

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2024 PARKVIEW VITALITY CALENDAR

GR: Great Room MS: Main St. C: Chapel VT: Village Theater TP: Torrey Pines Activities Difficulty Level: Easy \* Medium \*\*



<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>3</b></p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS*</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Toss-MS*</p> <p>10:30 Volleyball Game-GR **</p> <p>1:00 Movie Star Trivia-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Pop Corn &amp; Family Bingo Social-MS/GR</p>	<p>8:30 Aromatherapy &amp; Music Band Era Reminisce-MS* <b>4</b></p> <p>8:30 National Geographic Reading &amp; Card Matching-GR**</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Chair Fitness-MS*</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Bowling Game-MS*</p> <p>1:00 Flower Arrangement-MS*</p> <p>1:00 Plaster of Paris Project-GR**</p> <p>2:00 Craft Project-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS* <b>5</b></p> <p>8:30 Word Search &amp; Newspaper Review-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>10:00 Morning Fitness-GR **</p> <p>10:00 Moving &amp; Counting-MS *</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>2:00 November Trivia-MS/GR</p> <p>2:30 BINGO- MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>6</b></p> <p>8:30 Word Search &amp; Crosswords-GR**</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS *</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Famous Faces &amp; Places-MS/GR</p> <p>2:00 Welcome New Resident Social-GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Musical Movies"-VT</p>	<p>8:30 National Geographic Reading &amp; Card Matching-GR** <b>7</b></p> <p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS*</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Chair Fitness-MS*</p> <p>10:00 Morning Stretch-GR **</p> <p>10:00 Scenic Drive- to Mission Bay-MS**</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Clay Project-MS/GR</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS* <b>1</b></p> <p>8:30 Word Search &amp; Newspaper Review-GR **</p> <p>9:00 Watercolor &amp; Multisensory activities-TP</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>2:00 Pet Therapy w/Heart N Soul-CY</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading &amp; Watercolor-GR** <b>2</b></p> <p>8:30 Sing Along w/ Abba &amp; Card Matching-MS*</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Dia de los Muertos Altar &amp; Lecture w/ Alma-GR**</p> <p>11:00 Volleyball Game-GR **</p> <p>1:00 Finish the Line-MS/GR</p> <p>1:30 Clay Project-MS/GR</p> <p>2:30 Hymns Sing Along -Ch</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>
<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>10</b></p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS*</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Toss-MS*</p> <p>10:30 Volleyball Game-GR **</p> <p>1:00 Movie Star Trivia-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Pop Corn &amp; Family Bingo Social-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Aromatherapy &amp; Music Band Era Reminisce-MS* <b>11</b></p> <p>8:30 National Geographic Reading &amp; Card Matching-GR**</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Chair Fitness-MS*</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Bowling Game-MS *</p> <p>1:00 Flower Arrangement-MS*</p> <p>1:00 Plaster of Paris Project-GR**</p> <p>2:00 Craft Project-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS* <b>12</b></p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>10:00 Veterans Day Celebration w/ Aprevia-GR</p> <p>1:00 Canvas Creation-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 Famous Faces &amp; Places-MS/GR</p> <p>2:30 Bingo-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Western Movies"-VT</p>	<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>13</b></p> <p>8:30 Word Search &amp; Crosswords-GR**</p> <p>9:00 Watercolor &amp; Movie Star Reminisce-TP</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS *</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Famous Faces &amp; Places-MS/GR</p> <p>1:30 "Paper Flower Project"-MS*</p> <p>1:30 "Paper Mache Creation"***</p> <p>2:30 Sing Along &amp; Puzzles-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading &amp; Card Matching-GR** <b>14</b></p> <p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Chair Fitness-MS*</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Clay Project-MS/GR</p> <p>1:30 Scenic Drive to Harbor Island-MS**</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading &amp; Card Matching-GR** <b>15</b></p> <p>8:30 Word Search &amp; Newspaper Review-GR **</p> <p>9:00 Watercolor &amp; Multisensory activities-TP</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>10:30 Morning Fitness-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>2:00 Pet Therapy w/Heart N Soul-CY</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading &amp; Watercolor-GR** <b>16</b></p> <p>8:30 Sing Along w/ Abba &amp; Card Matching-MS*</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Moving &amp; Counting-MS *</p> <p>10:00 Sit &amp; Be Fit-GR **</p> <p>10:30 Balloon Toss-MS*</p> <p>10:30 Volleyball Game-GR **</p> <p>1:00 Finish the Line-MS/GR</p> <p>1:30 Clay Project-MS/GR</p> <p>2:30 Scenic Drive to Coronado-MS**</p> <p>2:30 Hymns Sing Along -Ch</p>
<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>17</b></p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS*</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Toss-MS*</p> <p>10:30 Volleyball Game-GR **</p> <p>11:00 Catholic Communion-C</p> <p>1:00 Movie Star Trivia-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Pop Corn &amp; Family Bingo Social-MS/GR</p>	<p>8:30 Aromatherapy &amp; Music Band Era Reminisce-MS* <b>18</b></p> <p>8:30 National Geographic Reading &amp; Card Matching-GR**</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Chair Fitness-MS*</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Bowling Game-MS*</p> <p>1:00 Flower Arrangement-MS*</p> <p>1:00 Plaster of Paris Project-GR**</p> <p>2:00 Craft Project-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS* <b>19</b></p> <p>8:30 Word Search &amp; Newspaper Review-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>10:00 Morning Fitness-GR **</p> <p>10:00 Moving &amp; Counting-MS *</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Card Decoration-GR **</p> <p>1:00 Flower Arrangement-MS *</p> <p>2:00 November Trivia-MS/GR</p> <p>2:30 BINGO- MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>20</b></p> <p>8:30 Word Search &amp; Crosswords-GR**</p> <p>9:00 Watercolor &amp; Movie Star Reminisce-TP</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS *</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Famous Faces &amp; Places-MS/GR</p> <p>1:30 "Paper Flower Project"-MS*</p> <p>1:30 "Paper Mache Creation"***</p> <p>2:30 Sing Along &amp; Puzzles-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading &amp; Card Matching-GR** <b>21</b></p> <p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS *</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>9:30 Morning Stretch-GR **</p> <p>10:00 Chair Fitness-MS*</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Clay Project-MS/GR</p> <p>1:00 Clay Project-MS/GR</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS* <b>22</b></p> <p>8:30 Word Search &amp; Newspaper Review-GR **</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>9:30 Watercolor &amp; Multisensory activities-TP</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>1:00 Scrapbooking &amp; Card Decoration-MS/GR</p> <p>2:00 Famous Faces Bingo-MS/GR</p>	<p>8:30 National Geographic Reading &amp; Watercolor-GR** <b>23</b></p> <p>8:30 Sing Along w/ Abba &amp; Card Matching-MS*</p> <p>9:00 Matching Cards &amp; Aromatherapy-TP</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Moving &amp; Counting-MS *</p> <p>10:00 Sit &amp; Be Fit-GR **</p> <p>10:00 Why I'm Grateful Conversation-GR</p> <p>1:00 Finish the Line-MS/GR</p> <p>1:30 Clay Project-MS/GR</p> <p>1:30 Scenic Drive to Point Loma-MS**</p> <p>2:30 Hymns Sing Along -Ch</p>
<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>24</b></p> <p>8:30 Word Search &amp; Crosswords-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS*</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Pop Corn &amp; Family Bingo Social-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Aromatherapy &amp; Music Band Era Reminisce-MS* <b>25</b></p> <p>8:30 National Geographic Reading &amp; Card Matching-GR**</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Chair Fitness-MS*</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Tennis-GR **</p> <p>10:30 Bowling Game-MS *</p> <p>1:00 Flower Arrangement-MS*</p> <p>1:00 Plaster of Paris Project-GR**</p> <p>2:00 Craft Project-MS/GR</p> <p>5:00 Evening Stroll-MS</p>	<p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS* <b>26</b></p> <p>8:30 Word Search &amp; Newspaper Review-GR **</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>10:00 Morning Fitness-GR **</p> <p>10:00 Moving &amp; Counting-MS *</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>2:00 Birthday Celebration w/ Raymond-GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Western Movies"-VT</p>	<p>8:30 Sing Along w/ Abba &amp; Card Matching-MS* <b>27</b></p> <p>8:30 Word Search &amp; Crosswords-GR**</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Table Games &amp; Puzzles-MS/GR</p> <p>10:00 Dance &amp; Stretching-MS *</p> <p>10:00 Morning Fitness-GR **</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Random Trivia-MS/GR</p> <p>1:30 "Paper Flower Project"-MS*</p> <p>1:30 "Paper Mache Creation"***</p> <p>2:30 50's Sing Along &amp; Puzzles-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 National Geographic Reading &amp; Card Matching-GR** <b>28</b></p> <p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS*</p> <p>9:00 News &amp; Views-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Chair Fitness-MS*</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Clay Project-MS/GR</p> <p>2:00 Thanksgiving Lecture-GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Reminisce w/ Pictures &amp; 50's Music-MS* <b>29</b></p> <p>8:30 Word Search &amp; Newspaper Review-GR **</p> <p>9:00 Watercolor &amp; Multisensory activities-TP</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:20 Finish the line-MS/GR</p> <p>10:00 Morning Stretch-GR **</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Flower Arrangement-MS/GR</p> <p>1:00 Scrapbooking &amp; Card Decoration-GR **</p> <p>2:00 Famous Faces Bingo-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p>	<p>8:30 National Geographic Reading &amp; Watercolor-GR** <b>30</b></p> <p>8:30 Sing Along w/ Abba &amp; Card Matching-MS*</p> <p>9:15 News &amp; Views-MS/GR</p> <p>9:20 Reminisce w/ Theme Box-MS/GR</p> <p>10:00 Moving &amp; Counting-MS *</p> <p>10:00 Sit &amp; Be Fit-GR **</p> <p>10:30 Balloon Toss-MS*</p> <p>10:30 Volleyball Game-GR **</p> <p>1:00 Finish the Line-MS/GR</p> <p>1:30 Clay Project-MS/GR</p> <p>2:30 Hymns Sing Along -C</p> <p>5:00 Evening Stroll-MS</p>

