


May 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May Culture Topic: Mental Health Awareness Month Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. Our mental health also helps determine how we handle stress, relate to others, and make choices. It is just as important as our physical health!</p> 						
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 5</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 StrongerU Cardio w/ Jazmine (CP)</p> <p>11:00 Cinco de Mayo Themed Lunch (PC)</p> <p>11:30 Catholic Mass w/ Fr. Bethrand (LH)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: Three Amigos 1 hr. 44 mins. (LH)</p>	<p>9:00 Total Body Strength w/ AgeSTRONG (CP) 6</p> <p>10:00 Balance Class w/ AgeSTRONG (CP)</p> <p>10:30 Lunch at Bistro City Chinese \$\$ (RA)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30pm Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Walgreens & Vallarta (RA)</p> <p>7:00 BYOB Social w/ Double Take (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ AgeSTRONG (CP) 7</p> <p>10:00 Tech Support (L)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ AgeSTRONG (CP)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>2:00 Southwestern College Guitar Ensemble (LH)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 1</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>10:00 New Resident Orientation (AD)</p> <p>11:00 Men & Women's Bible Study Fellowship (BR)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:30 Shopping: South Bay Market Place (RA)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:30 Movie: Scoop 1 hr. 42 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP) 2</p> <p>12:30 Water Walker Workout w/ Kathryn (CP)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p> <p>7:00 Armchair Astronomy: Asteroid Hazards: Star Trails (LH)</p>	<p>9:00 Advance Balance & Stabilize w/ AgeSTRONG (CP) 3</p> <p>9:00 Shopping: Walmart H. Street Chula Vista (RA)</p> <p>10:00 Chair Yoga w/ AgeSTRONG (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Terra Nova Plaza (RA)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Walking Club: Rohr Park Chula Vista (RA) 4</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>11:00 StrongerU Stretch w/ Jazmine (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: Secrets of the Neanderthals (LH)</p> <p>2:00 FREE Concert at St. Marks Church (RA)</p> <p>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 12</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:00 Mother's Day Brunch (PC)</p> <p>11:30 Catholic Mass w/ Fr. Dominique (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: Mother of the Bride 1 hr. 28 mins. (LH)</p>	<p>9:00 Total Body Strength w/ AgeSTRONG (CP) 13</p> <p>9:30 Shopping: Costco on H Street in Chula Vista (RA)</p> <p>10:00 Balance Class w/ AgeSTRONG (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30pm Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Target at Plaza Bonita (RA)</p> <p>7:00 BYOB Social w/ Bayou Brothers (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ AgeSTRONG (CP) 14</p> <p>10:00 Tech Support (L)</p> <p>10:30 Photo Taking for Veterans Wall (LH)</p> <p>11:00 Legal Document Downsizing by Shillinger Law (AD)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ AgeSTRONG (CP)</p> <p>2:00 Movie: Shirley 1 hr. 58 mins. (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 15</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>11:00 Men & Women's Bible Study Fellowship (BR)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:30 Shopping: NC Walmart</p> <p>2:00 Parkinson's Support Group (L)</p> <p>4:00 Zamorano Fine Arts Academy Art Show Outing (RA)</p> <p>5:30 Movie: The Theory of Everything 2 hrs. 3 mins. (LH)</p> <p>6:00 Resident Council Cash BINGO Fundraiser (AD)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP) 16</p> <p>10:30 Women's Friendship Group Luncheon (LH & AD)</p> <p>12:30 Water Walker Workout w/ Kathryn (CP)</p> <p>1:30 Ambassador Meeting (L)</p> <p>1:30 Let's Write (AS)</p> <p>2:00 Men's Happy Hour hosted by Silverado (Wil. & Pa. 1st Fl. Parlor)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP) 17</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: NC Food for Less (RA)</p> <p>3:00 Resident Birthday Party w/ Blue Zone Band (A)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Walking Club: Embarcadero San Diego (RA) 18</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>11:00 StrongerU Stretch w/ Jazmine (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: The Greatest Night in Pop 1 hr. 37 mins. (LH)</p> <p>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 19</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 StrongerU Cardio w/ Jazmine (CP)</p> <p>10:30 Self-Guided Walking Tour of Downtown El Cajon (RA)</p> <p>10:50 Catholic Confessions (HC)</p> <p>11:30 Catholic Mass w/ Fr. Dominique (LH)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: One Life 1 hr. 50 mins. (LH)</p>	<p>9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 20</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Goodwill Store H Street CV (RA)</p> <p>7:00 BYOB Social w/ Rhythm Express (AD)</p>	<p>10:00 Sit & Get Fit for Beginners (CP) 21</p> <p>10:00 Tech Support (L)</p> <p>11:00 FREE Health Screening by Silverado (2nd Fl. Plaza)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>12:30 National City Book Club Outing (RA)</p> <p>2:00 Movie: The Miracle Club 1 hr. 30 mins. (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 22</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>11:00 Men & Women's Bible Study Fellowship (BR)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 FREE Art Project Pt. 1 (AD)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:30 Shopping: South Bay Market (RA)</p> <p>5:30 Movie: Freud's Last Session 1 hr. 48 mins. (LH)</p> <p>6:00 Sound Therapy (CP)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP) 23</p> <p>12:30 Pilates w/ Kathryn (CP)</p> <p>2:00 Drum Circle w/ Minnie (CP)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP) 24</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA)</p> <p>6:30 Dartball (CP)</p> <p>6:30 Jewish Shabbat Service (HC)</p>	<p>9:00 Walking Club: Harbor Island (RA) 25</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 FREE Art Project Pt. 2 (AD)</p> <p>1:00 Little Dresses Project (AS)</p> <p>2:00 Documentary: Inside the Mind of a Cat 1 hr. 7 mins. (LH)</p> <p>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 26</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:30 Day at Plaza Bonita Mall (RA)</p> <p>11:30 Catholic Mass w/ Fr. Dominique (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: Unfrosted: The Pop Tart Story 1 hr. 33 mins. (LH)</p>	<p>1:00 Bridge (Pn. 5th Fl.) 27</p> <p>1:30 Art Group (AS)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>No Fitness Classes. Club Paradise Open 7:00am-5:00pm</p>	<p>10:00 Sit & Get Fit for Beginners (CP) 28</p> <p>10:00 Tech Support (L)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>2:00 Movie: Atlas (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>4:30 Dinner at Old Spaghetti Factory Downtown \$\$ (RA)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 29</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>11:00 Men & Women's Bible Study Fellowship (BR)</p> <p>12:00 Volunteer Appreciation Luncheon (AD)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>5:30 Movie: Anatomy of a Fall 2 hrs. 31 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP) 30</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP) 31</p> <p>9:00 Shopping: NC Walmart</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Walgreens & Vallarta (RA)</p> <p>6:30 Dartball (CP)</p>	<p>Activities are Subject to Change.</p>