


July 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Activities are Subject to Change.</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 1</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>10:30 Lunch at Parc Bistro \$\$ (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>10:00 Sit & Get Fit for Beginners (CP) 2</p> <p>10:00 Tech Support (L)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>2:00 Movie: Yankee Doodle Dandy 2 hrs. 6 mins. (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) 3</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 New Resident Orientation/Social (AD)</p> <p>1:00 Shopping: NC Walmart (RA)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:30 Movie: Born on the 4th of July 2 hrs. 24 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	 <p>No Vitality Programming</p> <p>Gym & Pool Hours : 7:00am-5:00pm</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP) 5</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: Terra Nova Plaza (RA)</p> <p>6:30 Dartball (CP)</p>	<p>12:11 Walking Club: Lake Murray in La Mesa (RA) 6</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: My Octopus Teacher 1 hr. 30 mins. (LH)</p> <p>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>	
	<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 7</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger U Cardio w/ Jazmine (CP)</p> <p>11:30 Catholic Mass w/ Fr. Smith (LH)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: The Right Stuff 193 mins. (LH)</p> <p>2:30 Senior Tech Home Academy In-Service by LOVE (BR)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 8</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 Social w/ Bayou Brothers (AD)</p>	<p>10:00 Sit & Get Fit for Beginners (CP) 9</p> <p>10:00 Tech Support (L)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>2:00 Movie: The American President 2 hrs. 9 mins. (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>6:30 Gustavo Romero Concert (LH)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 10</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>5:30 Movie: Lincoln 2 hrs. 30 mins. (LH)</p> <p>6:00 Sound Therapy (CP)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP) 11</p> <p>12:30 Pilates w/ Kathryn (CP)</p> <p>1:00 Resident Council Meeting (LH)</p> <p>2:00 PV Olympic Games Sign up (AD)</p> <p>2:30 Conversations w/ the Chaplain (HC)</p> <p>3:00 BINGO (AD)</p> <p>5:30 Twilight in the Park Concert Balboa Park Summer Winds (RA)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>9:00 Stronger U Cardio w/ Jazmine (CP) 12</p> <p>9:30 Shopping: Coronado Commissary & NEX (RA)</p> <p>10:00 PV Olympic Games Sign up (A)</p> <p>10:00 Stronger U Stretch w/ Jazmine (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Vons in Bonita (RA)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Walking Club: Harbor Island (RA) 13</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 PV Choir Concert (LH)</p> <p>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
	<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 14</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass w/ Fr. Smith (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: Coming To America 116 mins.</p>	<p>9:00 Shopping: South Bay Market Place (RA) 15</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: Goodwill Store H Street CV (RA)</p> <p>7:00 BYOB Social w/ Rhythm Express (AD)</p>	<p>10:00 Sit & Get Fit for Beginners (CP) 16</p> <p>10:00 Tech Support (L)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>12:30 National City Book Club Outing (RA)</p> <p>2:00 Movie: The Sandlot 1 hr. 41 mins. (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) 17</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Free Art Project Pt. 1 (AD)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:30 Movie: Race 2 hrs. 14 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP) 18</p> <p>10:30 Women's Friendship Group Luncheon (LH & AD)</p> <p>12:30 Water Walker Workout w/ Kathryn (CP)</p> <p>1:30 Ambassador Meeting (L)</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) 19</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 Resident Council Horse Races Fundraiser for Employee Appreciation Fund (AD, BR & AS)</p> <p>1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA)</p> <p>3:00 Resident Birthday Party w/ Blue Zone Band (A)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Walking Club: Balboa Park (RA) 20</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>1:00 FREE Art Project Pt. 2 (AD)</p> <p>2:00 Documentary: Touch the Wall 1 hr. 41 mins. (LH)</p> <p>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
	<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 21</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger U Cardio w/ Jazmine (CP)</p> <p>10:30 Fashion Valley Mall Outing (RA)</p> <p>10:50 Catholic Confessions (HC)</p> <p>11:30 Catholic Mass w/ Fr. Smith (LH)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: Forrest Gump 2 hrs. 22 mins. (LH)</p>	<p>9:00 Shopping: Walmart H. Street Chula Vista (RA) 22</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 PV Resident & Staff Summer Olympics Opening Ceremony Social (AD)</p> <p>1:30 Scrabble Enthusiasts (BR)</p> <p>1:30 Shopping: Target at Plaza Bonita (RA)</p> <p>7:00 BYOB Social w/ Double Take (AD)</p>	<p>10:00 PV Senior Olympic Games 23</p> <p>10:00am-3:00pm</p> <p>10:00 Sit & Get Fit for Beginners (CP)</p> <p>10:00 Tech Support (L)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>2:00 Movie: The Gabby Douglas Story 1 hr. 26 mins. (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) 24</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>10:00 PV Senior Olympic Games</p> <p>10:00am-3:00pm</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 Hollywood Canasta (Pn. 3rd Fl.)</p> <p>5:30 Movie: Richard Jewell 2 hrs. 11 mins. (LH)</p> <p>6:00 Sound Therapy (CP)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP) 25</p> <p>10:00 PV Olympic Games</p> <p>10:00am-3:00pm</p> <p>12:30 Pilates w/ Kathryn (CP)</p> <p>2:00 Drum Circle w/ Minnie (CP)</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) 26</p> <p>9:00 Shopping: South Bay Market Place (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Closing & Award Olympic Ceremony Social (AD)</p> <p>1:30 Shopping: Walgreens & Vallarta (RA)</p> <p>6:30 Dartball (CP)</p> <p>6:30 Jewish Shabbat Service (HC)</p>	<p>9:00 Walking Club: Liberty Station (RA) 27</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: Buried: The 1982 Alpine Meadows Avalanche 1 hr. 36 mins.</p> <p>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
	<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 28</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:30 Las Americas Outlet Outings (RA)</p> <p>11:30 Catholic Mass w/ Fr. Smith (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Asian Mahjong (Mg. 5th Fl.)</p> <p>2:00 Movie: A League of Their Own 2 hrs. 7 mins. (LH)</p> <p>2:30 Senior Tech Home Academy Seminar by LOVE (BR)</p>	<p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 29</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: NC Walmart (RA)</p> <p>5:30 Movie: Madame Web 1 hr. 57 mins. (LH)</p>	<p>10:00 PV Senior Olympic Games 30</p> <p>10:00am-3:00pm</p> <p>10:00 Sit & Get Fit for Beginners (CP)</p> <p>10:00 Tech Support (L)</p> <p>11:30 PV Choir Rehearsal (LH)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>2:00 Movie: Colors of Evil Red 1 hr. 51 mins. (LH)</p> <p>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>4:30 Dinner at Side Street Thai Kitchen (RA)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 31</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>1:30 Shopping: NC Food for Less (RA)</p> <p>5:30 Movie: Breaking the Surface 1 hr. 35 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>July Culture Topic: Bringing Generations Together</p> <ul style="list-style-type: none"> * Bringing people together from different generations allows sharing of wisdom, skills, and life lessons. * Spending time with people from different age groups encourages empathy and understanding. This can lead to more compassionate and inclusive communities. * Intergenerational interactions contribute to stronger and more connected communities. People of all ages can collaborate on service projects, social activities, and events, fostering the sense of community and togetherness. 		