

February 2026

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Cardio Drumming (MS & GR) 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)	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 (MS)	AM Cardio Drumming (MS & GR) 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: Embarcadero (MS) 4:00 Set Up for Dinner (DR) PM Meditation Group	AM Balloon Tennis (MS & GR) 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)	AM Cardio Drumming (MS & GR) 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 Island (MS) 4:00 Set Up for Dinner (DR) Evening Bingo (MS)	AM Daily News & Coffee (MS & GR) 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	AM Balloon Tennis (MS & GR) 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: Mount Soledad (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)
AM Cardio Drumming (MS & GR) 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)	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)	AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Making Valentine's Centerpieces for Dance (MS &GR) 1:30 Afternoon Snack (MS & GR) 1:30 Scenic Drive: Imperial Beach Pier (MS) 4:00 Set Up for Dinner (DR) PM Meditation Group	AM Balloon Tennis (MS & GR) 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)	AM Cardio Drumming (MS & GR) 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: National City (MS) 4:00 Set Up for Dinner (DR) Evening Bingo (MS)	AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Valentine's Dinner & Dance Set Up (GR) 1:30 Afternoon Snack (MS & GR) 4:00 Resident & Family Valentine's Day Dinner & Dance w/ Blue Zone Band (GR)	AM Balloon Tennis (MS & GR) 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: La Jolla Cove (MS) 2:00 Christian Service w/ Ed Equid (C) 4:00 Set Up for Dinner (DR) PM Classic Valentine Movie (Theater)
AM Cardio Drumming (MS & GR) 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)	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)	AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Meditation Group	AM Balloon Tennis (MS & GR) 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)	AM Cardio Drumming (MS & GR) 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: Coronado Island (MS) 4:00 Set Up for Dinner (DR) Evening Bingo (MS)	AM Daily News & Coffee (MS & GR) 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	AM Balloon Tennis (MS & GR) 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: Fiesta Island (MS) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)
AM Cardio Drumming (MS & GR) 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)	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)	AM Cardio Drumming (MS & GR) AM Daily News & Coffee (MS & GR) 11:30 Set Up for Lunch (DR) Afternoon Gardening Group (MS) 1:30 Afternoon Snack (MS & GR) 4:00 Set Up for Dinner (DR) PM Meditation Group	AM Balloon Tennis (MS & GR) 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)	AM Cardio Drumming (MS & GR) 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) Evening Bingo (MS)	AM Daily News & Coffee (MS & GR) 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	AM Balloon Tennis (MS & GR) 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) 2:00 Christian Church Service w/ Ed Equid (C) 4:00 Set Up for Dinner (DR) PM Classic Movies (Theater)