

October 2023

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Bates Nut Farm Pumpkin Festival Craft Fair "Lunch on Own" (RA) 9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Smith (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: The Choice 1 hr. 51 mins. (LH)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 11:00 Lunch at Waterfront Grill Pier 32 in NC \$\$ (RA) 1:00 Bridge (Pn. 5th Fl.) 2:00 Shopping: Walgreens & Vallarta (RA) 6:00 Movie: Wine Country 1 hr. 43 mins. (LH)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Movie: The Unforgivable 1 hr. 54 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 11:00 Men & Women's Bible Study Fellowship (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Parkinson's Support Group (BR) 6:00 Movie: A Man Called Otto 2 hrs. & 6 mins. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 12:30 Water Walk Workout w/ Kathryn (CP) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Asteroid Hazards: The Sky IS Falling! (LH)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping 99 Cent Store National City (RA) 6:30 Dartball (CP)	9:00 Walking Club: Tidelands Park Coronado (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 National Cinnamon Roll Social & Trivia (A)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Kelso (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 National Sausage Pizza Social & Games (A)	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco on H Street in Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Target at Plaza Bonita (RA) 7:00 BYOB Social w/ Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Movie: The Out-Laws 1 hr. 37 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 Health Fair (Plaza 1st & 2nd Floor) 11:00 Men & Women's Bible Study Fellowship (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 6:00 Movie: A Cow Girls Song 1 hr. & 32 mins. (LH) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 12:30 Water Walk Workout w/ Kathryn (CP) 1:30 Resident Council Meeting (LH) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Vons in Bonita (RA) 6:30 Dartball (CP)	8:00 NO Walking Club 9:30 The 67th Annual Massing of the Colors at Spreckels Organ Pavillion in Balboa Park (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Resident Council Raffle Basket Fundraiser (AD & BR)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:50 Catholic Confessions (HC) 11:15 Catholic Mass w/ Fr. Smith (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: Practical Magic 1 hr. & 44 mins. (LH)	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 10:00 Balance Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Walmart H. Street Chula Vista (RA) 7:00 BYOB Social w/ Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 12:30 National City Book Club Outing (RA) 1:00 Japanese Gardens & Minge International Museum in Balboa Park "Lunch on Own" (RA) 2:00 Movie: Witches of Eastwick 1 hr. 58 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 Men & Women's Bible Study Fellowship (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Free October Art Project Pt. 1 (AD) 1:30 Shopping: NC Food for Less (RA) 2:00 Parkinson's Support Group (L) 6:00 Eastlake Church Inspirational Movie: Jesus Revolution (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Water Walk Workout w/ Kathryn (CP) 1:30 Ambassador Meeting (L) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball (CP)	9:00 Walking Club: Rohr Park Chula Vista (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Free October Art Project Pt. 2 (AD) 2:00 Documentary: Unknown: Cosmic Time Machine (LH)
9:30 Eastlake Church Service (LH) 9:30 Shopping: Vons in Bonita (RA) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Smith (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 National Boston Cream Pie Social & Trivia (A)	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: NC Walmart 10:00 Balance Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Dollar Tree Store National City (RA) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Movie: Casper 1 hr. 36 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 5:00 Dinner at Garabetella Otay Ranch (RA) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 Men & Women's Bible Study Fellowship (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 6:00 Movie: Death Becomes Her 1 hr. & 44 mins. (LH) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 12:30 Water Walk Workout w/ Kathryn (CP) 2:00 Drum Circle w/ Minnie (CP) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Vons in Bonita (RA) 6:30 Dartball (CP) 6:30 Shabbat Service (HC)	10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 National Donut Social & Games (A)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Smith (LH) 1:00 Halloween Toga Party & Toga Contest w/ The Toga Party Band (AD) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Balance Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Walgreens & Vallarta (RA) 6:00 Movie: Beetlejuice 1 hr. 32 mins. (LH)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:00 Resident & Staff Halloween Costume Parade (PC) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Movie: Hocus Pocus 1 hr. 36 mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 6:30 Dartball (CP)				Activities are Subject to Change.