

# March 2026

## The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger-U Cardio w/ Jazmine (CP)</p> <p>10:30 Eastlake Church Coffee Social (AD)</p> <p>10:30 Fashion Valley Mall Outing (RA)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: The Bear 1 hr. 33 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>10:30 Lunch at Miguel's Cocina in Coronado (RA)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>2:00 Shopping: NC Food for Less (RA)</p> <p>6:30 BYOB w/ Bayou Brothers (AD)</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. &amp; Pa. Parlor)</p> <p>10:00 Sit &amp; Get Fit w/ Kathryn (CP)</p> <p>11:00 Tech Support (CR)</p> <p>1:00 PV Chorale Rehearsal (LH)</p> <p>2:00 Fabric Art Group (AS)</p> <p>3:00 BINGO (AD)</p> <p>6:00 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>11:00 New Resident Orientation/Social (AD)</p> <p>1:00 Bridge (Pines 5th Fl. Parlor)</p> <p>1:00 Collage Class by Resident Judith Jarcho (AD)</p> <p>1:00 Shopping: NC Walmart (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>6:00 Oscar Nominated Movie: Marty Supreme 2 hrs. 29 mins. (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:30 Floor Stretch Class w/ Kathryn (CP)</p> <p>1:30 Let's Write (AS)</p> <p>3:00 BINGO (AD)</p> <p>6:15 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:30 Shopping: Walgreens &amp; Vallarta (RA)</p> <p>2:00 Kentwood High School Choir (LH)</p> <p>7:00 Shabbat Service on YouTube (HC)</p>	<p>9:00 Walking Club: The Water Conservation Garden Tomato Mania (RA)</p> <p>10:00 Shuffleboard &amp; Games (CP)</p> <p>11:00 PV Book Group (BR)</p> <p>11:00 Stronger-U Stretch w/ Jazmine (CP)</p> <p>2:00 US Airforce Band of the Golden West Clarinet Quartet Concert (LH)</p> <p>2:30 Death Reflection Group (L)</p> <p>4:00 PV Preachers &amp; Prayer (HC)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger-U Cardio w/ Jazmine (CP)</p> <p>11:30 Catholic Mass (LH)</p> <p>1:00 PV Store Clearance Sale</p> <p>2:00 Movie: Bucket List 1 hr. 37 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>9:30 Shopping: Costco H Street (RA)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Target at Plaza Bonita (RA)</p> <p>6:00 Oscar Nominated Movie: One Battle After Another 2 hrs. 41 mins. (LH)</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. &amp; Pa. Parlor)</p> <p>10:00 Sit &amp; Get Fit w/ Kathryn (CP)</p> <p>11:00 Tech Support (CR)</p> <p>1:00 A New View on Paradise by Resident Photographer Wendell Shinn (AD)</p> <p>1:00 PV Chorale Rehearsal (LH)</p> <p>2:00 Fabric Art Group (AS)</p> <p>3:00 BINGO (AD)</p> <p>6:00 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>11:00 New Resident Club Paradise Orientation (CP)</p> <p>1:00 Bridge (Pines 5th Fl. Parlor)</p> <p>1:00 Collage Class by Resident Judith Jarcho (AD)</p> <p>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Fiesta Market (TCA)</p> <p>5:00 Sound Therapy (CP)</p> <p>6:00 Oscar Nominated Movie: Song Sung Blue 2 hrs. 13 mins. (LH)</p>	<p>12:30 Floor Stretch Class w/ Kathryn (CP)</p> <p>1:00 Resident-Life Council Meeting (LH)</p> <p>3:00 BINGO (AD)</p> <p>6:15 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Stronger-U Stretch w/ Jazmine (CP)</p> <p>9:00 Walking Club: The Water Conservation Garden at Cuyamaca College</p> <p>10:00 Stronger-U Cardio w/ Jazmine (CP)</p> <p>1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart &amp; Final (RA)</p> <p>7:00 Shabbat Service on YouTube (HC)</p>	<p>8:00 Community Garden Clean Up (Heritage Park)</p> <p>9:00 Walking Club: Shelter Island (RA)</p> <p>10:00 Shuffleboard &amp; Games (CP)</p> <p>10:30 Caregivers Support Group (L)</p> <p>2:00 Sing-a-Long &amp; Ice Cream Social w/ Charlie Higgins (A)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>9:30 Shopping: Vons in Bonita (RA)</p> <p>11:30 Catholic Mass (LH)</p> <p>12:30 Catholic Confessions (HC)</p> <p>2:00 Movie: Eleanor the Great 1 hr. 38 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>9:30 Shopping: NEX &amp; Commissary North Island (RA)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:00 Shopping: Walgreens &amp; Vallarta (RA)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>2:30 Rose Academy Irish Dancers (LH)</p> <p>6:00 Oscar Nominated Movie: Sentimental Value 2 hrs. 13 mins. (LH)</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>9:30 Balboa Park FREE Museum Outing (RA)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. &amp; Pa. Parlor)</p> <p>10:00 Sit &amp; Get Fit w/ Kathryn (CP)</p> <p>11:00 Special Themed St. Patrick's Day Buffet (PC)</p> <p>11:00 Tech Support (CR)</p> <p>1:00 PV Chorale Rehearsal (LH)</p> <p>2:00 Fabric Art Group (AS)</p> <p>3:00 BINGO (AD)</p> <p>6:00 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>1:00 Bridge (Pines 5th Fl. Parlor)</p> <p>1:00 Collage Class by Resident Judith Jarcho (AD)</p> <p>1:00 Shopping: Walmart on H Street in Chula Vista (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>6:00 Oscar Nominated Movie: Hamnet 2 hrs. 6 mins. (LH)</p>	<p>9:00 Water Walker Workout w/ Kathryn (CP)</p> <p>10:00 Balance for Beginners (CP)</p> <p>10:30 Women's Friendship Group Luncheon (LH &amp; AD)</p> <p>12:30 Floor Stretch Class w/ Kathryn (CP)</p> <p>1:00 Ambassador Meeting (BR)</p> <p>3:00 BINGO (AD)</p> <p>6:15 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:30 Shopping: Dollar Tree (RA)</p> <p>6:30 Birthday Happy Hour w/ Double Take (AD)</p> <p>7:00 Shabbat Service on YouTube (HC)</p>	<p>9:00 Walking Club: Tidelands Park Coronado (RA)</p> <p>10:00 Shuffleboard &amp; Games (CP)</p> <p>11:00 Stronger-U Stretch w/ Jazmine (CP)</p> <p>2:00 Japanese Tea Staff Appreciation Fundraiser (BR)</p> <p>3:00 Documentary: Being Gordon Ramsay Ep. 1- 51 mins. (LH)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger-U Cardio w/ Jazmine (CP)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: The Choral 1 hr. 52 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>6:00 An Evening at the Piano w/ David Saliamonas (LH)</p>	<p>9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart &amp; Final (RA)</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Goodwill H Street (RA)</p> <p>6:00 Movie: Hedda 1 hr. 48 mins. (LH)</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. &amp; Pa. Parlor)</p> <p>10:00 Sit &amp; Get Fit w/ Kathryn (CP)</p> <p>11:00 Tech Support (CR)</p> <p>1:00 PV Chorale Rehearsal (LH)</p> <p>2:00 Fabric Art Group (AS)</p> <p>3:00 BINGO (AD)</p> <p>4:30 Dinner at Phil's BBQ (RA)</p> <p>6:00 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>12:30 FREE Art Project Pt. 1 (AD)</p> <p>1:00 Bridge (Pines 5th Fl. Parlor)</p> <p>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Fiesta Market (TCA)</p> <p>5:00 Sound Therapy (CP)</p> <p>6:00 Oscar Nominated Movie: Blue Moon 1 hr. 40 mins. (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:30 Floor Stretch Class w/ Kathryn (CP)</p> <p>3:00 BINGO (AD)</p> <p>6:15 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Walmart on H Street in Chula Vista (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:30 Shopping Terra Nova Plaza (RA)</p> <p>7:00 Shabbat Service on YouTube (HC)</p>	<p>9:00 Walking Club: Harbor Island (RA)</p> <p>10:00 Shuffleboard &amp; Games (CP)</p> <p>12:30 FREE Art Project Pt. 2 (AD)</p> <p>3:00 Documentary: Being Gordon Ramsay Ep. 2- 46 mins. (LH)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:30 City Farmers Nursery Outing (RA)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: Merrily We Roll Along 2 hrs. 25 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: Target at Plaza Bonita (RA)</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Walgreens &amp; Vallarta (RA)</p> <p>6:00 Movie: Nuremberg 2 hrs. 28 mins. (LH)</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. &amp; Pa. Parlor)</p> <p>10:00 Sit &amp; Get Fit w/ Kathryn (CP)</p> <p>11:00 Tech Support (CR)</p> <p>1:00 PV Chorale Rehearsal (LH)</p> <p>2:00 Fabric Art Group (AS)</p> <p>2:00 Super Raffle Staff Appreciation Fundraiser (AD)</p> <p><del>3:00 BINGO (AD)</del></p> <p>6:00 Dartball (CP)</p>	<h3>Activities are Subject to Change.</h3>		<p><b>March Culture Topic: Move More in March</b></p> <ul style="list-style-type: none"> <li>* Exercise stimulates brain chemical that can leave you feeling happier and more relaxed.</li> <li>* Regular exercise can enhance the body's immune response, making it more effective at fighting off infections.</li> <li>* Being physically active can help you fall asleep faster and deepen your sleep.</li> <li>* Exercise can improve your memory and brain function in all phases of life.</li> <li>* An improved fitness level can reduced the risk of diabetes and stroke.</li> <li>* Engaging in regular physical activity is associated with a longer lifespan.</li> </ul>	