

November 2023

The Plaza Vitality Calendar

| Sunday                                                                                                                                                                                                                                                                                                            | Monday                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                                      |
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|                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 9:00 Total Body Strength w/ Kathryn (CP) <b>1</b><br>10:00 Cardio Workout w/ Kathryn (CP)<br>10:00 New Resident Orientation (AD)<br>11:00 Men & Women's Bible Study Fellowship (BR)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)<br>2:00 Parkinson's Support Group (BR)<br>5:30 Movie: Coco 1 hr. & 45 mins. (LH)<br>6:30 Evening Worship (HC)                                | 10:00 Balance for Beginners (CP) <b>2</b><br>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)<br>11:00 Did You Know w/ Sylvia (Pn. 5th Fl.)<br>12:30 Water Walk Workout w/ Kathryn (CP)<br>1:30 Resident Council Meeting (LH)<br>4:00 BINGO (AD)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)<br>7:00 Armchair Astronomy: Calendars: Seasons & Prayer Times (LH)          | 9:00 Advance Balance & Stabilize w/ Kathryn (CP) <b>3</b><br>9:30 Shopping: Walmart H. Street Chula Vista (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>10:00 Resident Craft Show (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA)<br>6:30 Dartball (CP)                            | 9:00 Walking Club: Balboa Park San Diego (RA) <b>4</b><br>10:00 Shuffleboard & Games (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: Unknown Killer Robots 1 hr. & 10 mins. (LH)                       |
| 9:30 Eastlake Church Service (LH) <b>5</b><br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>10:00 Viejas Outlet Mall (RA)<br>11:15 Catholic Mass w/ Fr. Kelso (LH)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 Movie: Love is in the Air 1 hr. 36 mins. (LH)                                   | 8:30 Day Trip to Julian (RA) <b>6</b><br>9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>7:00 BYOB Social w/ Double Take (AD)                                                                                                                                  | 10:00 Sit & Get Fit for Beginners (CP) <b>7</b><br>10:00 Tech Support (L)<br>11:30 PV Choir Rehearsal (LH)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>1:00 American Mahjong (Mg. 5th Fl. Parlor)<br>2:00 Movie: Primary Colors 2 hrs. 23 mins. (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>4:00 BINGO (AD)<br>6:30 Dartball (CP)                                                                                          | 9:00 Total Body Strength w/ Kathryn (CP) <b>8</b><br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Men & Women's Bible Study Fellowship (BR)<br>12:30 Club Paradise New Resident Orientation (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>2:00 Parkinson's Support Group (BR)<br>5:30 Movie: NYAD 2 hrs. (LH)<br>6:00 Sound Therapy (CP)<br>6:30 Evening Worship (HC) | 10:00 Balance for Beginners (CP) <b>9</b><br>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)<br>11:00 Did You Know w/ Sylvia (Mg. 5th Fl.)<br>12:30 Water Walk Workout w/ Kathryn (CP)<br>1:30 Let's Write (BR)<br>2:00 Rhinestone Grannies "Salute to Our Veterans" (LH)<br>4:00 BINGO (AD)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                | 9:00 Advance Balance & Stabilize w/ Kathryn (CP) <b>10</b><br>9:30 Shopping: Coronado Commissary & NEX (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>10:00 SD Academy Veterans Program (LH)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Vons in Bonita (RA)<br>6:30 Dartball (CP)                                                  | 9:00 Walking Club: Tidelands Park Coronado (RA) <b>11</b><br>10:00 Shuffleboard & Games (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: The Unknowns 1 hr. & 25 mins. (LH)                             |
| 9:30 Eastlake Church Service (LH) <b>12</b><br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>10:30 Fashion Valley Mall (RA)<br>11:15 Catholic Mass w/ Fr. Smith (LH)<br>12:00 Anglican Church Service (HC)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 National Deviled Egg Social & Games (A) | 9:00 Total Body Strength w/ Kathryn (CP) <b>13</b><br>9:30 Shopping: Costco on H Street in Chula Vista (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>11:00 Keeping Spaces Tidy & Safe Presentation (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Target at Plaza Bonita (RA)<br>7:00 BYOB Social w/ Bayou Brothers (AD) | 10:00 Sit & Get Fit for Beginners (CP) <b>14</b><br>10:00 Tech Support (L)<br>11:00 Veterans Health & Wellness Presentation (AD)<br>11:30 PV Choir Rehearsal (LH)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>12:30 National City Bood Club Outing (RA)<br>1:00 American Mahjong (Mg. 5th Fl. Parlor)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>2:00 Script-in-Hand Performance (LH)<br>4:00 BINGO (AD)<br>6:30 Dartball (CP) | 9:00 Total Body Strength w/ Kathryn (CP) <b>15</b><br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Men & Women's Bible Study Fellowship (BR)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 FREE November Art Project Pt. 1 (AD)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Walmart H. Street Chula Vista (RA)<br>2:00 Parkinson's Support Group (L)<br>5:30 Movie: Reptile 2 hrs. & 16 mins. (LH)<br>6:30 Evening Worship (HC)                                           | 10:00 Balance for Beginners (CP) <b>16</b><br>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)<br>10:30 Women's Friendship Group Luncheon (LH & AD)<br>11:00 Did You Know w/ Sylvia (Wi./Pa. 1st Fl.)