


# January 2025

## The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			<b>Happy New Year</b> <b>No Vitality Programs</b> <b>Club Paradise Open</b> <b>8:30-4:30pm</b>			
<b>8:30 Bus to First United Methodist Church Mission Valley (RA)</b> <b>9:30 Eastlake Church Service (LH)</b> <b>10:30 Fashion Valley Mall Outing (RA)</b> <b>11:30 Catholic Mass (LH)</b> <b>2:00 Movie: Man on the Inside Ep. 1-4 (LH)</b> <b>4:00 Asian Mahjong (Mg. 5th Fl.)</b>	<b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>10:00 Balance Class w/ Kathryn (CP)</b> <b>10:00 Rosary Prayer Meeting (HC)</b> <b>10:30 Lunch at Miguels Cocina Coronado (RA)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:30 Art Group (AS)</b> <b>1:30 Scrabble Enthusiasts (BR)</b> <b>2:00 Shopping: Walgreens &amp; Vallarta (RA)</b> <b>5:30 Monday Night Cinema: Man on the Inside Ep. 5-8 (LH)</b>	<b>10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)</b> <b>10:00 Tech Support (L)</b> <b>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</b> <b>2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</b> <b>3:00 BINGO (AD)</b> <b>6:30 Dartball (CP)</b>	<b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>10:00 Cardio Workout w/ Kathryn (CP)</b> <b>11:00 Cedars Re-Opening Event (Cedars 1st Fl.)</b> <b>12:30 Club Paradise New Resident Orientation (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:00 Hollywood Canasta (Pn. 3rd Fl.)</b> <b>1:00 Shopping: Walmart H. Street Chula Vista (RA)</b> <b>2:00 Bible Study (BR)</b> <b>5:30 Wednesday Night Cinema: Someone Like You 2 hr. 1 min. (LH)</b>	<b>10:00 Balance for Beginners (CP)</b> <b>12:30 Pilates w/ Kathryn (CP)</b> <b>1:00 Resident Council Meeting (LH)</b> <b>2:30 Conversations w/ the Chaplain (HC)</b> <b>3:00 BINGO (AD)</b> <b>6:00 TOPS Meeting (BR)</b> <b>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</b>	<b>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</b> <b>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</b> <b>10:00 Chair Yoga w/ Kathryn (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:30 Shopping: Grocery Outlets (RA)</b>	<b>9:00 Walking Club: Shelter Island (RA)</b> <b>10:00 Shuffleboard &amp; Games (CP)</b> <b>11:00 Stronger U Stretch w/ Jazmine (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>2:00 Documentary: Our Oceans Ep. 4 Arctic Ocean 63 mins. (LH)</b>
<b>8:30 Bus to First United Methodist Church Mission Valley (RA)</b> <b>9:00 Walking Club: Tidelands Park Coronado (RA)</b> <b>9:30 Eastlake Church Service (LH)</b> <b>10:00 Stronger U Cardio w/ Jazmine (CP)</b> <b>11:30 Catholic Mass (LH)</b> <b>12:00 Anglican Church Service (HC)</b> <b>4:00 Asian Mahjong (Mg. 5th Fl.)</b>	<b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>9:30 Shopping: Costco on H Street in Chula Vista (RA)</b> <b>10:00 Balance Class w/ Kathryn (CP)</b> <b>10:00 Rosary Prayer Meeting (HC)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:30 Art Group (AS)</b> <b>1:30 Scrabble Enthusiasts (BR)</b> <b>1:30 Shopping: Target at Plaza Bonita (RA)</b> <b>7:00 BYOB w/ Bayou Brothers (AD)</b>	<b>10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)</b> <b>10:00 Tech Support (L)</b> <b>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</b> <b>2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</b> <b>3:00 BINGO (AD)</b> <b>6:30 Dartball (CP)</b>	<b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>10:00 Cardio Workout w/ Kathryn (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:00 FREE Art Project Pt. 1 (AD)</b> <b>1:00 Hollywood Canasta (Pn. 3rd Fl.)</b> <b>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</b> <b>2:00 Bible Study (BR)</b> <b>2:00 Parkinson's Support Group (L)</b> <b>5:00 Sound Therapy (CP)</b> <b>5:30 Wednesday Night Cinema: Maria 2 hr. 3 min. (LH)</b>	<b>10:00 Balance for Beginners (CP)</b> <b>10:30 Women's Friendship Group Luncheon (LH &amp; AD)</b> <b>12:30 Water Walker Workout w/ Kathryn (CP)</b> <b>1:00 Ambassador Meeting (BR)</b> <b>2:00 Dartball (CP)</b> <b>2:30 Conversations w/ the Chaplain (HC)</b> <b>3:00 BINGO (AD)</b> <b>6:00 TOPS Meeting (BR)</b> <b>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</b>	<b>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</b> <b>9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart &amp; Final (RA)</b> <b>10:00 Chair Yoga w/ Kathryn (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:00 The Importance of Estate Planning Presentation (AD)</b> <b>1:30 Shopping: Terra Nova Plaza (RA)</b> <b>3:00 Resident Birthday Party w/ Blue Zone Band (A)</b>	<b>10:00 Shuffleboard &amp; Games (CP)</b> <b>11:00 Stronger U Stretch w/ Jazmine (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:00 FREE Art Project Pt. 2 (AD)</b> <b>2:00 Documentary: The Only Girl in the Orchestra 34 mins. (LH)</b>
