

OCTOBER 2026

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October Culture Topic: Creative Collaboration This month, we celebrate creativity, self-expression, and the joy of creating together. Through collaborative art projects, we will share ideas, explore our individual creativity, and work together to create something meaningful for our community.		ACTIVITIES ARE SUBJECT TO CHANGE		AM: Walking Club 1 11:30 Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: J St. Boat Launch - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 2 11:30 Set Up for Lunch - DR Oktoberfest - MS 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 3 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Imperial Beach Pier - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Mindful Movement 4 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR Community Quilt Project 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR 5 AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Community Quilt project 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Starlyte Duo Performs (GR)	AM: Cardio Drumming - MS & GR 6 10:00 Baking Social 11:30 Set Up for Lunch - DR Community Quilt Project 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Otay Lakes - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	11:00 AM: Let's Get Groovin'! - MS & GR 7 11:30 Set Up for Lunch - DR Community Quilt Project Wednesday Garden Club - CYD 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 8 11:30 Set Up for Lunch - DR Community Quilt Project PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Old Town - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 9 11:30 Set Up for Lunch - DR Community Quilt Project 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 10 11:30 Set Up for Lunch - DR Community Quilt Project Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Sunset Cliff - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Mindful Movement 11 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR 12 AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Keyboard Karaoke w/ Glenn (MS)	AM: Cardio Drumming - MS & GR 13 10:00 Baking Social 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:00 Scenic Drive: Bonita - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	11:00 AM: Let's Get Groovin'! - MS & GR 14 11:30 Set Up for Lunch - DR Wednesday Garden Club - CYD 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 15 11:30 Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Coronado - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 16 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:00 Pet Therapy w/Heart N Soul (GR) 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 17 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 scenic drive: Balboa Park - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Mindful Movement 18 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR Costume Creation Workshop 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR 19 AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Costume Creation Workshop 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Spa Night - GR	AM: Cardio Drumming - MS & GR 20 10:00 Baking Social 11:30 Set Up for Lunch - DR Costume Creation Workshop 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Imperial Beach 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	11:00 AM: Let's Get Groovin'! - MS & GR 21 11:30 Set Up for Lunch - DR Wednesday Garden Club - CYD 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 22 11:30 Set Up for Lunch - DR Costume Creation Workshop PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 23 11:30 Set Up for Lunch - DR Costume Creation Workshop 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 24 11:30 Set Up for Lunch - DR Costume Creation Workshop Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Shelter Island - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Mindful Movement 25 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR 26 AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Spa Night - GR	AM: Cardio Drumming - MS & GR 27 10:00 Baking Social 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: National City - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	11:00 AM: Let's Get Groovin'! - MS & GR 28 11:30 Set Up for Lunch - DR Wednesday Garden Club - CYD 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 29 11:30 Set Up for Lunch - DR Monster Bash PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 30 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 31 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Fiesta Island - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater