


March 2023

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 Total Body Strength (CP) <b>1</b> 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.) 1:00 On-Line Senior University: The Longevity Divided & How Older Adults Can Be a Change Agent (BR) 1:00 Shopping: Vons in Bonita (RA) 2:00 Movie: All Quiet on the Western Front (Nominated Best Picture) (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) <b>2</b> 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 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: Pluto Demoted...and then there were eight (LH)	9:00 Advance Balance & Stabilize (CP) <b>3</b> 9:30 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 6:30 Dartball (CP)	9:00 Walking Club: Shelter Island (RA) <b>4</b> 10:00 SDSU/Osher Senior University Course: The Labyrinth of Personal & Collective Memory (LH) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Our Universe Episode 6: Force of Attraction 41 mins. (LH)
9:30 Eastlake Church Service (LH) <b>5</b> 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 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: True Spirit 2 hr. 24 mins. (LH)	9:00 Total Body Strength (CP) <b>6</b> 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.) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB: Double Take (AD)	10:00 On-Line Senior University: "Making Love in English:" The psychological impact of living in two languages (BR) <b>7</b> 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Movie: Matilda 1 hr. 42 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) <b>8</b> 10:00 Cardio Workout w/ Kathryn (CP) 10:00 On-Line Senior University: William Mulholland-The Controversial LA Aqueduct & the St. Francis Dam Disaster (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Club Paradise New Resident Orientation (CP) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: NC Food for Less (RA) 2:00 Movie: Selena 2 hr. 7 min. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) <b>9</b> 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 1:30 Resident Council Meeting (LH) 2:00 PV Drama Club (LH) 3:00 Barbie Presentation: National Barbie Day (AD) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) <b>10</b> 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) 1:00 Shopping: Vons in Bonita (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Tidelands Park Coronado (RA) <b>11</b> 10:00 SDSU/Osher Senior University Course: The Labyrinth of Personal & Collective Memory (LH) 1:00 Bridge (Pn. 5th Fl.) 2:00 Southwestern Choral Concert (LH)
9:30 Eastlake Church Service (LH) <b>12</b> 9:30 Shopping: Walmart H. Street Chula Vista (RA) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 4:30 95th Academy Awards 3 hrs. (LH)	9:00 Total Body Strength (CP) <b>13</b> 10:00 Balance Class w/ Kathryn (CP) 10:00 Lunch at DZ Akins (RA) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 2:00 Shopping: Walgreens & Vallarta (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Karaoke w/ Aileen (AD)	10:00 On-Line Senior University: "Making Love in English:" The psychological impact of living in two languages (BR) <b>14</b> 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Movie: Shrek 1 hr. 40 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) <b>15</b> 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 1:30 FREE Easter Art Project Pt. 1 (AD) 2:00 Movie: Frida 1 hr. 46 mins. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) <b>16</b> 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 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.)	9:00 Advance Balance & Stabilize (CP) <b>17</b> 9:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 St. Patrick's Day Themed Lunch (PC) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Dollar Tree Store National City (RA) 2:00 Rose Academy Irish Dancers (LH) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball (CP)	1:00 Bridge (Pn. 5th Fl.) <b>18</b> 1:30 FREE Easter Art Project Pt. 2 (AD) 2:00 Documentary: Wild Babies, 2 episodes: New Arrivals & Home Alone 1 hr. 2 mins. (LH)
9:30 Eastlake Church Service (LH) <b>19</b> 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:50 Catholic Confessions (HC) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: Guillermo del Toro's Pinocchio 1 hr. 54 mins. (LH)	9:00 Total Body Strength (CP) <b>20</b> 9:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: NC Food for Less (RA) 1:30 Grief Support Group (L) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners (CP) <b>21</b> 10:00 Tech Support (L) 12:30 National City Book Club Outing (RA) 12:30 NC Library Book Club (RA) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) <b>22</b> 9:30 A-1 Hearing Clinic (RRC) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Resident Council Corn Hole Tournament (AD) 1:00 Shopping: Target at Plaza Bonita (RA) 2:00 Movie: Night at the Museum 1 hr. 48 mins. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) <b>23</b> 1:00 On-Line Senior University: Behind the Law in the News (BR) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 2:00 Drum Circle w/ Minnie (CP) 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.)	9:00 Advance Balance & Stabilize (CP) <b>24</b> 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) 1:00 shopping: NC Walmart 6:30 Dartball (CP)	9:00 Walking Club: Imperial Beach Pier (RA) <b>25</b> 10:00 Senior University: Echos of Apollo: 50 + Years On (LH) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Wild Babies, 2 episodes: On the Move & Big Families 57 mins. (LH)
9:30 Eastlake Church Service (LH) <b>26</b> 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: Murder Mystery 1 hr. 37 mins. (LH)	9:00 Total Body Strength (CP) <b>27</b> 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping 99 Cent Store National City (RA) 1:30 Grief Support Group (L) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Karaoke w/ Aileen (AD)	10:00 Sit & Get Fit for Beginners (CP) <b>28</b> 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Movie: Snow White and the Seven Dwarfs 1 hr. 23 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 5:30 Dinner at Anthony's Fish Grotto (RA) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) <b>29</b> 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) 2:00 Movie: Night at the museum 2: Battle of the Smithsonian 1 hr. 45 mins (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) <b>30</b> 1:00 On-Line Senior University: Behind the Law in the News (BR) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 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.)	9:00 Advance Balance & Stabilize (CP) <b>31</b> 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Walgreens & Vallarta (RA) 6:30 Dartball (CP)	<b>Activities are Subject to Change. Club Paradise Ext: 48116</b>