<b>8:30 Bus to First United Methodist Church Mission Valley (RA)</b> <b>9:00 Walking Club: Imperial Beach Pier (RA)</b> <b>9:30 Eastlake Church Service (LH)</b> <b>10:00 Stronger U Cardio w/ Jazmine (CP)</b> <b>11:30 Catholic Mass (LH)</b> <b>12:30 Catholic Confessions (HC)</b> <b>4:00 Asian Mahjong (Mg. 5th Fl.)</b>	<b>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</b> <b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>10:00 Balance Class w/ Kathryn (CP)</b> <b>10:00 Rosary Prayer Meeting (HC)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:30 Art Group (AS)</b> <b>1:30 Scrabble Enthusiasts (BR)</b> <b>1:30 Shopping: Goodwill Store H Street CV (RA)</b> <b>7:00 BYOB Social w/ Rhythm Express (AD)</b>	<b>10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)</b> <b>10:00 Tech Support (L)</b> <b>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</b> <b>12:30 National City Book Club Outing (RA)</b> <b>2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</b> <b>3:00 BINGO (AD)</b> <b>6:30 Dartball (CP)</b>	<b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>10:00 Cardio Workout w/ Kathryn (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:00 Hollywood Canasta (Pn. 3rd Fl.)</b> <b>1:30 Shopping: Vons in Bonita (RA)</b> <b>2:00 AgeStrong Open House (CP)</b> <b>2:00 Bible Study (BR)</b> <b>5:30 Wednesday Night Cinema: On the Basis of Sex 2 hr. (LH)</b>	<b>10:00 Balance for Beginners (CP)</b> <b>10:00 Skin Safety &amp; Wound Care Presentation (AD)</b> <b>12:30 Pilates w/ Kathryn (CP)</b> <b>1:30 Let's Write (AS)</b> <b>2:00 Dartball (CP)</b> <b>2:30 Conversations w/ the Chaplain (HC)</b> <b>3:00 BINGO (AD)</b> <b>6:00 TOPS Meeting (BR)</b> <b>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</b>	<b>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</b> <b>10:00 Chair Yoga w/ Kathryn (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b>	<b>10:00 Shuffleboard &amp; Games (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:00 Little Dresses Project (BR)</b> <b>2:00 Documentary: The Lost Children 1 hr. 36 mins. (LH)</b>
<b>8:30 Bus to First United Methodist Church Mission Valley (RA)</b> <b>9:00 Shopping: NC Walmart (RA)</b> <b>9:30 Eastlake Church Service (LH)</b> <b>11:30 Catholic Mass (LH)</b> <b>12:00 Anglican Church Service (HC)</b> <b>4:00 Asian Mahjong (Mg. 5th Fl.)</b>	<b>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)</b> <b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>10:00 Balance Class w/ Kathryn (CP)</b> <b>10:00 Rosary Prayer Meeting (HC)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:30 Art Group (AS)</b> <b>1:30 Scrabble Enthusiasts (BR)</b> <b>1:30 Shopping: Walgreens &amp; Vallarta (RA)</b> <b>5:30 Monday Night Cinema: It Ends with Us 2 hrs. 11 mins. (LH)</b>	<b>10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)</b> <b>10:00 Tech Support (L)</b> <b>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</b> <b>1:00 PV Choir Rehearsal (LH)</b> <b>2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</b> <b>3:00 BINGO (AD)</b> <b>4:30 Dinner at Kings Fish House Mission Valley \$\$ (RA)</b> <b>6:30 Dartball (CP)</b>	<b>9:00 Total Body Strength w/ Kathryn (CP)</b> <b>10:00 Cardio Workout w/ Kathryn (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b> <b>1:00 Hollywood Canasta (Pn. 3rd Fl.)</b> <b>1:30 Shopping: NC Food for Less (RA)</b> <b>2:00 Bible Study (BR)</b> <b>5:00 Sound Therapy (CP)</b> <b>5:30 Wednesday Night Cinema: Saturday Night 1 hr. 49 mins. (LH)</b>	<b>10:00 Balance for Beginners (CP)</b> <b>2:00 Dartball (CP)</b> <b>2:30 Conversations w/ the Chaplain (HC)</b> <b>3:00 BINGO (AD)</b> <b>6:00 TOPS Meeting (BR)</b> <b>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</b>	<b>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</b> <b>10:00 Chair Yoga w/ Kathryn (CP)</b> <b>1:00 Bridge (Pn. 5th Fl.)</b>	<p style="text-align: center; font-size: 2em;"><b>All Activities are Subject to Change</b></p>