

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Parkview Vitality Calendar August 2024

GR: Great Room MS: Main St. C: Chapel VT: Village Theater TP: Torrey Pines
Activities Difficulty : Level: Easy * Medium **



8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 9:30 Music Memories & Picture Trivia-TP 10:30 Baseball Balloon-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Craft Project-GR ** 1:30 Watercolor Project-MS* 2:30 Family Bingo & Popcorn-MS/GR 5:00 Evening Stroll-MS	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Coloring by Numbers -GR ** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 9:30 SPA Day & Hand Massage -TP 10:30 Balloon Baseball-MS* 10:30 Bean Bag Toss-GR ** 1:00 Finish the line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Balloon Toss-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR**	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 News & Views-MS/GR 9:30 Band Exercise & Music Memories-TP 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR ** 1:00 Canvas Creation-GR ** 1:00 Coloring Project-MS* 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Project-GR** 2:00 Music Therapy w/ Apreva-GR 2:30 Clay Project-MS/GR 4:15 Puzzles & Dominoes-GR**	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR ** 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive- to Imperial Beach-MS** 2:00 BINGO- MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Paper Craft Project-GR** 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Hand Massage & Pretty Nails-TP 9:30 Morning Stretch-GR ** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Masterpiece-GR 2:00 Cooking & Tasting (salad)-GR 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Bowling Game-GR** 1:00 Famous Faces & Places-MS/GR 2:00 Welcome New Res. w/ Mathew-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT
8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 9:30 Music Memories & Picture Trivia-TP 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Craft Project-GR ** 1:30 Watercolor Project-MS* 2:30 Family Bingo & Popcorn-MS/GR 5:00 Evening Stroll-MS	8:30 Reminisce w/Pictures & Music-MS* 8:30 Word Search & Coloring by Numbers -GR ** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 9:30 SPA Day & Hand Massage -TP 10:30 Balloon Baseball-MS* 10:30 Bean Bag Toss-GR** 1:00 Finish The Line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Balloon Toss-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR**	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 News & Views-MS/GR 9:30 Band Exercise & Music Memories-TP 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 10:00 Vet to Vet w/ Apreva-GR 10:30 Balloon Tennis-MS/GR 1:00 Canvas Creation-GR ** 1:00 Coloring Project-MS* 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor Project-GR**	8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-GR 9:30 Morning Fitness-GR ** 10:30 Balloon Toss-GR 1:00 Finish the line-MS/GR 1:30 Craft Project-MS/GR 2:30 Clay Project-MS/GR 4:15 Puzzles & Dominoes-GR** 6:00 Evening Stroll-MS 7:00 "Musical Movies"-VT	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR ** 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Ocean Beach-MS** 2:00 BINGO- MS/GR 3:00 Sing Along- & Puzzles-MS/GR 4:15 Paper Craft Project-GR 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Hand Massage & Pretty Nails-TP 9:30 Morning Stretch-GR ** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Masterpiece-MS* 2:00 Pet Therapy w/ Heart N Soul-CY 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Bowling Game-MS ** 1:00 Famous Faces & Places-MS/GR 1:30 Clay Project-MS/GR 2:00 Christian Service w/Ed Equid-C 2:30 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR
8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 9:30 Music Memories & Picture Trivia-TP 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Craft Project-GR ** 1:30 Watercolor Project-MS* 2:30 Family Bingo & Popcorn-MS/GR 5:00 Evening Stroll-MS	8:30 Reminisce w/Pictures & Music-MS* 8:30 Word Search & Coloring by Numbers -GR ** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 9:30 SPA Day & Hand Massage -TP 10:30 Balloon Baseball-MS* 10:30 Bean Bag Toss-GR ** 1:00 Finish The Line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Balloon Toss-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR**	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 News & Views-MS/GR 9:30 Band Exercise & Music Memories-TP 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR ** 1:00 Canvas Creation-GR ** 1:00 Coloring Project-MS* 2:00 Summer Senior Citizens Celebration w/ Rikacha Music-CY 3:00 Balloon Toss-MS/GR	8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Project-MS/GR 2:00 Music Therapy w/ Apreva-GR 2:30 Clay Project-MS/GR 4:15 Puzzles & Dominoes-GR** 5:00 Evening Stroll-MS	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR ** 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive: Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Paper Craft Project-GR** 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Hand Massage & Pretty Nails-TP 9:30 Morning Stretch-GR ** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Masterpiece-GR 2:00 Cooking & Tasting (salad)-GR 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Bowling Game-MS ** 1:00 Famous Faces & Places-MS/GR 1:30 Clay Project-MS/GR 2:30 Residents Choice-MS/GR 5:00 Evening Stroll-MS
8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR** 9:30 Music Memories & Picture Trivia-TP 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Famous Faces & Places-MS/GR 1:30 Craft Project-GR** 1:30 Watercolor Project-MS* 2:30 Family Bingo & Popcorn-MS/GR 5:00 Evening Stroll-MS	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Coloring by Numbers -GR ** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 9:30 SPA Day & Hand Massage -TP 10:30 Balloon Baseball-MS* 10:30 Bean Bag Toss-GR ** 1:00 Finish the Line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Balloon Toss-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR**	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR ** 1:00 Canvas Creation-GR ** 1:00 Coloring Project-MS* 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS	8:30 50's Music Sing Along-MS* 8:30 National Geographic Reading & Coloring-GR** 9:15 Daily Chronicles-MS/GR 9:30 Dance & Stretching-MS* 9:30 Morning Fitness-GR ** 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 9:30 Watercolor & Multisensory Activities-TP 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Project-MS/GR 2:00 Music Therapy w/ Apreva-GR 2:30 Clay Project-MS/GR 4:15 Puzzles & Dominoes-GR** 5:00 Evening Stroll-MS	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR ** 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Point Loma-MS** 2:00 BINGO- MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Paper Craft Project-GR 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Sing Along w/ Frank Sinatra-MS* 9:15 Daily Chronicles-MS/GR 9:30 Chair Fitness-MS* 9:30 Hand Massage & Pretty Nails-TP 9:30 Morning Stretch-GR ** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR ** 1:00 Plaster of Paris Project-GR** 1:00 Watercolor Masterpiece-MS* 1:30 Garden Visit-CY 2:00 Puzzles & Dominoes-MS/GR 3:00 Balloon Toss-MS/GR	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Word Search & Color by Numbers-GR** 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Bowling Game-MS ** 1:00 Famous Faces & Places-MS/GR 1:30 Clay Project-MS/GR 2:00 Christian Service w/Ed Equid-C 2:30 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR