


December 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:30 Shopping at Plaza Bonita (RA)</p> <p>11:30 Catholic Mass w/ Fr. Dominic (LH)</p> <p>2:00 Movie: The Holiday 136 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>11:00 Lunch at Peohes in Coronado (RA)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>2:00 Shopping: Walgreens & Vallarta (RA)</p> <p>7:00 BYOB Social w/ Double Take (AD)</p>	<p>10:00 Stronger U Cardio w/ Jazmine (CP)</p> <p>10:00 Tech Support (L)</p> <p>12:30 Stronger U Stretch w/ Jazmine (CP)</p> <p>1:00 PV Choir Rehearsal (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>5:30 Holiday Light Tour (RA)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>11:00 New Resident Orientation/Social (AD)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:00 Shopping: Walmart H. Street Chula Vista (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:30 Movie: It's a Wonderful Life 130 mins. (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:30 Water Walker Workout w/ Kathryn (CP)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>4:00 Paradise Village December Night: Christmas at the Plaza (Plaza)</p> <p>5:30 Pictures with Santa (1st Fl. Plaza)</p> <p>6:00 TOPS Meeting (BR)</p> <p>7:00 Armchair Astronomy: The Christmas Star: What Was It? (LH)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Goodwill Store H Street CV (RA)</p> <p>6:30 Dartball (CP)</p>	<p>10:00 Shuffleboard & Games (CP)</p> <p>11:00 Stronger U Stretch w/ Jazmine (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: Our Oceans Ep. 1: Pacific Ocean 62 mins. (LH)</p>	
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass w/ Fr. Dominic (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>1:00 Walking Club: Imperial Beach Pier (RA)</p> <p>3:00 SD British Brass Band Holiday Concert (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>9:30 Shopping: Costco on H Street in Chula Vista (RA)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Target at Plaza Bonita (RA)</p> <p>7:00 BYOB w/ Bayou Brothers (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)</p> <p>10:00 Tech Support (L)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>1:00 PV Choir Rehearsal (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>5:30 Holiday Light Tour (RA)</p> <p>6:30 Dartball (CP)</p> <p>7:00 SD City Guard Band Holiday Concert (LH)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>12:30 Club Paradise New Resident Orientation (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>2:00 Bible Study (AS)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Movie: Miracle on 34th Street 113 mins. (LH)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:30 Pilates w/ Kathryn (CP)</p> <p>1:00 Resident Council Meeting (LH)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>9:30 Shopping: Nex & Commissary North Island (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>6:30 Dartball (CP)</p> <p>7:00 Blue Christmas (HC)</p>	<p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Paradise Village Choir Christmas Concert (LH)</p>	
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass w/ Fr. Dominic (LH)</p> <p>12:30 Catholic Confessions (HC)</p> <p>1:00 Walking Club: Balboa Park (RA)</p> <p>2:00 California Note Catchers Holiday Concert (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Dollar Tree (RA)</p> <p>7:00 BYOB Social w/ Rhythm Express (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)</p> <p>10:00 Tech Support (L)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>12:30 National City Book Club Outing (RA)</p> <p>1:00 PV Choir Rehearsal (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:00 Shopping: NC Food for Less (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Drum Circle (CP)</p> <p>2:00 Movie: National Lampoon's Christmas Vacation 97 mins. (LH)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:00 Sound Therapy (CP)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>10:30 Women's Friendship Group Luncheon (LH & AD)</p> <p>12:30 Water Walker Workout w/ Kathryn (CP)</p> <p>1:00 Ambassador Meeting (BR)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Grocery Outlet & Dollar Tree (RA)</p> <p>3:00 Resident Birthday Party w/ Blue Zone Band (A)</p> <p>6:30 Dartball (CP)</p>	<p>10:00 Shuffleboard & Games (CP)</p> <p>11:00 Stronger U Stretch w/ Jazmine (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: Our Oceans Ep. 2: Indian Ocean 60 mins. (LH)</p>	
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass w/ Fr. Advan (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>1:00 Walking Club: Embarcadero Park (RA)</p> <p>2:00 Cedars Holiday Talent Show (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Walgreens & Vallarta (RA)</p> <p>5:30 Movie: A Christmas Carol 1 hr. 9 mins. (LH)</p>	<p>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)</p> <p>10:00 Tech Support (L)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>1:00 PV Choir Rehearsal (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>5:30 1st Day of Hanukkah Lighting of the Menorah (2nd Fl. Plaza)</p> <p>Merry Christmas</p> <p>No Vitality Programs</p> <p>Club Paradise Closed</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:30 Pilates w/ Kathryn (CP)</p> <p>1:30 Let's Write (AS)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>5:30 2nd Day of Hanukkah Lighting of the Menorah (2nd Fl. Plaza)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Walmart H. Street Chula Vista (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)</p> <p>4:00 Hanukkah Dinner (PC)</p> <p>5:30 3rd Day of Hanukkah Lighting of the Menorah (2nd Fl. Plaza)</p> <p>6:30 Dartball (CP)</p>	<p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Little Dresses Project (BR)</p> <p>2:00 Documentary: Our Oceans Ep. 3: Atlantic Ocean 62 mins. (LH)</p> <p>5:30 4th Day of Hanukkah Lighting of the Menorah (2nd Fl. Plaza)</p>	
<p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass w. Fr. Advan (LH)</p> <p>2:00 Movie: Thelma 1 hr. 37 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>5:30 5th Day of Hanukkah Lighting of the Menorah (2nd Fl. Plaza)</p>	<p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Art Group (AS)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Grocery Outlet & Dollar Tree (RA)</p> <p>5:30 6th Day of Hanukkah Lighting of the Menorah (2nd Fl. Plaza)</p> <p>7:00 BYOB Social w/ Gemini Trio (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP)</p> <p>10:00 Tech Support (L)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>1:00 PV Choir Rehearsal (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>5:30 7th Day of Hanukkah Light of the Menorah (2nd Fl. Plaza)</p> <p>6:00 New Year's Eve Party w/ DJ Anthony (AD)</p> <p>6:30 Dartball (CP)</p>				<p>Activities are Subject to Change.</p>	