PARADISE VILLAGE
A GENERATIONS COMMUNITY

November

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AM: Mindful Movement 10:00am Catholic Communion (C) 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 2:30pm Family Bingo & Popcorn - GR 4:00pm Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	2 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR 5:00pm Starlyte Duo Performs (GR)	3 AM: Cardio Drumming - MS & GR 10:00am Baking Social 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: Imperial Beach- MS 4:00pm Set Up for Dinner - DR 5:00pm PM: Chair Yoga - GR	4 11:00am AM: Let's Get Groovin'! - MS & GR 11:30am Set Up for Lunch - DR Wednesday Garden Club - CYD Wednesday Garden Club - CYD 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: An Evening at the Museum - GR	5 AM: Walking Club 11:30am Set Up for Lunch - DR Dia De los Muertos celebration PM: Expressions Through Art - MS & GR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: Bingo Social - MS	6 AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 2:00pm Pet Therapy w/Heart N Soul - GR 4:00pm Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30pm Abiding Place Ministry - MS	7 AM: Balloon Tennis - MS & GR 11:30am Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30pm Afternoon Snack: MS & GR 1:30pm scenic drive: Balboa Park - MS 4:00pm Set Up for Dinner - DR PM: Classic Movie Night - Theater
8 AM: Mindful Movement 10:00am Catholic Communion (C) 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 2:30pm Family Bingo & Popcorn - GR 4:00pm Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	9 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR	10 AM: Cardio Drumming - MS & GR 10:00am Baking Social 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: J St. Marina - MS 4:00pm Set Up for Dinner - DR 5:00pm PM: Chair Yoga - GR	11 11:00am AM: Let's Get Groovin'! - MS & GR 11:30am Set Up for Lunch - DR Veterans Day: Pinning Wednesday Garden Club - CYD 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: An Evening at the Museum - GR	12 AM: Walking Club 11:30am Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: Coronado - MS 4:00pm Set Up for Dinner - DR PM: Bingo Social - MS	13 AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30pm Abiding Place Ministry - MS	14 AM: Balloon Tennis - MS & GR 11:30am Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: La Jolla Cove - MS 4:00pm Set Up for Dinner - DR PM: Classic Movie Night - Theater
15 AM: Mindful Movement 10:00am Catholic Communion (C) 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 2:30pm Family Bingo & Popcorn - GR 4:00pm Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	16 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR	17 AM: Cardio Drumming - MS & GR 10:00am Baking Social 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: Bonita - MS 4:00pm Set Up for Dinner - DR 5:00pm PM: Chair Yoga - GR	18 11:00am AM: Let's Get Groovin'! - MS & GR 11:30am Thanksgiving at Parkview Wednesday Garden Club - CYD 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: An Evening at the Museum - GR	19 AM: Walking Club 11:30am Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: Harbor Island - MS 4:00pm Set Up for Dinner - DR PM: Bingo Social - MS	20 AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 2:00pm Pet Therapy w/Heart N Soul (GR) 4:00pm Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30pm Abiding Place Ministry - MS	21 AM: Balloon Tennis - MS & GR 11:30am Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: Classic Movie Night - Theater
22 AM: Mindful Movement 10:00am Catholic Communion (C) 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 2:30pm Family Bingo & Popcorn - GR 4:00pm Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	23 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR	24 AM: Cardio Drumming - MS & GR 10:00am Baking Social 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: Otay Lakes - MS 4:00pm Set Up for Dinner - DR 5:00pm PM: Chair Yoga - GR	25 11:00am AM: Let's Get Groovin'! - MS & GR 11:30am Set Up for Lunch - DR Wednesday Garden Club - CYD 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: An Evening at the Museum - GR	26 AM: Walking Club 11:30am Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: J St. Boat Launch - MS 4:00pm Set Up for Dinner - DR PM: Bingo Social - MS	27 AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30pm Abiding Place Ministry - MS	28 AM: Balloon Tennis - MS & GR 11:30am Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30pm Afternoon Snack: MS & GR 1:30pm Scenic Drive: Coronado - MS 4:00pm Set Up for Dinner - DR PM: Classic Movie Night - Theater
29 AM: Mindful Movement 10:00am Catholic Communion (C) 11:30am Set Up for Lunch - DR 1:30pm Afternoon Snack: MS & GR 2:30pm Family Bingo & Popcorn - GR 4:00pm Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	30 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30am Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30pm Afternoon Snack: MS & GR 4:00pm Set Up for Dinner - DR	**ACTIVITIES ARE SUBJECT TO CHANGE**				

November Culture Topic: Gratitude, focusing on recognizing and appreciating the positive things in our lives. Practicing gratitude can improve our mood, support emotional well-being and help us build stronger relationships with others. We can express gratitude through daily reflection, positive affirmations, saying thank you, and showing appreciation to those around us.