

January 2023

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength (CP) 9:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Target at Plaza Bonita (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB: Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Vons in Bonita (RA) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Earth's Sun-Beauty in the Sky (LH)	9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping 99 Cent Store National City (RA) 6:30 Dartball (CP)	9:00 Walking Club: Tidelands Park in Coronado (RA) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Music Lessons (BR) 2:00 Documentary: Earth Storm-Earthquakes 45 mins. (LH)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:00 Viejas Outlet Mall (RA) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength (CP) 10:00 Balance Class w/ Kathryn (CP) 10:30 Lunch at Phil's BBQ in Santee (RA) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Walgreens & Vallarta (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB Social w/ Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 12:30 National City Book Club Outing (RA) 1:00 Hula Hoop Chair Workout (CP) 1:30 Dining Committee (L) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP) 6:30 Movie: Where the Crawdads Sing 2 hrs. & 5 mins. (LH)	9:00 Total Body Strength (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Club Paradise New Resident Orientation (CP) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 1:30 FREE Valentine Art Project (AD) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 1:30 Resident Council Meeting (LH) 2:30 PV Drama Club (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Movie: The Lost City 1 hr. & 52 mins. (LH) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 6:30 Dartball (CP) 6:30 Marilyn Bennett-Justesen mission report (HC)	9:00 Walking Club: Balboa Park San Diego (RA) 10:00 Stronger U Strength Workout w/ Mayra (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Music Lessons (BR) 1:30 FREE Valentine Art Project (AD) 2:00 Documentary: Earth Storm-Hurricanes 45 mins. (LH)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:50 Catholic Confessions (HC) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Middle Eastern Dance Program (LH)	9:00 Total Body Strength (CP) 9:30 Shopping: NC Food for Less (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Costco on H Street in Chula Vista (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB Karaoke w/ Aileen (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 6:30 Evening Worship (HC) 6:30 Movie: Secondhand Lions 1 hr. & 51 mins. (LH)	10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 1:30 Ambassador Meeting (L) 2:00 PV Drama Club (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Embarcadero Park San Diego (RA) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Music Lessons (BR) 2:00 Documentary: Our Universe-Chasing Starlight 43 mins. (LH)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 A Musical Bash at PV (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength (CP) 9:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Walgreens & Vallarta (RA) 2:00 Movie: The Doctor 2 hrs. & 2 mins. (LH) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB: Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) 9:30 A-1 Hearing Clinic (RRC) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: NC Food for Less (RA) 4:30 Special Chinese New Year Dinner (AD) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 2:00 PV Drama Club (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Movie: War Horse 2 hrs. & 26 mins. (LH) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Dollar Tree Store National City (RA) 2:00 The Silver Steppers Variety Show (LH) 6:30 Dartball (CP)	9:00 Walking Club: Imperial Beach Pier (RA) 10:00 Stronger U Strength Workout w/ Mayra (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Music Lessons (BR) 2:00 Documentary: Our Universe-The Cosmic Clock 43 mins. (LH)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:30 Fashion Valley Mall (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength (CP) 9:30 Shopping: Eastlake Walmart (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping 99 Cent Store National City (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB Karaoke w/ Aileen (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 5:30 Dinner at Black Angus in Chula Vista (RA) 6:30 Dartball (CP) 6:30 Movie: The Secret-Dare to Dream 1 hr & 47 mins (LH)				Activities are Subject to Change. Club Paradise Ext: 48116