

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# March 2025 Parkview Vitality Calendar

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

							8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Ball Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Finish the Line-MS/GR 2:00 Craft Project-MS/GR	<b>1</b>					
8:30 Sing Along w/ Frank Sinatra & Table Games-MS* 8:30 Word Search & Crosswords-GR ** 9:15 News & Views-MS/GR 9:20 Travel Time to 60's Lecture-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** <b>11:15 Catholic Communion-C</b> 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR	<b>2</b>	8:30 Music Memories & Picture Trivia-MS* 8:30 Watercolor & Movie Star Reminisce Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Stretch-GR ** 10:00 Moving & Counting-MS * 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 1:00 Weaving Loom Project & Puzzles-GR** 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR	<b>3</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Balloon Game-GR** 1:00 Watercolor Project-MS/GR 2:00 BINGO- MS/GR	<b>4</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Finish the line-MS/GR 1:30 Craft Project-MS/GR 2:30 Clay Project-MS/GR	<b>5</b>	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Stretch-GR ** 10:00 Moving & Counting-MS * 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Scrapbooking-MS/GR 2:00 BINGO- MS/GR	<b>6</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Finish the line-MS/GR 10:00 Sit & be Fit-GR ** <b>10:00 Virtual Reality Experience w/ Anchor Health-VT</b> 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 1:00 Weaving Loom Project & Puzzles-GR** <b>2:00 Pet Therapy w/Heart N Soul-CY</b>	<b>7</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory acts..-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Ball Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Finish the Line-MS/GR <b>2:00 Welcome New Resident Mardi Grass Soc. w/ Rikacha Music-GR</b>	<b>8</b>
8:30 Sing Along w/ Frank Sinatra & Table Games-MS* 8:30 Word Search & Crosswords-GR ** 9:15 News & Views-MS/GR 9:20 Travel Time to 60's Lecture-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Finish the line-MS/GR 1:30 Watercolor Project-MS/GR <b>2:30 Pop Corn &amp; Family Bingo Social-MS/GR</b>	<b>9</b>	8:30 Music Memories & Picture Trivia-MS* 8:30 Watercolor & Movie Star Reminisce Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Stretch-GR ** 10:00 Moving & Counting-MS * 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 1:00 Weaving Loom Project & Puzzles-GR** 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR	<b>10</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** <b>10:00 Scenic Drive to Harbor Island-MS**</b> 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Project-MS/GR	<b>11</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Finish the line-MS/GR 1:30 Craft Project-MS/GR 2:30 Clay Project-MS/GR	<b>12</b>	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR ** 1:00 Scrapbooking-MS/GR <b>1:30 Scenic Drive to Coronado-MS**</b>	<b>13</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:00 Weaving Loom Project & Puzzles -MS/GR 1:30 Flower Arrangement-MS/GR	<b>14</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Finish the Line-MS/GR <b>2:00 Christian Service w/Ed Equid-C</b>	<b>15</b>
8:30 Sing Along w/ Frank Sinatra & Table Games-MS* 8:30 Word Search & Crosswords-GR ** 9:15 News & Views-MS/GR 9:20 Travel Time to 60's Lecture-MS/GR <b>10:00 Catholic Communion-C</b> 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR	<b>16</b>	8:30 Music Memories & Picture Trivia-MS* 8:30 Watercolor & Movie Star Reminisce Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Stretch-GR ** 10:00 Moving & Counting-MS * 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 1:00 Weaving Loom Project & Puzzles-GR** 2:00 Craft Project-MS/GR 3:00 Balloon Toss-MS/GR	<b>17</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** <b>10:00 Scenic Drive to Shelter Island-MS**</b> 10:30 Balloon Tennis-MS/GR 1:00 Watercolor Project-MS/GR <b>2:00 St. Patrick's Celebration Soc. w/Bianchi</b>	<b>18</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Finish the line-MS/GR 1:30 Craft Project-MS/GR 2:30 Clay Project-MS/GR	<b>19</b>	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR ** 1:00 Scrapbooking-MS/GR <b>2:00 Tasting &amp; Cooking-GR</b>	<b>20</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Finish the line-MS/GR 10:00 Sit & be Fit-GR ** <b>10:00 Virtual Reality Experience w/ Anchor Health-VT</b> 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:00 Flower Arrangement-MS/GR <b>2:00 Pet Therapy w/Heart N Soul-CY</b>	<b>21</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Finish the Line-MS/GR <b>1:30 Scenic Drive to Seaport Village-MS**</b>	<b>22</b>
8:30 Sing Along w/ Frank Sinatra & Table Games-MS* 8:30 Word Search & Crosswords-GR ** 9:15 News & Views-MS/GR 9:20 Travel Time to 60's Lecture-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR <b>2:30 Pop Corn &amp; Family Bingo Social-MS/GR</b>	<b>23</b>	8:30 Music Memories & Picture Trivia-MS* 8:30 Watercolor & Movie Star Reminisce Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Stretch-GR ** 10:00 Moving & Counting-MS * 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 1:00 Weaving Loom Project & Puzzles-GR** 2:00 Craft Project-MS/GR 3:00 Balloon Toss-MS/GR	<b>24</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Watercolor Project-MS/GR <b>1:30 Scenic Drive to Midway Museum-MS**</b>	<b>25</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Finish the line-MS/GR 1:30 Craft Project-MS/GR 2:30 Clay Project-MS/GR	<b>26</b>	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 National Geographic Reading & Card Matching-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR ** 1:00 Scrapbooking-MS/GR <b>2:00 Birthday Celebration Soc. w/ Raymond-</b>	<b>27</b>	8:30 Frank Sinatra Sing Along & Table Games-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:00 Weaving Loom Project & Puzzles-MS/GR 1:30 Flower Arrangement-MS/GR	<b>28</b>	8:30 Watercolor & Movie Star Reminisce Trivia-GR** 8:30 Watercolor & Multisensory activities-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Finish the Line-MS/GR <b>1:30 Scenic Drive to Harbor Drive-MS**</b>	<b>29</b>
8:30 Sing Along w/ Frank Sinatra & Table Games-MS* 8:30 Word Search & Crosswords-GR ** 9:15 News & Views-MS/GR 9:20 Travel Time to 60's Lecture-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR ** 1:00 Famous Faces & Places-MS/GR 1:30 Watercolor Project-MS/GR <b>2:30 Pop Corn &amp; Family Bingo Social-MS/GR</b>	<b>30</b>	8:30 Music Memories & Picture Trivia-MS* 8:30 Watercolor & Movie Star Reminisce Trivia-GR** 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Stretch-GR ** 10:00 Moving & Counting-MS * 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 1:00 Weaving Loom Project & Puzzles-GR** 2:00 Craft Project-MS/GR 3:00 Balloon Toss-MS/GR	<b>31</b>	 <b>PARADISE VILLAGE</b> A GENERATIONS COMMUNITY									

