



May 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May Culture Topic: Mental Health Awareness</p> <p>* We are focusing on this topic with the hope of reducing misconceptions surrounding mental health, encouraging open conversations, and destigmatizing seeking help.</p> <p>* There are factors that can have a negative impact on our mental wellbeing: prolonged stress, loneliness, and grief are some examples. As we get older, additional challenges might include illness, pain, or adapting to a new living environment.</p> <p>* Prioritizing our mental health is essential for a fulfilling life and can even positively impact physical health.</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>10:30 Eastlake Church Coffee Mother's Day Luncheon (AD)</p> <p>11:30 Catholic Mass (LH)</p> <p>3:00 A Man on the Inside Season 2 Ep.2 30 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 Intermediate Balance w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>10:30 Lunch at Casa de Oro NC (RA)</p> <p>2:00 Diabetes Support Group (L)</p> <p>2:00 Shopping Food 4 Less NC (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. & Pa. Parlor)</p> <p>10:00 Sit & Get Fit w/ Kathryn (CP)</p> <p>11:00 Tech Support (CR)</p> <p>1:00 Cinco de Mayo Margarita Party Staff Appreciation Fund (AD)</p> <p>1:00 PV Chorale Rehearsal (LH)</p> <p>2:00 Fabric Art Group (AS)</p> <p>2:00 Life- Enriching Ideas to Discuss & Use (L)</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>10:00 Fashion on the Go (AD)</p> <p>11:00 New Resident Orientation/Social (AD)</p> <p>1:00 Bridge (Pines 5th Fl. Parlor)</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 Movie: Mickey 17 2hrs 12 mins (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>11:00 Empowering Seniors by Mission Hospice (AD)</p> <p>12:00 Floor Stretch Class w/ Kathryn (CP)</p> <p>1:30 Let's Write (AS)</p> <p>3:00 BINGO (AD)</p> <p>3:00 Wisdom Circle w/ Tanya & Paul (L)</p> <p>6:15 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA)</p> <p>9:00 Vaccine Clinic (BR & AD)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>11:00 Adventures Across America (L)</p> <p>1:30 Intergenerational Literacy Bridge Program In-Service (LH)</p> <p>1:30 Shopping: Dollar Tree (RA)</p> <p>6:00 Shabbat Service on YouTube (HC)</p>	<p>9:00 Spring & Garden festival Cuyamaca College (RA)</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>11:00 Stronger-U Stretch w/ Jazmine (CP)</p> <p>2:30 Death Reflection Group (L)</p> <p>3:00 A Man on the Inside Season 2 Ep.1 33 mins (LH)</p> <p>4:00 PV Preachers & 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>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: Parenthood 2hrs 3 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 Intermediate Balance w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:00 Coffee with a Veteran (AD)</p> <p>1:00 Shopping: Target at Plaza Bonita (RA)</p> <p>3:00 Men's Discussion Group (L)</p> <p>6:00 Movie: Merrily We Roll Along 2 hrs. 25 mins. (LH)</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor)</p> <p>10:00 Sit & Get Fit w/ Kathryn (CP)</p> <p>11:00 Healthcare Misconceptions w/ Cabrillo Hospice (AD)</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>12:00 Lysa From Intoxicakes(Plaza)</p> <p>12:00 New Resident Club Paradise Orientation (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, & CVS (RA)</p> <p>2:00 Bible Study (BR)</p> <p>5:00 Sound Therapy (CP)</p> <p>6:00 Movie: Mother of the Bride 1 hr 30 mins (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>10:00 Sharp Health Fair (AD)</p> <p>12:00 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 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>9:30 Chula Vista Quilt Show (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:30 Shopping: Walgreens & Vallarta (RA)</p> <p>6:00 Shabbat Service on YouTube (HC)</p> <p>6:30 Birthday Happy Hour w/ Double Take (AD)</p>	<p>9:00 Walking Club: Imperial Beach Pier (RA)</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>11:00 Stronger-U Stretch w/ Jazmine (CP)</p> <p>12:30 FREE Art Project Pt. 2 (AD)</p> <p>3:00 A Man on the Inside Season2 Ep.4 31 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>11:30 Catholic Mass (LH)</p> <p>12:30 Catholic Confessions (HC)</p> <p>3:00 A Man on the Inside Season 2 Ep.5 32mins (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: NEX & Commissary North Island (RA)</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Intermediate Balance w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:30 Shopping: Vons in Bonita (RA)</p> <p>2:00 Game Experience (AD)</p> <p>6:00 Movie: Going in Style 1hr 36 mins (LH)</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor)</p> <p>10:00 Sit & 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 Life Enriching Ideas to Discuss & Use (L)</p> <p>3:00 BINGO (AD)</p> <p>4:30 Dinner at La Maze NC (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>11:00 VA homecare benefits By Senior helpers (AD)</p> <p>1:00 Bridge (Pines 5th Fl. Parlor)</p> <p>1:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>6:00 Movie: Happy Gilmore 2 1hr 57mins (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>10:30 Women's Friendship Group Luncheon (LH & AD)</p> <p>12:00 Floor Stretch Class w/ Kathryn (CP)</p> <p>1:00 Ambassador Meeting (BR)</p> <p>3:00 BINGO (AD)</p> <p>6:00 Kidz Danz Kompany (LH)</p> <p>6:15 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>11:00 Adventures Across America (L)</p> <p>1:30 Shopping Terra Nova Plaza (RA)</p> <p>3:00 Spirituality Book Discussion Group (L)</p> <p>6:00 Shabbat Service on YouTube (HC)</p>	<p>9:00 Walking Club: Peper park NC (RA)</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>10:30 Caregiver Support Group(L)</p> <p>3:00 A Man on the Inside Season2 Ep.6 30 mins (LH)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:00 Shopping: Vons in Bonita (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass (LH)</p> <p>1:00 Free Concert in Balboa Park Organ Pavilion (RA)</p> <p>3:00 A Man on the Inside Season 2 Ep.7 36 mins (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>10:00 Rosary Prayer Meeting (HC)</p> <p>3:00 Men's Discussion Group (L)</p> <p>No Scheduled Vitality Programs.</p> <p>Gym Open from 7:00 am-5:00pm</p>	<p>9:00 Dynamic Balance w/ Kathryn (CP)</p> <p>10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor)</p> <p>10:00 Sit & 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>1:00 Bridge (Pines 5th Fl. Parlor)</p> <p>1:00 Shopping: NC Walmart (RA)</p> <p>2:00 Bible Study (BR)</p> <p>5:00 Sound Therapy (CP)</p> <p>6:00 Movie: The Adam Project 1 hr 46 mins (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:00 Floor Stretch Class w/ Kathryn (CP)</p> <p>3:00 BINGO (AD)</p> <p>3:00 Wisdom Circle w/ Tanya & Paul (L)</p> <p>6:15 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:30 Shopping: Dollar Tree (RA)</p> <p>3:00 Wisdom Circle w/ Tanya & Paul (L)</p> <p>6:00 Shabbat Service on YouTube (HC)</p>	<p>10:00 Shuffleboard & Games (CP)</p> <p>10:30 NC Community Market (RA)</p> <p>11:00 Stronger-U Stretch w/ Jazmine (CP)</p> <p>3:00 A Man on the Inside Season2 Ep.8 38mins (LH)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Digital Painting Exhibit by Res. Wendell Shinn (AD)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>					<p>Activities are Subject to Change.</p>	