

July 2026

Parkview Vitality Calendar

| Sunday                                                                                                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                | Saturday                                                                                                                                                                                                                                                                       |
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|                                                                                                                                                                                | July culture topic: Bringing Generations Together.<br>Every generation carries a unique story, and when we come together, we create opportunities to learn, connect and grow. Sharing experiences, traditions and wisdom across generations strengthens our sense of belonging and enriches the lives of everyone in our community. This month we celebrate the meaningful relationships that remind us we are all both teachers and lifelong learners. |                                                                                                                                                                                                                                                                             | AM: Balloon Tennis - MS & GR 1<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: An Evening at the Museum - GR                              | AM: Cardio Drumming - MS & GR 2<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>PM: Expressions Through Art - MS & GR<br>Scenic Drive: Otay Lakes Chula Vista - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Bingo Social - MS | AM: Parkview News & Tea - GR 3<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>2:00 Pet Therapy w/Heart N Soul - GR<br>4:00 Set Up for Dinner - DR<br>PM: Chair Tai Chi - GR<br>5:30 Abiding Place Ministry - MS                   | AM: Balloon Tennis - MS & GR 4<br>AM: Saturday News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>4th of July celebration - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Classic Movie Night - Theater                                             |
| AM: Cardio Drumming - MS & GR 5<br>AM: Sunday News & Tea<br>10:00 Catholic Communion (C)<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>2:30 Family Bingo & Popcorn - GR<br>4:00 Set Up for Dinner - DR<br>PM: Sunday Wind Down - MS & GR  | AM: Band Stretching Exercise - MS & GR 6<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Reading Circle: MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>5:00 Starlyte Duo Performs (GR)                                                                                                                                                                                                         | AM: Cardio Drumming - MS & GR 7<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Gardening Group - MS<br>Scenic Drive: Balboa Park- MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>5:00 PM: Chair Yoga - GR               | AM: Balloon Tennis - MS & GR 8<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: An Evening at the Museum - GR                              | AM: Cardio Drumming - MS & GR 9<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>PM: Expressions Through Art - MS & GR<br>Scenic Drive: Embarcadero Park - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Bingo Social - MS       | AM: Parkview News & Tea - GR 10<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Chair Tai Chi - GR<br>5:30 Abiding Place Ministry - MS                                                          | AM: Balloon Tennis - MS & GR 11<br>AM: Saturday News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Courtyard Games Social - MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Classic Movie Night - Theater                                        |
| AM: Cardio Drumming - MS & GR 12<br>AM: Sunday News & Tea<br>10:00 Catholic Communion (C)<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>2:30 Family Bingo & Popcorn - GR<br>4:00 Set Up for Dinner - DR<br>PM: Sunday Wind Down - MS & GR | AM: Band Stretching Exercise - MS & GR 13<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Reading Circle: MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>5:00 Keyboard Karaoke w/ Glenn (MS)                                                                                                                                                                                                    | AM: Cardio Drumming - MS & GR 14<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Gardening Group - MS<br>Scenic Drive: Bonita - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>5:00 PM: Chair Yoga - GR                  | AM: Balloon Tennis - MS & GR 15<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: An Evening at the Museum - GR                             | AM: Cardio Drumming - MS & GR 16<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>PM: Expressions Through Art - MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Bingo Social - MS                                             | AM: Parkview News & Tea - GR 17<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>2:00 Pet Therapy w/Heart N Soul (GR)<br>4:00 Set Up for Dinner - DR<br>PM: Chair Tai Chi - GR<br>5:30 Abiding Place Ministry - MS                  | AM: Balloon Tennis - MS & GR 18<br>AM: Saturday News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Courtyard Games Social - MS & GR<br>Scenic Drive: Harbor Island - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Classic Movie Night - Theater    |
| AM: Cardio Drumming - MS & GR 19<br>AM: Sunday News & Tea<br>10:00 Catholic Communion (C)<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>2:30 Family Bingo & Popcorn - GR<br>4:00 Set Up for Dinner - DR<br>PM: Sunday Wind Down - MS & GR | AM: Band Stretching Exercise - MS & GR 20<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Reading Circle: MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Spa Night - GR                                                                                                                                                                                                                     | AM: Cardio Drumming - MS & GR 21<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Gardening Group - MS<br>Scenic Drive: Chula Vista Boat Launch - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>5:00 PM: Chair Yoga - GR | AM: Balloon Tennis - MS & GR 22<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>PM: Shark Week - MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: An Evening at the Museum - GR | AM: Cardio Drumming - MS & GR 23<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>PM: Community Ocean Mural - MS & GR<br>1:30 Afternoon Snack: MS & GR<br>2:00 Birthday Celebration w/ Raymond (GR)<br>4:00 Set Up for Dinner - DR<br>PM: Bingo Social - MS  | AM: Parkview News & Tea - GR 24<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>2:00 Welcome New Resident Social w/Rikacha Music (GR)<br>4:00 Set Up for Dinner - DR<br>PM: Chair Tai Chi - GR<br>5:30 Abiding Place Ministry - MS | AM: Balloon Tennis - MS & GR 25<br>AM: Saturday News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Courtyard Games Social - MS & GR<br>Scenic Drive: Mission Bay Park - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Classic Movie Night - Theater |
| AM: Cardio Drumming - MS & GR 26<br>AM: Sunday News & Tea<br>10:00 Catholic Communion (C)<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>2:30 Family Bingo & Popcorn - GR<br>4:00 Set Up for Dinner - DR<br>PM: Sunday Wind Down - MS & GR | AM: Band Stretching Exercise - MS & GR 27<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Reading Circle: MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR                                                                                                                                                                                                                                           | AM: Cardio Drumming - MS & GR 28<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>Afternoon Gardening Group - MS<br>Scenic Drive: National City - MS<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>5:00 PM: Chair Yoga - GR           | AM: Balloon Tennis - MS & GR 29<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: An Evening at the Museum - GR                             | AM: Cardio Drumming - MS & GR 30<br>AM: Parkview News & Tea - GR<br>11:30 Set Up for Lunch - DR<br>PM: Expressions Through Art - MS & GR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Bingo Social - MS                                             | AM: Parkview News & Tea - GR 31<br>11:30 Set Up for Lunch - DR<br>1:30 Afternoon Snack: MS & GR<br>4:00 Set Up for Dinner - DR<br>PM: Chair Tai Chi - GR<br>5:30 Abiding Place Ministry - MS                                                          | Activities are<br>Subject to<br>Change.                                                                                                                                                                                                                                        |