


April 2026

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>AM Balloon Tennis (MS & GR) 1 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 2 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: J St. Boat Launch (MS) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 3 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) (GR) 2:00 Pet Therapy w/Heart N Soul (GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi 5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 4 AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Coronado Island (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 5 AM Sunday News & Coffee 10:00 Catholic Communion (C) 10:30 Picture w/ the Easter Bunny (GR) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 6 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Starlyte Duo Performs (GR)</p>	<p>AM Cardio Drumming (MS & GR) 7 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Imperial Beach Pier (MS) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)</p>	<p>AM Balloon Tennis (MS & GR) 8 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 9 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Fiesta Island (MS) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 10 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi 5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 11 AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Mt. Soledad (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 12 AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 13 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Keyboard Karaoke w/ Glenn (MS)</p>	<p>AM Cardio Drumming (MS & GR) 14 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Coronado Island (MS) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)</p>	<p>AM Balloon Tennis (MS & GR) 15 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 16 AM Daily News & Coffee (MS & GR) 8:30 Scenic Drive: Bonita (MS) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 17 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:00 Pet Therapy w/Heart N Soul (GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi 5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 18 AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Shelter Island (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 19 AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 20 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Sing-a-Long w/ Lisa (MS)</p>	<p>AM Cardio Drumming (MS & GR) 21 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Balboa Park (MS) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)</p>	<p>AM Balloon Tennis (MS & GR) 22 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 23 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 2:00 Birthday Celebration w/ Raymond (GR) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 24 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:00 Welcome New Resident Social w/Rikacha Music (GR) 4:00 Set Up for Dinner (DR) PM Chair Tai Chi 5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 25 AM Saturday News Topics & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Games & Mocktails (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Coronado Island (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 26 AM Sunday News & Coffee 10:00 Catholic Communion (C) 11:30 Set Up for Lunch (DR) 1:30 Afternoon Snack (MS & GR) 2:30 Family Bingo & Popcorn (GR) 4:00 Set Up for Dinner (DR) PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 27 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Reading Circle (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) 5:00 Sing-a-Long w/ Maribel (MS)</p>	<p>AM Cardio Drumming (MS & GR) 28 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: National City (MS) 4:00 Set Up for Dinner (DR) 5:00 PM Spa Night (MS)</p>	<p>AM Balloon Tennis (MS & GR) 29 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Memories in the Making Art Project (MS & GR) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 30 AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Letter Writing to Family (MS & GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Harbor Drive (MS) 4:00 Set Up for Dinner (DR) PM Bingo Night (MS)</p>	<p>April Culture Topic: Generations Values What are Generations Values? * We put people first. * We love to learn and stay curious, at every stage of life. * We are determined people who bring grit and grace. * We cherish the business through accountability. * We love to have fun together!</p>	