


# October 2024

## The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Activities are Subject to Change.</b></p>						
		<p>10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP) <b>1</b></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 &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>2</p> <p>9:00 Total Body Strength w/ Ryan (CP)</p> <p>10:00 Cardio Workout w/ Ryan (CP)</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, &amp; CVS (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:30 Movie: Kingdom of the Planet of Apes hrs. 25 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>3</p> <p>10:00 Balance for Beginners w/ Ryan (CP)</p> <p>12:30 Water Walker Workout w/ Ryan (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>7:00 NO Armchair Astronomy (LH)</p>	<p>4</p> <p><del>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</del></p> <p>9:00 Shopping: NC Food for Less (RA)</p> <p><del>10:00 Chair Yoga w/ Kathryn (CP)</del></p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:30 Shopping: Grocery Outlets (RA)</p> <p>6:30 Dartball (CP)</p>	<p>5</p> <p>10:00 La Mesa Oktoberfest (RA)</p> <p>10:00 Shuffleboard &amp; Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>1:00 FREE Art Project Pt. 2 (AD)</p> <p>2:00 Documentary: Surviving Paradise: A Family Tale 1 hr. 19 mins. (LH)</p> <p>4:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
<p>6</p> <p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:00 Bates Nut Farm Pumpkin Festival &amp; Craft Fair (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: Trouble 1 hr. 38 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>7</p> <p>9:00 Total Body Strength w/ Jazmine (CP)</p> <p>10:00 Balance Class w/ Jazmine (CP)</p> <p>10:00 Rosary Prayer Meeting (HC)</p> <p>10:30 Lunch at Italgo in Chula Vista (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 Reducing Fall Injuries Presented by AgeStrong (AD)</p> <p>2:00 Shopping: Walgreens &amp; Vallarta (RA)</p> <p>7:00 BYOB Social w/ Beach Girls Trio (AD)</p>	<p>8</p> <p>10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)</p> <p><del>10:00 Tech Support (L)</del></p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</p> <p>1:00 PV Choir Rehearsal (LH)</p> <p>2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>9</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: Walmart H. Street Chula Vista (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:30 Generations Butterfly Art Project (AD)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Movie: Arthur the King 1 hr. 47 mins. (AD)</p> <p>6:30 Evening Worship (HC)</p>	<p>10</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>11</p> <p>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</p> <p>9:30 Shopping: Coronado Commissary &amp; NEX (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>12</p> <p>9:00 Walking Club: Harbor Drive Park (RA)</p> <p>10:00 Shuffleboard &amp; 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: Mysteries of the Terracotta Warriors 1 hr. 17 mins. (LH)</p> <p>4:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
<p>13</p> <p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Del Mar Harvest Festival (RA)</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: Lonely Planet 1 hr. 34 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>14</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 Social w/ Bayou Brothers (AD)</p>	<p>15</p> <p>10:00 Health Fair (AD)</p> <p>10:00 Sit &amp; 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 &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>16</p> <p>9:00 Total Body Strength w/ Kathryn (CP)</p> <p>10:00 Cardio Workout w/ Kathryn (CP)</p> <p>11:00 Farmer's Market (AD)</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, &amp; CVS (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:30 Movie: Aloha 1 hr. 45 mins (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>17</p> <p>10:00 Balance for Beginners (CP)</p> <p>10:30 Women's Friendship Group Luncheon (LH &amp; 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>18</p> <p>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</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>1:30 Singing Seniors Concert (LH)</p> <p>3:00 Resident Birthday Party w/ Blue Zone Band (A)</p> <p>6:30 Dartball (CP)</p>	<p>19</p> <p>9:00 Walking Club: Embarcadero San Diego (RA)</p> <p>10:00 Shuffleboard &amp; Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: Reversing Roe 1 hr. 39 mins. (LH)</p> <p>4:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
<p>20</p> <p>8:30 Bus to First United Methodist Church Mission Valley (RA)</p> <p>9:00 Day Trip to Julian (RA)</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: In her Place 1 hr. 21 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>21</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; 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: Goodwill Store H Street CV (RA)</p> <p>7:00 BYOB Social w/ Rhythm Express (AD)</p>	<p>22</p> <p>9:00 Vaccine Clinic (BR &amp; AD)</p> <p>10:00 Sit &amp; 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 New 2025 Medicare Seminar presented by Capstone Service (LH)</p> <p>2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>6:30 Dartball (CP)</p>	<p>23</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>1:30 Shopping: NC Food for Less (RA)</p> <p>2:00 Bible Study (BR)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Movie: Thelma 1 hr. 37 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>24</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 NO BINGO (AD)</p> <p>4:00 Casino Royale Masquerade Night Fundraiser (AD &amp; BR)</p> <p>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>	<p>25</p> <p>9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)</p> <p>9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart &amp; Final (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>6:30 Jewish Shabbat Service (HC)</p>	<p>26</p> <p>9:00 Walking Club: Shelter Island (RA)</p> <p>10:00 Shuffleboard &amp; 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>4:00 Novice Poker Group (Mg. 5th Fl. Parlor)</p>
<p>27</p> <p>8:30 Bus to First United Methodist Church Mission Valley (RA)</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: Mother's Instinct 1 hr. 34 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>28</p> <p>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; 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 Outlets (RA)</p> <p>7:00 BYOB Social w/ Double Take (AD)</p>	<p>29</p> <p>10:00 Sit &amp; 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 &amp; Mexican Train Dominoes (Wi. 3rd Fl.)</p> <p>3:00 BINGO (AD)</p> <p>4:30 Dinner at Anthony's Fish Grotto La Mesa (RA)</p> <p>6:30 Dartball (CP)</p>	<p>30</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: Walmart H. Street Chula Vista (RA)</p> <p>2:00 Bible Study (BR)</p> <p>5:30 Movie: The Boy in the Woods 1 hr. 41 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>31</p> <p>10:00 Balance for Beginners (CP)</p> <p>2:00 Resident &amp; Staff Halloween Costume Contest (A)</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><b>October Culture Topic: Creative Collaboration</b></p> <p>* This month we are focusing on the value of creativity and the positive impact that collaborative projects can have on our communities.</p> <p>* The act of creating fills us with a sense of purpose and fulfillment that little else can.</p> <p>* Providing collaborative experiences where everyone contributes equally helps to build social belonging.</p> <p>* Shared art projects can provide self-expression while promoting a sense of community bonding.</p>	