

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 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 Trivia-GR** 9:15 News, Wordsearch & Crosswords-MS/GR 10:00 Catholic Communion-C 10:00 Chair Fitness-GR 10:30 Volleyball Balloon Game-GR** 1:00 Clay Project-MS/GR 1:30 Men's Club: Sports Review-GR** 2:00 Pop Corn & Family Bingo Social-MS/GR 3:00 Balloon Tennis-MS/GR 4:15 Watercolor Project-GR** 6:00 Classic Movies-VT	8:30 Aromatherapy & Music Band Era Reminisce-GR** 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Travel Time to 50's-MS/GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:00 States & Capitals Trivia-GR** 1:30 Paper Craft Project-MS/GR 2:30 Rummikub & Card Games-MS/GR 4:15 Watercolor Project-GR**	8:30 Beatle's Music Memories & Multisensory Activities-MS* 8:30 Chicken S. for the Soul & Puzzles-GR** 9:15 Pictures, Trivia & Sayings-GR** 10:00 Sit & be Fit-GR ** 10:30 Balloon Volleyball Game-GR** 10:30 Golf Game-GR** 1:00 Famous Faces & Places-MS/GR 1:00 Flower Arrangement-MS * 1:30 Scenic Dr. to Coronado-MS** 2:00 BINGO- MS/GR 3:00 50's Sing Along & Puzzles-MS/GR	8:30 Watercolor Movie Star Trivia -MS* 8:30 Wordsearch and Memory Game-GR** 9:15 Travel Time to the 50's-GR 10:00 Cardio Drumming-GR** 10:00 Chair Fitness-MS* 10:30 Balloon Tennis-MS/GR 1:00 Craft Project-MS/GR 2:00 Memory Games & Card Matching-GR** 2:00 Pottery Project-CC 4:15 Cards & Dominoes-MS/GR 5:00 Watercolor Project-GR** 6:00 "Musical Movies"-VT	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Matching Cards & Puzzles-MS* 9:15 Memory Games & Trivia-GR** 10:00 Band & Ball Stretch Exercise-GR** 10:30 Golf Game-GR ** 1:00 Puzzles & Card Decoration-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor & Movie Star Trivia-GR** 5:00 Card Games & Puzzles-GR**	8:30 Chicken S. for the Soul & Puzzles-GR** 8:30 Music Memories & Multisensory Activities-MS* 9:20 Reminisce w/ Pictures & Sayings-GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS * 2:00 Pet Therapy w/Heart N Soul-GR 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Abiding Ministries-MS/GR 6:00 "Action Movies"-VT	8:30 Daily Chronicles, Picture Trivia & Sayings-MS/GR 8:30 Watercolor & Card Matching-GR** 9:15 News, Wordsearch & Crosswords-GR 10:00 Cardio Drumming-GR** 10:00 Morning Fitness-MS 10:30 Balloon Tennis-MS/GR 1:00 Scrapbooking & Card Decoration-GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 4:15 Clay Project-GR** 5:00 Puzzles & Dominoes-GR**
8:30 Watercolor & Movie Star Trivia-GR** 9:15 News, Wordsearch & Crosswords-MS/GR 10:00 Chair Fitness-GR 10:30 Volleyball Balloon Game-GR** 1:00 Clay Project-MS/GR 1:30 Men's Club: Sports Review-GR** 2:00 Pop Corn & Family Bingo Social-MS/GR 3:00 Balloon Tennis-MS/GR 4:15 Watercolor Project-GR** 6:00 Classic Movies-VT	8:30 Aromatherapy & Music Band Era Reminisce-GR** 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Travel Time to 50's-MS/GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-GR 1:00 States & Capitals-GR** 1:30 Paper Craft Project-MS/GR 2:00 Rummikub & Card Games-MS/GR 4:15 Watercolor Project-GR**	8:30 Beatle's Music Memories & Multisensory Activities-MS* 8:30 Chicken S. for the Soul & Puzzles-GR** 9:15 Pictures Trivia & Sayings-MS/GR 10:00 Sit & be Fit-GR ** 10:30 Balloon Volleyball Game-GR** 1:00 Famous Faces & Places-MS/GR 1:00 Flower Arrangement-MS * 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 50's Music Sing Along & Puzzles-GR 4:15 Cards & Dominoes-GR** 5:00 Veterans Celeb. w/Glenn Kramer-MS	8:30 Watercolor & Movie Star Trivia-GR** 8:30 Wordsearch & Memory Game-GR** 9:15 Travel Time to the 50's-GR 10:00 Cardio Drumming-GR** 10:00 Chair Fitness-MS 10:30 Balloon Tennis-MS/GR 1:00 Craft Project-MS/GR 2:00 Memory Games & Card Matching-GR** 2:00 Pottery Project-CC 4:15 Puzzles & Dominoes-GR** 5:00 Watercolor Project-GR** 6:00 "Musical Movies"-VT	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Matching Cards & Puzzles-MS* 9:15 Memory Games & Trivia-GR** 10:00 Band & Ball Stretch Exercise-GR** 10:00 Chair Fitness-MS* 10:30 Golf Game-GR ** 1:00 Puzzles & Card Decoration-MS/GR 2:00 BINGO- MS/GR 2:45 San Diego Zoo Visit-GR 4:15 Watercolor & Movie Star Trivia-GR** 5:00 Card Games & Puzzles-GR**	8:30 Chicken S. for the Soul & Puzzles-GR** 8:30 Music Memories & Multisensory Activities-MS* 9:20 Reminisce w/ Pictures & Sayings-GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS * 2:00 Welcome New Resident Soc. w/ Rikacha-GR 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Abiding Ministries-MS/GR	8:30 Daily Chronicles, Picture Trivia & Sayings-MS/GR 8:30 Watercolor & Card Matching-GR** 9:15 News, Wordsearch & Crosswords-GR 10:00 Cardio Drumming-GR** 10:00 Morning Fitness-MS 10:30 Balloon Tennis-MS/GR 1:00 Scrapbooking & Card Decoration-GR 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 4:15 Watercolor Project-GR** 5:00 Puzzles & Dominoes-GR**
8:30 Watercolor & Movie Star Trivia-GR** 9:15 News, Wordsearch & Crosswords-MS/GR 10:00 Chair Fitness-MS* 10:30 Volleyball Balloon Game-GR** 11:15 Catholic Communion-C 1:00 Clay Project-MS/GR 1:30 Men's Club: Sports Review-GR** 2:00 Pop Corn & Family Bingo Social-MS/GR 3:00 Balloon Tennis-MS/GR 4:15 Watercolor Project-GR** 6:00 Classic Movies-VT	8:30 Aromatherapy & Music Band Era Reminisce-GR** 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Travel Time to 50's-MS/GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-GR** 1:00 Flower Arrangement-GR 1:00 States & Capitals Trivia-GR** 1:30 Paper Craft Project-MS/GR 2:30 Rummikub & Card Games-MS/GR 4:15 Watercolor Project-GR**	8:30 Beatle's Music Memories & Multisensory Activities-MS* 8:30 Chicken S. for the Soul & Puzzles-GR** 9:15 Pictures, Trivia & Sayings-GR** 10:00 Sit & be Fit-GR ** 10:30 Balloon Volleyball Game-GR** 10:30 Bowling Game-MS * 1:00 Famous Faces & Places-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Scenic Drive to Harbor Island-MS 2:00 BINGO- MS/GR 3:00 50's Music Sing Along & Puzzles-	8:30 Watercolor & Movie Star Trivia-GR** 8:30 Wordsearch & Memory Game-GR** 9:20 Travel Time to 50's Lecture-MS/GR 10:00 Cardio Drumming-GR** 10:00 Chair Fitness-MS 10:30 Balloon Tennis-MS/GR 1:00 Craft Project-MS/GR 2:00 Memory Games & Card Matching-GR** 3:00 Balloon Toss-MS/GR 4:15 Puzzles & Dominoes-GR** 5:00 Watercolor Project-GR** 6:00 "Musical Movies"-VT	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Matching Cards & Puzzles-MS* 9:20 Memory Games & Trivia-MS/GR 10:00 Band & Ball Stretch Exercise-GR** 11:00 Thanksgiving Luncheon w/ Bianchi Piano Music -GR 1:00 Puzzles & Card Decoration-MS/GR 