

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2023

## VITALITY CALENDAR

<p>8:30 Sing Along &amp; Puzzles-MS-GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Rummikub &amp; Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Sit &amp; Be Fit 10:00 Vet to Vet with Apreva 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces &amp; Places-MS/GR 1:30 Scenic Drive Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Coloring &amp; Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Clay Project-MS/GR 2:00 Ladies Tea Club-GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 10:30 Virtual Reality Experience w/ Anchor Health-VT 1:00 Card Decoration-MS/GR 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:00 Welcome New Resid.Social-GR 1:00 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Pretty Nails &amp; Puzzles- MS/GR 1:30 Scenic Drive to Coronado-MS 2:00 Christian Service w/Ed Equid-C 2:00 Pop Corn Social-MS/GR 2:30 BINGO- MS/GR 5:00 Evening Stroll-MS</p>
<p>8:30 Sing Along &amp; Puzzles-MS-GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Rummikub &amp; Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Decorating Gingerbread Houses-MS/GR 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces &amp; Places-MS/GR 1:30 Scenic Drive to Mission Bay -MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>8:30 Coloring &amp; Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Clay Project-MS/GR 2:00 Men Game Club-GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Birthday Celebration Social-GR 1:00 Card Decoration-MS/GR 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Pretty Nails &amp; Puzzles- MS/GR 1:30 Scenic Drive: Harbor Island-MS 2:00 Christian Service w/Ed Equid-C 2:00 Pop Corn Social-MS/GR 2:30 BINGO- MS/GR 5:00 Evening Stroll-MS</p>
<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Rummikub &amp; Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces &amp; Places-MS/GR 1:30 Scenic Drive:Seaport Village-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>8:30 Coloring &amp; Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Clay Project-MS/GR 2:00 Ball Toss-MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 Res. XMAS Gifts Social-GR 1:00 Card Decoration-MS/GR 1:30 Scenic Drive to Point Loma-MS 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 10:30 Virtual Reality Experience w/ Anchor Health-VT 1:00 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Pretty Nails &amp; Puzzles- MS/GR 1:30 Scenic Drive: Midway Mus.-MS 2:00 Christian Service w/Ed Equid-C 2:00 Pop Corn Social-MS/GR 2:30 BINGO- MS/GR 5:00 Evening Stroll-MS</p>
<p>8:30 Sing Along &amp; Puzzles-MS-GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:00 Catholic Communion 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Rummikub &amp; Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Watercolor Project-MS/GR 2:30 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces &amp; Places-MS/GR 1:30 Scenic Drive:Harbor Drive -MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>8:30 Coloring &amp; Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Clay Project-MS/GR 2:00 Ball Toss-MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 New Year Celeb. Social-GR 1:00 Card Decoration-MS/GR 1:30 Scenic Drive:Imperial Beach-MS 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Pretty Nails &amp; Puzzles- MS/GR 1:30 Scenic Drive to Star of India-MS 2:00 Christian Service w/Ed Equid-C 2:00 Pop Corn Social-MS/GR 2:30 BINGO- MS/GR 5:00 Evening Stroll-MS</p>
<p>8:30 Sing Along &amp; Puzzles-MS-GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Rummikub &amp; Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bowling Game-MS/GR 1:00 Finish the Line- MS/ GR 1:30 Watercolor Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces &amp; Places-MS/GR 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>8:30 Coloring &amp; Reading Time-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Clay Project-MS/GR 2:00 Ball Toss-MS/GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:00 New Year Celeb. Social-GR 1:00 Card Decoration-MS/GR 1:30 Scenic Drive:Imperial Beach-MS 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along &amp; Puzzles-MS/GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>8:30 Reminisce w/ Pictures &amp; Crosswords-MS/GR 9:15 News &amp; Views-MS/GR 9:30 Morning Stretch-MS/GR 10:30 Balloon Toss-MS/GR 1:00 Pretty Nails &amp; Puzzles- MS/GR 1:30 Scenic Drive to Star of India-MS 2:00 Christian Service w/Ed Equid-C 2:00 Pop Corn Social-MS/GR 2:30 BINGO- MS/GR 5:00 Evening Stroll-MS</p>
<p>8:30 Sing Along &amp; Puzzles-MS-GR 9:15 Daily Chronicles-MS/GR 9:30 Sit &amp; Be Fit- MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Rummikub &amp; Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	 <p><b>PARADISE VILLAGE</b> A GENERATIONS COMMUNITY</p>					