



November 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November Culture Topic: Gratitude Month *Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease. *People are less likely to express gratitude at work than almost any place else and 60% of people never express thanks at work. Expressing gratitude to coworkers could make our workplace a healthier and happier place! *Remember that behavior changes biology. Positive gestures benefit you by releasing oxytocin, a hormone that helps connect people. Some people call it the love hormone. *Express your gratitude to others – in person or in a note. Notice how saying "thank you" can increase your sense of well-being.</p>						
				<p>Activities are Subject to Change.</p>		
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 3</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: Fall into Winter 2 hrs. 30 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 4</p> <p>10:00 Balance Class w/ Kathryn (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>10:30 Lunch at La Parc (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/ Rhythm Express (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 5</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>9:00 Total Body Strength w/ Kathryn (CP) 6</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>10:00 Green Shredding Truck (RA)</p> <p>11:00 New Resident Orientation/Social (AD)</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>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>2:00 Script-in-Hand Players Perform (LH)</p> <p>5:30 Movie: It Ends With Us 2 hrs. 11 mins. (LH)</p>	<p>10:00 Balance for Beginners (CP) 7</p> <p>12:30 Water Walker Workout w/ Kathryn (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) 8</p> <p>9:00 Shopping: Nex & Commissary 32nd St. Base (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (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 NO Walking Club 2</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:30 Movie: CoCo 1 hr. 45 mins. (LH)</p> <p>3:45 Dia de Los Muertos Celebration (AD)</p> <p>4:00 Novice Poker Group (Wil. 4th Fl. Parlor)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 10</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger U Cardio w/ Jazmine (CP)</p> <p>11:30 Catholic Mass (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Celebration of Life by Silverado (LH & AD)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 11</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>11:00 Resident Veteran FREE Lunch (PC)</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 Veteran's Celebration with Bayou Brothers (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 12</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>9:00 Total Body Strength w/ Kathryn (CP) 13</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>1:30 Shopping: NC Food for Less (RA)</p> <p>2:00 Bible Study (BR)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:00 Viking Cruises Travel Presentation (AD)</p>	<p>10:00 Balance for Beginners (CP) 14</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) 15</p> <p>9:00 Shopping: NC Walmart (RA)</p> <p>10:00 Chair Yoga w/ Kathryn (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Dollar Tree (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) 9</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: Martha 1 hr. 55 mins. (LH)</p> <p>4:00 Novice Poker Group (Wil. 4th Fl. Parlor)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 17</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:50 Catholic Confessions (HC)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: Someone Like You 2hrs. 1 min. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 18</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>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 19</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>3:30 Southwestern College Guitar Ensemble Concert (LH)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 20</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: Walmart H. Street Chula Vista (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>4:30 Basket Raffle Employee Appreciation Fundraiser w/ Double Take (AD)</p>	<p>10:00 Balance for Beginners (CP) 21</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) 22</p> <p>9:00 Shopping: NC Food for Less (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>6:30 Dartball (CP)</p> <p>6:30 Jewish Shabbat Service (HC)</p>	<p>9:00 Walking Club: Imperial Beach Pier (RA) 23</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 Little Dresses Project (BR)</p> <p>2:00 Documentary: Secret World of Sound: Love & Rivals 44 mins (LH)</p> <p>4:00 Novice Poker Group (Wil. 4th Fl. Parlor)</p>
<p>8:30 Bus to First United Methodist Church Mission Valley (RA) 24</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger U Cardio w/ Jazmine (CP)</p> <p>11:30 Catholic Mass (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Movie: The Piano Lesson 2 hrs. 5 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: Walmart H. Street Chula Vista (RA) 25</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: Terra Nova Plaza (RA)</p> <p>7:00 BYOB Social w/ Gemini Trio (AD)</p>	<p>10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 26</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>2:30 Dinner at Texas Roadhouse Early Bird Special (RA)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Total Body Strength w/ Kathryn (CP) 27</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: Walgreens & Vallarta (RA)</p> <p>2:00 Bible Study (BR)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Movie: Joy 1 hr. 55 mins. (LH)</p>	 <p>No Vitality Programs Club Paradise Closed</p>	<p>9:00 Advance Balance & Stabilize w/ Kathryn (CP) 29</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: Grocery Outlets (RA)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Walking Club: Tidelands Park Coronado (RA) 30</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: Secret World of Sound: Finding a Voice 44 mins (LH)</p> <p>4:00 Novice Poker Group (Wil. 4th Fl. Parlor)</p>