

September 2026

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 	AM: Cardio Drumming - MS & GR 1 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 1:30 Scenic Drive: Coronado - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Let's Get Groovin'! - MS & GR 2 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Wednesday Garden Club - CYD 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 3 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR PM: Expressions Through Art - MS & GR 1:30 Scenic Drive: Harbor Island- MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	9:30 AM: Parkview News & Tea - GR 4 11:30 Set Up for Lunch - DR 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 5 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Courtyard Games Social - MS & GR 1:30 Scenic Drive: Mt. Soledad - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 6 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 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 7 9:30 AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Starlyte Duo Performs (GR)	AM: Cardio Drumming - MS & GR 8 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 1:30 Scenic Drive: Shelter Island - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Let's Get groovin'! - MS & GR 9 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Wednesday Garden Club - CYD 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 10 1:30 Scenic Drive: Embarcadero Park - MS 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR PM: Expressions Through Art - MS & GR 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	9:30 AM: Parkview News & Tea - GR 11 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Letters of Gratitude: Honoring our Local Heroes 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 12 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Grandparents Day - MS 1:30 Scenic Drive: La Jolla Cove - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 13 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 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 14 9:30 AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Keyboard Karaoke w/ Glenn (MS)	AM: Cardio Drumming - MS & GR 15 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Let's Get Groovin'! - MS & GR 16 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Wednesday Garden Club - CYD 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 17 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 1:30 scenic drive: Balboa Park - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 18 11:30 Set Up for Lunch - DR 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 19 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Courtyard Games Social - MS & GR 1:30 Scenic Drive: Mission Bay - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 20 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 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 21 9:30 AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR	First Day of Fall 22 AM: Cardio Drumming - MS & GR 10:00 Sit & Sea at Peper 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM:Let's Get Groovin'! - MS & GR 23 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Wednesday Garden Club - CYD 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Walking Club 24 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR PM: Expressions Through Art - MS & GR 2:00 Birthday Celebration w/ Raymond (GR) 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 25 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:00 New Resident Social 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 26 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Courtyard Games Social - MS & GR 1:30 Scenic Drive: Fiesta Island - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 27 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 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 28 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR	AM: Cardio Drumming - MS & GR 29 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 1:30 Scenic Drive: National City - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Let's Get Groovin'! - MS & GR 30 10:00 Wednesday Garden Club - CYD 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	September Culture Topic: Play is important at every age and can boost our mood, creativity, energy and connection with others. This month, we'll explore simple ways to bring more fun, laughter, hobbies and play into our everyday lives. Because growing older doesn't mean we have to stop playing.		ACTIVITIES ARE SUBJECT TO CHANGE