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor & Movie Star Trivia-GR** 5:00 Card Games & Puzzles-GR**	8:30 Chicken S. for the Soul & Puzzles-GR** 8:30 Music Memories & Multisensory Activities-MS* 9:00 Reminisce w/Pictures & Sayings-GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS * 2:00 Pet Therapy w/Heart N Soul-GR 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Abiding Ministries-MS/GR 6:00 "Action Movies"-VT	8:30 Daily Chronicles, Picture Trivia & Sayings-MS/GR 8:30 Watercolor & Card Matching-MS* 9:15 News, Wordsearch & Crosswords-GR 10:00 Balloon Toss-GR** 10:30 Birthday Celebration w/Raymond-GR 1:00 Scrapbooking & Card Decoration-GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/GR 4:15 Watercolor Project-GR** 5:00 Puzzles & Dominoes-GR** 6:00 Romantic Movies - VT
8:30 Watercolor & Movie Star-GR** 9:15 News, Wordsearch & Crosswords-MS/GR 10:00 Chair Fitness-MS* 10:30 Volleyball Balloon Game-GR** 1:00 Clay Project-MS/GR 1:30 Men's Club: Sports Review-GR** 2:00 Pop Corn & Family Bingo Social-MS/GR 3:00 Balloon Tennis-MS/GR 4:15 Watercolor Project-GR** 6:00 Classic Movies-VT	8:30 Aromatherapy & Music Band Era Reminisce-GR** 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Travel Time to 50's-MS/GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-GR 1:00 States & Capitals Trivia-GR** 1:30 Paper Craft Project-MS/GR 2:30 Rummikub & Card Games-MS/GR 4:15 Watercolor Project-GR**	8:30 Beatle's Music Memories & Multisensory Activities-MS* 8:30 Chicken S. for the Soul & Puzzles-GR** 9:20 Pictures Trivia & Sayings-MS/GR 10:00 Sit & be Fit-GR ** 10:30 Balloon Volleyball Game-GR** 10:30 Bowling Game-MS * 1:00 Famous Faces & Places-MS/GR 1:00 Flower Arrangement-MS * 1:30 Scenic Drive to Silver Strand-MS ** 2:00 BINGO- MS/GR 3:00 50's Music Sing Along & Puzzles-	8:30 Watercolor Movie Star Trivia -MS* 8:30 Wordsearch & Memory Game-GR 9:15 News & Travel Time to 50's-MS/GR 10:00 Cardio Drumming-GR** 10:00 Chair Fitness-MS* 10:30 Balloon Tennis-MS/GR 1:00 Craft Project-MS/GR 2:00 Memory Games & Card Matching-GR** 3:00 Balloon Toss-MS/GR 4:15 Puzzles & Dominoes-GR** 5:00 Watercolor Project-GR** 6:00 "Musical Movies"-VT	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Matching Cards & Puzzles-MS* 9:20 Memory Games & Trivia-MS/GR 10:00 Band & Ball Stretch Exercise-GR** 10:30 Golf Game-GR ** 1:00 Puzzles & Card Decoration-MS/GR 1:30 Scenic Drive to Pont Loma-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor & Movie Star Trivia-GR** 5:00 Card Games & puzzles-GR**	8:30 Chicken S. for the Soul & Puzzles-GR** 8:30 Music Memories & Multisensory Activities-MS* 9:20 Reminisce w/ Pictures & Sayings-GR 10:00 Cardio Drumming-GR** 10:30 Balloon Tennis-MS/GR 1:00 Craft Project-GR ** 1:00 Flower Arrangement-MS * 2:00 Memory Cards & Dominoes-MS/GR 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Abiding Ministries-MS/GR	8:30 Daily Chronicles, Picture Trivia & Sayings-MS/GR 8:30 Watercolor & Card Matching-GR** 9:15 News, Wordsearch & Crosswords-GR 10:00 Cardio Drumming-GR** 10:00 Morning Fitness-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Scrapbooking & Card Decoration-GR 2:00 Craft Project-MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor Project-GR** 5:00 Puzzles & Dominoes-GR**
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