver Gate Yacht Club Regatta Boat Trip (RA)<br>9:30 Eastlake Church Service (LH)<br>10:00 Stronger U Cardio w/ Jazmine (CP)<br>11:30 Catholic Mass (LH)<br>3:00 The Best of Ted Talk & Discussion w/ Resident Paul Friedman (BR)<br>4:00 Asian Mahjong (Mg. 5th Fl.)                                                          | 19:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>10:30 Lunch at IB Forum Sports Bar & Grill (RA)<br>1:30 Scrabble Enthusiasts (BR)<br>2:00 Shopping: NC Food for Less (RA)<br>6:00 Movie: The Zookeeper's Wife 2 hrs. & 7 mins. (LH) | 10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>1:00 PV Choir Rehearsal (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>3:00 BINGO (AD)<br>6:00 Dartball (CP)                                                                                                   | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 New Resident Orientation/Social (AD)<br>1:00 Bridge (Pines 5th Fl. Parlor)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Costco & Walmart on H Street in Chula Vista (RA)<br>2:00 Make 'Em Laugh: The Best of American Comedy Series & Discussion w/ Paul Friedman (BR)<br>2:00 Parkinson's Support Group (L)<br>5:30 Movie: The Body Guard 2 hrs. 9 mins. (LH)                                                                                                                                                                                                                                                                                      | 9:00 Water Aerobics Workout w/ Kathryn (CP)<br>10:00 Balance for Beginners (CP)<br>1:30 Let's Write (AS)<br><del>3:00 BINGO (AD)</del><br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                                                        | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:30 Shopping: Dollar Tree (RA)                  | 10:00 Shuffleboard & Games (CP)<br>2:00 NO Documentary<br>3:00 Sip & Reflect (L)                                                                                                                                     |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:00 Anglican Church Service (HC)<br>9:30 Eastlake Church Service (LH)<br>11:30 Catholic Mass (LH)<br>2:00 Shem Suasi Piano Recital (LH)<br>3:00 The Best of Ted Talk & Discussion w/ Resident Paul Friedman (BR)<br>4:00 Asian Mahjong (Mg. 5th Fl.)                                                                                | 99:00 Shopping: NC Walmart (RA)<br>9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>1:30 Scrabble Enthusiasts (BR)<br>1:30 Shopping: Walgreens & Vallarta (RA)<br>7:00 June Resident Birthday Party w/ The Bayou Brothers (AD)        | 10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>1:00 PV Choir Rehearsal (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>3:00 BINGO (AD)<br>6:00 Dartball (CP)                                                                                                   | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>12:30 Club Paradise New Resident Orientation (CP)<br>12:30 FREE Art Project Pt. 1 (AD)<br>1:00 Bridge (Pines 5th Fl. Parlor)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>2:00 Make 'Em Laugh: The Best of American Comedy & Discussion w/ Paul Friedman (BR)<br>5:00 Sound Therapy (CP)<br>5:30 Movie: Misery 1 hr. 47 mins. (LH)                                                                                                                                                                                                                                                             | 10:00 Balance for Beginners (CP)<br>10:30 Balboa Park: Birds of Paradise Dance Lessons & Dance (RA)<br>12:30 Pilates w/ Kathryn (CP)<br>1:00 Resident Council Meeting (LH)<br>3:00 BINGO (AD)<br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                 | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:30 Shopping: Nex & Commissary North Island (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:30 Shopping: Vons in Bonita (RA)                                    | 9:00 Walking Club: Sweetwater Park (RA)<br>10:00 Shuffleboard & Games (CP)<br>11:00 Stronger U Stretch w/ Jazmine (CP)<br>12:30 FREE Art Project Pt. 2 (AD)<br>2:00 Documentary: Kangaroo Valley 1 hr. 16 mins. (LH) |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:00 Shopping: Vons in Bonita (RA)<br>9:30 Eastlake Church Service (LH)<br>10:00 Stronger U Cardio w/ Jazmine (CP)<br>10:30 Father's Day BBQ (PC)<br>11:30 Catholic Mass (LH)<br>12:30 Catholic Confessions (HC)<br>1:00 Walking Club: Rohr Park (RA)<br>2:00 HollyGrinns Jazz Trio Concert (LH)<br>4:00 Asian Mahjong (Mg. 5th Fl.) | 9:00 Total Body Strength w/ Kathryn (CP)<br>9:30 Shopping: Costco & Walmart on H Street in Chula Vista (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>1:30 Scrabble Enthusiasts (BR)<br>1:30 Shopping: Target at Plaza Bonita (RA)<br>7:00 BYOB w/ Double Take (AD)     | 10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>1:00 PV Choir Rehearsal (LH)<br>2:00 Performance by "Single Fin" (A)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>3:00 BINGO (AD)<br>5:30 FREE Balboa Park "American Fly Boys" Concert (RA)<br>6:00 Dartball (CP) | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>1:00 Bridge (Pines 5th