<br>12:30 Water Walk Workout w/ Kathryn (CP)<br>1:30 Ambassador Meeting (L)<br>1:30 Let's Write (BR)<br>4:00 BINGO (AD)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.) | 9:00 Advance Balance & Stabilize w/ Kathryn (CP) <b>17</b><br>9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping 99 Cent Store National City (RA)<br>3:00 Resident Birthday Party w/ Blue Zone Band (A)<br>6:30 Dartball (CP) | 9:00 Walking Club: Shelter Island Park (RA) <b>18</b><br>10:00 Shuffleboard & Games (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 FREE November Art Project Pt. 2 (AD)<br>2:00 National Nachos Social & Games (A) |
| 9:30 Eastlake Church Service (LH) <b>19</b><br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>10:50 Catholic Confessions (HC)<br>11:15 Catholic Mass w/ Fr. Smith (LH)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 Movie: Forgotten Love 2 hrs. 20 mins. (LH)                                   | 9:00 Total Body Strength w/ Kathryn (CP) <b>20</b><br>9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Walgreens & Vallarta (RA)<br>6:00 Movie: Tortilla Soup 1 hr. 43 mins. (LH)                                  | 10:00 Sit & Get Fit for Beginners (CP) <b>21</b><br>10:00 Tech Support (L)<br>11:30 PV Choir Rehearsal (LH)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>1:00 American Mahjong (Mg. 5th Fl. Parlor)<br>2:00 Movie: Pretty Woman 2 hr. & 5 mins. (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>4:00 BINGO (AD)<br>6:30 Dartball (CP)                                                                                           | 9:00 Total Body Strength w/ Kathryn (CP) <b>22</b><br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Men & Women's Bible Study Fellowship (BR)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Vons in Bonita (RA)<br>5:30 Movie: Old Dads 1 hr. & 44 mins. (LH)<br>6:00 Sound Therapy (CP)<br>6:30 Evening Worship (HC)                                                                                                                  | 7:00 NO Vitality or Fitness Classes/ Gym Open 7:00am-5:00pm <b>23</b><br>11:00 Thanksgiving Luncheon 11:00am-3:00pm NO DINNER SERVICE (PC)                                                                                                                                                                                                                                  | <del>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</del> <b>24</b><br>9:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)<br><del>10:00 Chair Yoga w/ Kathryn (CP)</del><br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Shopping: NC Walmart<br>6:30 Dartball (CP)<br>6:30 Jewish Shabbat Service (HC)              | 9:00 Walking Club: Harbor Island Park (RA) <b>25</b><br>10:00 Shuffleboard & Games (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: The Return of Tanya Tucker 1 hr. & 48 mins. (LH)                    |
| 9:30 Eastlake Church Service (LH) <b>26</b><br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>11:15 Catholic Mass w/ Fr. Kelso (LH)<br>12:00 Anglican Church Service (HC)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 National Parfait Social & Games (A)                                       | 9:00 Total Body Strength w/ Kathryn (CP) <b>27</b><br>9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Dollar Tree Store National City (RA)<br>7:00 BYOB Social w/ Rhythm Express (AD)                             | 10:00 Sit & Get Fit for Beginners (CP) <b>28</b><br>10:00 Tech Support (L)<br>11:30 PV Choir Rehearsal (LH)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>1:00 American Mahjong (Mg. 5th Fl. Parlor)<br>2:00 Movie: Interview with the Vampire 2 hrs. & 2 mins. (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>4:00 BINGO (AD)<br>5:00 Dinner at Cafe Maze (RA)<br>6:30 Dartball (CP)                                           | 9:00 Total Body Strength w/ Kathryn (CP) <b>29</b><br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Men & Women's Bible Study Fellowship (BR)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:30 Shopping: NC Food for Less (RA)<br>5:30 Movie: Las Vegas 1 hr. & 45 mins. (LH)<br>6:30 Evening Worship (HC)                                                                                                                                          | 10:00 Balance for Beginners (CP) <b>30</b><br>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)<br>11:00 Did You Know w/ Sylvia (AD)<br>12:30 Water Walk Workout w/ Kathryn (CP)<br>1:30 Let's Write (BR)<br>4:00 BINGO (AD)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                                                                                  | Activities are Subject to Change.                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                               |