PARADISE VILLAGE
A GENERATIONS COMMUNITY

November 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Eastlake Church Service(LH) 10:30 Eastlake Church Coffee Social (AD) 11:30 Catholic Mass (LH) 3:00 Point Loma Nazareth Choir Concert (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	**2** 9:00 Shopping: Ralphs & CVS (RA) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Dollar Tree (RA) 2:00 Diabetes Support Group(L) 6:30 BYOB w/ Bayou Brothers (AD)	**3** 8:30 Voting at Harbison Middle School (RA) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 4:00 Election Day Christian Prayer Service w/ Rev. Susanna DesMarais(HC)	**4** 9:00 Harmonica Lessons w/ Andy Garcia (Plaza) 10:00 Health fair (Plaza 1st & 2nd Floor) 11:00 New Resident Orientation Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart H St CV (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 6:00 Movie: The Hitman's Bodyguard 1hr 58min (LH)	**5** 9:00 Art District at Liberty Station (RA) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	**6** 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 11:00 Celebrating America (L) 1:00 Social Activities Planning Meeting(BR) 1:30 Shopping: Food 4 Less nc (RA) 2:00 Life Long Learning Planning Meeting(L) 3:00 Spirituality Book Discussion Group (L) 6:00 Friday Night Flicks (L) 6:00 Shabbat Service on YouTube (HC)	**7** 9:00 Walking Club: IB Pier (RA) 10:00 Shuffleboard & Games (CP) 1:00 Death Reflection Group (L) 3:00 DOC: MERU 1hr 27min (LH) 4:00 PV Preachers & Prayer (HC)
8 9:30 Eastlake Church Service(LH) 10:30 Shopping: Plaza Bonita Mall(RA) 11:30 Catholic Mass (LH) 3:00 Movie: Animals 1hr 46min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Enjoying Poetry Together(L)	**9** 10:00 Rosary Prayer Group(HC) 10:30 Lunch: Marie Calendar's SD(RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Walgreens & Vallarta (RA) 3:00 Men's Discussion Group (L) 6:00 Movie: Brooklyn 2 hrs (LH)	**10** 9:00 BaBa Mediterranean Food Pop Up (TCA) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD)	**11** 9:00 Harmonica Lessons w/ Andy Garcia (Plaza) 10:00 Nova Sourdough & Chiqui Taco Stand Pop-Up (Plaza 1st fl) 10:30 Cell Phone 1.0 Basics (CR) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 1:30 Cell Phone 1:1 Tutorial (CR) 2:00 Bible Study (BR) 2:00 Veteran's Day Sing-a-Long and Ice Cream Social (A) 5:00 Sound Therapy (CP) 6:00 Movie: Notting Hill 2hr 4min (LH)	**12** 1:00 Community Wide Resident Meeting & Social Time (LH & AD) 2:00 Employee Appreciation Basket Raffle (AD & BR) 3:00 BYOB/Blue Zone Band (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	**13** 9:00 Shopping: NEX & Commissary North Island (RA) 1:00 Resident Meeting Plan for 2027 (AD) 1:30 Shopping: Vons Bonita (RA) 2:00 Senior Readers Theater Performance (LH) 3:00 Wisdom Circle (L) 6:00 Friday Night Flicks (L) 6:00 Shabbat Service on YouTube (HC)	**14** 9:00 Walking Club : Rohr Park (RA) 10:00 Shuffleboard & Games (CP) 10:30 Celebration of Life for Bev Meyer (LH &AD) 11:00 Book Club (BR) 3:00 Doc: Trainwreck: Storm Area 51 Ep1-2 1hr 30min(LH) 5:00 BYOB w/ McKaraoke (AD)
15 9:30 Eastlake Church Service(LH) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 3:00 Movie: Sacrifice 1 hr 43min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Best of TED Talks (L)	**16** 9:45 Shopping: Costco H Street (RA) 10:00 Rosary Prayer Group(HC) 1:00 Art Planning Meeting (AS) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill H St. (RA)	**17** 10:00 Card Making Workshop (AS) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 2:00 Southwestern Collage Guitar Ensemble (LH) 3:00 BINGO (AD) 4:30 Dinner: Anthony's Seafood (RA)	**18** 9:00 Harmonica Lessons w/ Andy Garcia (Plaza) 10:30 Cell Phone 1.0 Basics (CR) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 1:30 Cell Phone 1:1 Tutorial (CR) 2:00 Bible Study (BR) 2:00 Lecture: "New Treatment for Osteoarthritis Pain - Low Dose Radiotherapy" 2:00 Parkinson's Support Group (L)	**19** 10:00 Card Making Workshop 2 (AS) 10:00 Lysa From Intoxicakes(Plaza) 1:00 Ambassador Meeting (BR) 2:00 Communications Planning Meeting (BR) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	**20** 9:00 Shopping: Walmart H St CV (RA) 11:00 Celebrating America (L) 1:30 Shopping: Terra Nova Plaza (RA) 3:00 Spirituality Book Discussion Group (L) 6:00 Shabbat Service on YouTube (HC) 6:30 Birthday Happy Hour w/ Double Take (AD)	**21** 9:00 Walking Club: Embarcadero Park (RA) 10:00 Shuffleboard & Games (CP) 1:00 Death Reflection Group (L) 3:00 Movie: Going In Style 1hr 36min (LH) 4:00 Game Time (AD)
22 9:30 Eastlake Church Service(LH) 9:30 Shopping: Vons Bonita (RA) 11:30 Catholic Mass (LH) 1:00 Walking Club: Balboa Park (RA) 3:00 Movie: Sleepless In Seattle 1hr 40 min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Enjoying Poetry Together(L)	**23** 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 Men's Discussion Group (L) 6:00 Movie: Miss Pettigrew Lives For A Day 1hr 32min (LH)	**24** 9:00 BaBa Mediterranean Foods (TCA) 10:00 Ikebana Floral Design Workshop (AD) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD)	**25** 9:00 Harmonica Lessons w/ Andy Garcia (Plaza) 10:00 Nova Sourdough & Chiqui Taco Stand Pop-Up (Plaza 1st fl) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart NC (RA) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 6:00 Movie: Me Before You 2 hrs(LH)	**26** 12:45 Ambassadors Meeting (BR) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	**27** 9:00 Shopping: Vons Bonita (RA) 1:00 Watercolor Painting Group(AS) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 6:00 Shabbat Service on YouTube (HC)	**28** 9:00 Walking Club: Tidelands Park (RA) 10:00 Shuffleboard & Games (CP) 3:00 Movie: Seven years in Tibet 2 hrs 16min (LH) 5:00 BYOB w/ McKaraoke (AD)
29 9:30 Eastlake Church Service(LH) 11:30 Catholic Mass (LH) 3:00 Movie: The Shack 2hr 12 min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	**30** 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Dollar Tree NC (RA) 7:00 Pacific Coast Harmony Chorus (LH)	**Activities are Subject to Change**		November Culture Topic: Gratitude * Did you know? Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression and anxiety, and even help relieve pain. * People are less likely to express gratitude at work than almost any place else and 60% of people never express thanks at work. Expressing gratitude to coworkers could make our workplace a healthier and happier place. * Here are some ways we can express gratitude: Keep a Gratitude Journal, Mindful and Mediation, Daily affirmations, Say Thank You and Volunteer.	