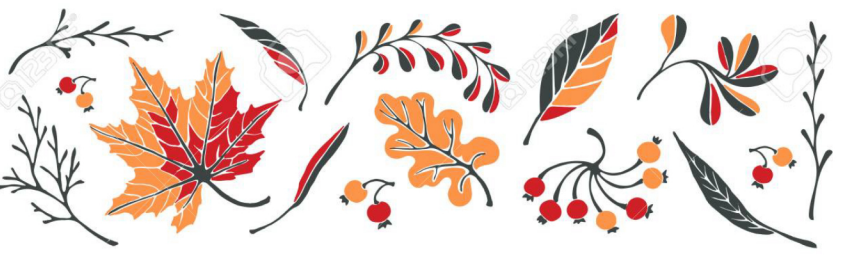


September 2023

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change.						9:00 Advance Balance & Stabilize (CP) ¹ 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) 6:30 Dartball (CP)
9:30 Eastlake Church Service (LH) ³ 9:30 Shopping: NC Walmart 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: Ray 2 Hrs. & 32 Mins. (LH)	1:00 Bridge (Pn. 5th Fl.) ⁴ 2:00 Women's Bible Study w/ Elizabeth Mears (L) No Vitality Programs. Gym open 8:30–4:30pm	10:00 Sit & Get Fit for Beginners (CP) ⁵ 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout (CP) 2:00 Movie: Avatar 2 Hrs. 42 Mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) ⁶ 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 6:00 Movie: Avatar : The Way of the Water 192 Mins. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) ⁷ 12:00 Vintage Car Show & BBQ (TCA) 12:30 Water Walk Workout w/ Kathryn (CP) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) ⁸ 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: NC Food for Less (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Imperial Beach Pier (RA) ² 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Untold: Hall of Shame 1 Hr. & 18 Mins. (LH)
9:30 Eastlake Church Service (LH) ¹⁰ 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 Grandparent's Day Ice Cream Social & Games (A)	9:00 Total Body Strength (CP) ¹¹ 10:00 Balance Class w/ Kathryn (CP) 10:30 Lunch Outing to Great Maple \$\$ (RA) 1:00 Bridge (Pn. 5th Fl.) 2:00 Shopping: Walgreens & Vallarta (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Social w/ Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners (CP) ¹² 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:30 Movie: Black Panther 134 Mins. (LH) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) ¹³ 10:00 Cardio Workout w/ Kathryn (CP) 12:30 Club Paradise New Resident Orientation (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 2:00 Parkinson's Support Group (BR) 5:30 Harvest Ball w/ The Elktones Big Band (AD) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) ¹⁴ 12:30 Water Walk Workout w/ Kathryn (CP) 1:30 Resident Council Meeting (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) ¹⁵ 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 99 Cent Store National City (RA) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 5:00 Rosh Hashanah Dinner (AD) 6:30 Dartball (CP) 6:30 Rosh Hashanah Service (HC)	9:00 Walking Club: Shelter Island (RA) ¹⁶ 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: The Deepest Breath 1 Hr. & 50 Mins. (LH) 5:00 Resident Council Casino Night Fundraiser (AD)
9:30 Eastlake Church Service (LH) ¹⁷ 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: Unbroken 2 Hrs. & 17 Mins. (LH)	9:00 Total Body Strength (CP) ¹⁸ 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) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Social w/ Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) ¹⁹ 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout (CP) 12:30 National City Book Club Outing (RA) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 Movie: Black Panther: Wakanda Forever 161 Mins. (LH) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) ²⁰ 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: NC Food for Less (RA) 6:00 Movie: Guardians of the Galaxy 2 Hrs. & 2 Mins. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) ²¹ 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) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) ²² 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)	9:00 NO Walking Club ²³ 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 National Pepperoni Pizza Day Social & Trivia (A)
9:00 Walking Club: Mission Bay Park (RA) ²⁴ 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) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Oktoberfest Social (AD)	9:00 Total Body Strength w/ AgeStrong (CP) ²⁵ 9:30 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Balance Class w/ AgeStrong (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Dollar Tree Store National City (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (L) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners w/ AgeStrong (CP) ²⁶ 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ AgeStrong (CP) 2:00 Movie: Guardians of the Galaxy Vol. 2 136 Mins. (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 5:00 Dinner at Lobster West Coronado \$\$ (RA) 6:30 Dartball (CP)	9:00 Total Body Strength w/ AgeStrong (CP) ²⁷ 10:00 Cardio Workout w/ AgeStrong (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Parkinson's Support Group (L) 6:00 Movie: Guardians of the Galaxy Vol. 3 149 Mins. (LH) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC)	10:00 Balance for Beginners w/ AgeStrong (CP) ²⁸ 12:30 Water Walk Workout on Your Own (CP) 2:00 Drum Circle w/ Minnie (CP) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ AgeStrong (CP) ²⁹ 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ AgeStrong (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 6:30 Dartball (CP)	9:00 Walking Club: Balboa Park San Diego (RA) ³⁰ 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Call Me Kate 1 Hr. & 26 Mins. (LH)