Fl. Parlor)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA)<br>2:00 Make 'Em Laugh: The Best of American Comedy & Discussion w/ Paul Friedman (BR)<br>2:00 Parkinson's Support Group (L)<br>5:30 Movie: The Inn of the Sixth Happiness 2 hrs. 38 mins. (LH)                                                                                                                                                                                                                                                                                                                   | <del>9:00 Water Aerobics Workout w/ Kathryn (CP)</del><br><del>10:00 Balance for Beginners (CP)</del><br>10:30 Women's Friendship Group Luncheon (LH & AD)<br>1:00 Ambassador Meeting (BR)<br>3:00 BINGO (AD)<br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.) | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:30 Shopping: Grocery Outlet & Dollar Tree (RA) | 10:00 Shuffleboard & Games (CP)<br>2:00 Saturday Hangout w/ Etta Bell on Piano (A)<br>3:00 Documentary: The Quilters 34 mins. (LH)                                                                                   |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:00 Anglican Church Service (HC)<br>9:30 Chula Vista Farmer's Market Outing (RA)<br>9:30 Eastlake Church Service (LH)<br>11:30 Catholic Mass (LH)<br>3:00 The Best of Ted Talk & Discussion w/ Resident Paul Friedman (BR)<br>4:00 Asian Mahjong (Mg. 5th Fl.)                                                                      | 9:00 Shopping: Terra Nova Plaza (RA)<br>9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>1:30 Scrabble Enthusiasts (BR)<br>1:30 Shopping: Goodwill Store H Street CV (RA)<br>5:30 Movie: Calendar Girls 1 hr. 48 mins. (LH)           | 10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>1:00 PV Choir Rehearsal (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>3:00 BINGO (AD)<br>6:00 Dartball (CP)                                                                                                   | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>1:00 Bridge (Pines 5th Fl. Parlor)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>2:00 Health Talk w/ AgeSTRONG (LH)<br>5:00 Sound Therapy (CP)<br>5:30 Movie: Sully 1 hr. 36 mins. (LH)                                                                                                                                                                                                                                                                                                                                                                                                         | 10:00 Balance for Beginners (CP)<br>12:30 Pilates w/ Kathryn (CP)<br><del>3:00 BINGO (AD)</del><br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                                                                                               | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:00 Shopping: NC Walmart (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:30 Shopping: NC Food for Less (RA)                                                     | 10:00 Shuffleboard & Games (CP)<br>11:00 Stronger U Stretch w/ Jazmine (CP)<br>1:00 Little Dresses Project (BR)<br>2:00 Westminster Orchestra Patriotic Concert (LH)<br>4:00 PV Preachers and Prayer (HC)            |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:30 Eastlake Church Service (LH)<br>10:00 Stronger U Cardio w/ Jazmine (CP)<br>11:30 Catholic Mass (LH)<br>1:00 Walking Club: Tidelands Park Coronado (RA)<br>3:00 The Best of Ted Talk & Discussion w/ Resident Paul Friedman (BR)<br>4:00 Asian Mahjong (Mg. 5th Fl.)                                                             | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>10:30 Lunch at La Parc & Bistro (RA)<br>1:30 Scrabble Enthusiasts (BR)<br>2:00 Shopping: Walgreens & Vallarta (RA)<br>5:30 Movie: Captain Phillips 2 hrs. 23 mins. (LH)              | <div><div>HAPPY</div><div>Father's</div><div>DAY</div></div>                                                                                                                                                                                                                                                                          | June Culture Topic: Alzheimer's & Brain Health Month<br>+ June is Alzheimer's & Brain Awareness Month, a global initiative that aims to raise awareness, inspire action, and encourage conversation about Alzheimer's disease and other forms of dementia. The month gives us an opportunity to learn about the impact of these conditions, how to support those affected, and ways to promote brain health.<br>Ideas to Keep Our Brains Healthy:<br>+ Sleep! Aim for seven hours a night. Avoid alcohol, caffeine, and screens before bedtime.<br>+ Exercise increased blood flow to the brain. Try walking, dancing, or gardening.<br>+ Stay social. Connecting with others is healthy for our brains.<br>+ Challenge your brain by learning new things. |                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                    |                                                                                                                                                                                                                      |