

June 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:00 Walking Club: Imperial Beach Pier (RA) 10:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 1:00 Bridge (Pn. 5th FL.) 2:00 Documentary: Rather 1 hr. 34 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor) 1
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass w/ Fr. Dominique (LH) 2:00 Asian Mahjong (Mg. 5th FL.) 2:00 Movie: Madame Web 1 hr. 57 mins. (LH) 2	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 10:30 Lunch at Point Loma Seafood \$\$ (RA) 1:00 Bridge (Pn. 5th FL.) 1:30 Art Group (AS) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Walgreens & Vallarta (RA) 5:30 Movie: One Love 1 hr. 47 mins. (LH) 3	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Movie: Out of Africa 2 hrs. 40 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd FL.) 3:00 BINGO (AD) 6:30 Dartball (CP) 4	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Social (AD) 1:00 Bridge (Pn. 5th FL.) 1:00 Hollywood Canasta (Pn. 3rd FL.) 1:30 Shopping: NC Food for Less (RA) 2:00 Parkinson's Support Group (L) 5:30 Movie: Rebel Moon Pt. 1 hrs. 16 mins. (LH) 6:30 Evening Worship (HC) 5	10:00 Balance for Beginners (CP) 12:30 Water Walker Workout w/ Kathryn (CP) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd FL.) 7:00 Armchair Astronomy: Analemmas: Figure Eights Sun Trails (LH) 6	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th FL.) 1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 6:30 Dartball (CP) 7	9:00 Walking Club: Mission Bay Park (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th FL.) 2:00 Documentary: The Volcano: Rescue from Whakaari 1 hr. 38 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor) 8
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:30 Viejas Outlet Mall Outing (RA) 11:30 Catholic Mass w/ Fr. Bethrand (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th FL.) 2:00 Movie: Anyone But You 1 hr. 43 mins. (LH) 9	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco on H Street in Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:00 Bridge (Pn. 5th FL.) 1:30 Art Group (AS) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 7:00 BYOB Social w/ Bayou Brothers (AD) 10	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Movie: The Swimmers 2 hrs. 15 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd FL.) 3:00 BINGO (AD) 6:30 Dartball (CP) 11	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 12:30 Club Paradise New Resident Orientation (CP) 1:00 Bridge (Pn. 5th FL.) 1:00 FREE At Project Pt. 1 (AD) 1:00 Hollywood Canasta (Pn. 3rd FL.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 5:30 Movie: Rebel Moon Pt. 2 2 hrs. 3 mins. (LH) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC) 12	10:00 Balance for Beginners (CP) 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd FL.) 13	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th FL.) 1:30 Shopping: Vons in Bonita (RA) 6:30 Dartball (CP) 14	9:00 Walking Club: Tidelands Park Coronado (RA) 10:00 Shuffleboard & Games (CP) 11:00 StrongerU Stretch w/ Jazmine (CP) 1:00 Bridge (Pn. 5th FL.) 1:00 FREE Art Project Pt. 2 (AD) 2:00 Documentary: Remembering Gene Wilder 1 hr. 32 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor) 15
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 10:50 Catholic Confessions (HC) 11:00 Father's Day BBQ (PC) 11:30 Catholic Mass w/ Fr. Bethrand (LH) 2:00 Asian Mahjong (Mg. 5th FL.) 2:00 Movie: Father of the Bride 1 hr. 45 mins. (LH) 16	9:00 Shopping: South Bay Market Place (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:00 Bridge (Pn. 5th FL.) 1:30 Art Group (AS) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill Store H Street CV (RA) 7:00 BYOB Social w/ Double Take (AD) 17	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 12:30 National City Book Club Outing (RA) 2:00 Movie: Megan Leavey 1 hr. 56 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd FL.) 3:00 BINGO (AD) 4:30 Dinner at Miguel's Cocina in Coronado \$\$ (RA) 6:30 Dartball (CP) 18	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th FL.) 1:00 Hollywood Canasta (Pn. 3rd FL.) 1:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Parkinson's Support Group (L) 5:30 Movie: The Long Game 1 hr. 52 mins. (LH) 6:30 Evening Worship (HC) 19	10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Water Walker Workout w/ Kathryn (CP) 1:30 Ambassador Meeting (L) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd FL.) 20	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: NC Walmart 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th FL.) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball (CP) 21	9:00 Walking Club: Shelter Island (RA) 10:00 Shuffleboard & Games (CP) 11:00 StrongerU Stretch w/ Jazmine (CP) 1:00 Bridge (Pn. 5th FL.) 1:00 Little Dresses Project (BR) 2:00 Documentary: Black Barbie 1 hr. 40 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor) 22
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Living Coast Discovery Center Outing (RA) 10:00 StrongerU Cardio w/ Jazmine (CP) 11:30 Catholic Mass w/ Fr. Dominique (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th FL.) 2:00 Movie: Dark Water 2 hrs. 7 mins. (LH) 23	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:00 Bridge (Pn. 5th FL.) 1:30 Art Group (AS) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: NC Food for Less (RA) 7:00 BYOB Social w/ Rhythm Express (AD) 24	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Movie: Greater 2 hrs. 10 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd FL.) 3:00 BINGO (AD) 5:30 Twilight in the Park Kearny Mesa Concert Band (RA) 6:30 Dartball (CP) 25	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th FL.) 1:00 Hollywood Canasta (Pn. 3rd FL.) 1:00 Shopping: Walmart H. Street Chula Vista (RA) 5:30 Movie: Greater 2 hrs. 10 mins. (LH) 6:30 Evening Worship (HC) 26	10:00 Balance for Beginners (CP) 12:30 Pilates w/ Kathryn (CP) 2:00 Drum Circle w/ Minnie (CP) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (BR) 5:00 Liz & Dick Shigley's 65th Anniversary Celebration (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd FL.) 27	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: South Bay Market Place (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th FL.) 1:30 Shopping: Terra Nova Plaza (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC) 28	9:00 Walking Club: Embarcadero San Diego (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th FL.) 2:00 Documentary: Quincy 2 hrs. 4 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor) 29
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass w/ Fr. Dominique (LH) 1:00 FREE National Youth Choral Festival Concert in Balboa (RA) 2:00 Asian Mahjong (Mg. 5th FL.) 2:00 Movie: A Family Affair (LH) 30		June Culture Topic: PLAY! Play is fundamentally tied to our Generations mission ("Bringing generations together in the joy of living...") and values (Have Fun!) and is heavily influenced by our Founder, Wendell White. He even used to keep a paper in his wallet reminding him to have fun at work every single day!				Activities are Subject to Change.