

March 2025

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities are Subject to Change.						10:00 Shuffleboard & Games (CP) 1 11:00 Stronger U Stretch w/ Jazmine (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Saturday Documentary: You Are What You Eat: A TWin Experiment Ep. 4 60 mins. (LH)
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 (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 2	9:00 Total Body Strength w/ Kathryn (CP) 3 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 11:00 Lunch Outing Blue Water Seafood Market & Grill (RA) 1:00 Bridge (Pn. 5th Fl.) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: NC Food for Less (RA) 5:30 Monday Night Cinema: Heart of Champions 1 hr. 59 mins. (LH)	10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 4 10:00 Tech Support (L) 11:00 Special Mardi Gras Themed Lunch (PC) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 FREE Museum's at Balboa Park: Fleet Science Center, Railroad & Natural History Museums (RA) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 5 10:00 Cardio Workout w/ Kathryn (CP) 11:00 Ash Wednesday Service (LH) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: NC Walmart (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 5:30 Wednesday Night Cinema: Conclave 2 hrs. (LH)	10:00 Balance for Beginners (CP) 6 12:30 Water Walker Workout w/ Kathryn (CP) 1:30 Let's Write (AS) 2:00 Dartball (CP) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 7 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: Dollar Tree (RA)	9:00 Walking Club: Harbor Island (RA) 8 10:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Saturday Documentary: Dancing with Birds 51 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:00 Anglican Church Service (HC) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 9	9:00 Total Body Strength w/ Kathryn (CP) 10 9:30 Shopping: Costco & Walmart 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 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 7:00 March Resident Birthday Party w/ The Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 11 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 12 10:00 Cardio Workout w/ Kathryn (CP) 10:00 Road Runner Sports Footwear Shoe Fitting & Sale (AD) 12:30 Club Paradise New Resident Orientation (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Walgreens & Vallarta (RA) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 5:30 Wednesday Night Cinema: Wicked 2 hrs. 40 mins. (LH)	10:00 Balance for Beginners (CP) 13 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 14 9:30 Shopping: Nex & Commissary North Island (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Vons in Bonita (RA)	9:00 Walking Club: Imperial Beach Pier 15 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Saturday Documentary: Surviving Paradise: A Family Tale 1 hr. 19 mins. (LH) 4:00 New Resident Social (AD)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Plaza Americas Outlets Outing (RA) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 4:00 Asian Mahjong (Mg. 5th Fl.) 16	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 17 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 11:00 Special Themed St. Patrick's Day Lunch (PC) 1:00 Bridge (Pn. 5th Fl.) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Bay Plaza JoAnn's, Seafood City, Smart & Final (RA) 2:00 Rose Academy Of Irish Dance Performance (LH) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 18 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 3:00 Keep Moving with Mobility Devices Presented by AgeSTRONG (LH) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 19 10:00 Cardio Workout w/ Kathryn (CP) 12:30 FREE Art Project Pt. 1 (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 5:30 Wednesday Night Cinema: Lion 1 hr. 58 mins. (LH)	10:00 Balance for Beginners (CP) 20 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Water Walker Workout w/ Kathryn (CP) 1:00 Ambassador Meeting (BR) 2:00 Dartball (CP) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 21 9:00 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Advance Healthcare Directives Presentation (AD) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Terra Nova Plaza (RA)	9:00 Walking Club: Tidelands Park Coronado (RA) 22 10:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 12:30 FREE Art Project Pt. 2 (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Little Dresses Project (BR) 2:00 Saturday Documentary: Chasing Coral 1 hr. 29 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:00 Anglican Church Service (HC) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 1:00 Balboa Park: FREE Concert in the Park (RA) 4:00 Asian Mahjong (Mg. 5th Fl.) 23	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 24 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 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill Store H Street CV (RA) 5:30 Monday Night Cinema: The Age of Adaline 1 hr. 52 mins. (LH)	10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 25 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 4:30 Dinner at Outback Steak House in Mission Valley (RA) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 26 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 5:30 Wednesday Night Cinema: Downton Abbey 2 hrs. 2 mins. (LH)	10:00 Balance for Beginners (CP) 27 12:30 Pilates w/ Kathryn (CP) 2:00 Dartball (CP) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 28 9:00 Shopping: NC Walmart (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: NC Food for Less (RA)	9:00 Walking Club: Shelter Island (RA) 29 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Saturday Documentary: Dolly Parton: A Musicares Tribute 55 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 30	9:00 Shopping: Vons in Bonita (RA) 31 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 Scrabble Enthusiasts (BR) 1:30 Shopping: Walgreens & Vallarta (RA)	March Culture Topic: Move More in March * Exercise stimulates brain chemicals that can leave you feeling happier and more relaxed. * Regular exercise can enhance the body's immune response, making it more effective at fighting off infections. * Being physically active can help you fall asleep faster and deepen your sleep. * Exercise can improve your memory and brain function in all phases of life. * Engaging in regular physical activity is associated with a longer lifespan and can reduce the risk of diabetes and stroke.				Move More Madness Challenge: 20 Classes/Workouts in 30 Days! Complete 20 classes or workouts in Club Paradise in 30 Days and receive a prize! Challenge starts March 1st. Stop by Club Paradise for more info.