


# June 2026

## The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:30 Kaiser Bonita Booster Clinic(RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 10:30 Lunch: IB Forum (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Food 4 Less nc (RA) 6:30 BYOB w/ Bayou Brothers (AD)	<b>2</b> 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 3:00 Tai Chi/ Qigong (CP) 6:00 Dartball (CP)	<b>3</b> 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart H St CV (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 2:00 Rummikub (Wl. 3rd fl. parlor) 6:00 Movie: Project Hail Mary 2h 36m (LH)	<b>4</b> 10:00 Balance for Beginners w/Kathryn (CP) 12:00 Floor Stretch Class w/ Kathryn (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	<b>5</b> 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 America Revealed series(L) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 Spirituality Book Discussion Group (L) 6:00 Shabbat Service on YouTube (HC)	<b>6</b> 9:00 Walking Club: Embarcadero Park (RA) 10:00 Shuffleboard & Games (CP) 1:00 Death Reflection Group (L) 3:00 DOC: Ancient Apocalypse s1 ep1-2 1hr(LH) 4:00 PV Preachers & Prayer (HC)
<b>7</b> 8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:30 Eastlake Church Father's Day Social(AD) 11:30 Catholic Mass (LH) 3:00 DOC: Ancient Apocalypse s1 ep3-4 1hr (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	<b>8</b> 9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco H Street (RA) 10:00 Intermediate Balance w/ Kathryn (CP) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 3:00 Men's Discussion Group (L) 6:00 Movie: Remarkably Bright Creatures 1h 51m (LH)	<b>9</b> 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 3:00 Life- Enriching Ideas to Discuss & Use (L) 6:00 Dartball (CP)	<b>10</b> 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:30 Cell Phones 1.0 Basics (AD) 12:00 New Resident Club Paradise Orientation (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Cell Phone 1:1 Tutorial (CR) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Rummikub (Wl. 3rd fl. parlor) 5:00 Sound Therapy (CP) 6:00 Movie: Apex 1h 35m (LH)	<b>11</b> 10:00 Balance for Beginners w/Kathryn (CP) 12:00 Floor Stretch Class w/ Kathryn (CP) 12:00 Lysa From Intoxicakes(Plaza) 1:00 Resident-Life Council Meeting (LH) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	<b>12</b> 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Walmart Nc(RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 America Revealed series(L) 1:30 Shopping: Dollar Tree (RA) 6:00 Shabbat Service on YouTube (HC)	<b>13</b> 9:00 Walking Club: Sweetwater Park(RA) 10:00 Shuffleboard & Games (CP) 10:30 Caregiver Support Group(L) 3:00 DOC: Ancient Apocalypse s1 ep 5-6 1hr(LH)
<b>14</b> 8:30 Bus to First United Methodist Church Mission Valley (RA) 9:00 Silver Gate Yacht Club Regatta(RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 3:00 DOC: Ancient Apocalypse s1 ep7-8 1hr (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	<b>15</b> 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill Hst cv(RA) 6:00 Movie: 42 2h 8m (LH)	<b>16</b> 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Oasis Lecture: Hughes/spruce Goose(L) 3:00 BINGO (AD) 3:00 Tai Chi/ Qigong(CP) 6:00 Dartball (CP)	<b>17</b> 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:30 Cell Phones2.0 Features(AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Cell Phones 1:1 Tutorial (CR) 1:00 Shopping: Walmart NC (RA) 1:30 "The Not So Newlywed" Game (LH) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 2:00 Rummikub (Wl. 3rd fl. parlor) 6:00 Movie: Rustin 1h 47m(LH)	<b>18</b> 10:00 Balance for Beginners w/Kathryn (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:00 Floor Stretch Class w/ Kathryn (CP) 1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	<b>19</b> 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 America Revealed series(L) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 Spirituality Book Discussion Group (L) <del>6:00 Shabbat Service on YouTube (HC)</del> 6:30 Birthday Happy Hour w/ Double Take (AD)	<b>20</b> 9:00 Walking Club: Balboa Park(RA) 10:00 Shuffleboard & Games (CP) 11:00 Stronger-U Stretch w/ Jazmine (CP) 3:00 Movie: Father of the Bride 1h 45m(LH)
<b>21</b> 8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger-U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 3:00 Movie: Father of the Bride 2 1h 46m(LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	<b>22</b> 9:00 Shopping: Target at Plaza Bonita (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 1:00 Shopping: Dollar Tree nc (RA) 1:30 Scrabble Enthusiasts (BR) 3:00 Men's Discussion Group (L) 6:00 Movie: Steve 1h 32m (LH)	<b>23</b> 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) <del>1:00 PV Chorale Rehearsal (LH)</del> 2:00 Fabric Art Group (AS) 2:00 Resident Vow Renewal Ceremony (LH) 3:00 Resident Vow Renewal Reception w/ Blue Zone Band (AD) 5:30 Twilight in the Park FREE concert American Fly Boys(RA) 6:00 Dartball (CP)	<b>24</b> 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 12:30 FREE Art Project Pt. 1 (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Rummikub (Wl. 3rd fl. parlor) 5:00 Sound Therapy (CP) 6:30 Brassy Broads Performs(LH)	<b>25</b> 10:00 Balance for Beginners w/Kathryn (CP) 12:00 Floor Stretch Class w/ Kathryn (CP) 2:00 Cash Bingo Staff App. Fund (AD) <del>3:00 BINGO (AD)</del> 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	<b>26</b> 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Walmart on H Street in CV(RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 America Revealed series(L) 1:30 Shopping: Terra Nova Plaza (RA) 6:00 Shabbat Service on YouTube (HC)	<b>27</b> 9:00 Walking Club: Tideland Park Coronado (RA) 10:00 Shuffleboard & Games (CP) 10:30 Caregiver Support Group(L) 11:00 Stronger-U Stretch w/ Jazmine (CP) 12:30 FREE Art Project Pt. 2 (AD) 3:00 DOC: Ancient Apocalypse s2 ep1-2 1hr(LH)
<b>28</b> 8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger-U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 11:30 SD Chinese Museum(RA) 3:00 DOC: Ancient Apocalypse s2 ep3-4 1hr(LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	<b>29</b> 9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco H Street (RA) 10:00 Intermediate Balance w/ Kathryn (CP) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 6:00 Movie: Joe's College Road Trip 1h 51m(LH)	<b>30</b> 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Super Raffle Staff Appreciation Fundraiser (AD) 2:30 Dinner: Texas Road House (RA) 3:00 Tai Chi/ Qigong (CP) 6:00 Dartball (CP)	<b>June Culture Topic: Alzheimer's &amp; Brain Health Month</b> <b>+ June is Alzheimer's &amp; Brain Awareness Month, a global initiative that aims to raise awareness, inspire action, and encourage conversation about Alzheimer's disease and other forms of dementia. The month gives us an opportunity to learn about the impact of these conditions, how to support those affected, and ways to promote brain health.</b> <b>Ideas to Keep Our Brains Healthy:</b> + Sleep! Aim for seven hours a night. Avoid alcohol, caffeine, and screens before bedtime. + Exercise increased blood flow to the brain. Try walking, dancing, or gardening. + Stay social. Connecting with others is healthy for our brains. + Challenge your brain by learning new things.			<h1>Activities are Subject to Change</h1>