


September 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>10:00 Stronger U Cardio w/ Jazmine (CP)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: The Union 1 hr. 47 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>10:00 Rosary Prayer Meeting (HC)</p> <p>11:00 Labor Day BBQ (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>7:00 BYOB Social w/ The Harmonettes (AD)</p>	<p>10:00 Sit & Get Fit for Beginners (CP)</p> <p>10:00 Tech Support (L)</p> <p>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</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 New Resident Orientation/Social (AD)</p> <p>1:30 Shopping: NC Food for Less (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Parkinson's Support Group (L)</p> <p>5:30 Movie: IF 1 hr. 44 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:30 Water Walker Workout 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>6:00 TOPS Meeting (BR)</p> <p>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p> <p>7:00 Armchair Astronomy: Auroras: Those Beautiful Northern & Southern Lights (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: Dollar Tree (RA)</p> <p>6:30 Dartball (CP)</p>	<p>9:00 Walking Club: Rohr Park Chula Vista (RA)</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: Inside the Mind of a Dog 1 hr. 15 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)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Cedars Talent Show (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>10:30 Lunch at Great Maple (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/ Bayou Brothers (AD)</p>	<p>10:00 Sit & Get Fit for Beginners (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>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>1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)</p> <p>2:00 Bible Study (BR)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Movie: Dune Pt. 1 2 hrs. 35 mins. (LH)</p> <p>6:30 Evening Worship (HC)</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: Coronado Commissary & 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>9:00 Walking Club: Balboa Park (RA)</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: Inside the Mind of a Cat 1 hr. 7 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)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>10:00 Stronger U Cardio w/ Jazmine (CP)</p> <p>10:50 Catholic Confessions (HC)</p> <p>11:30 Catholic Mass (LH)</p> <p>2:00 Movie: The Bikeriders 1 hr. 56 mins. (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 Social w/ Rhythm Express (AD)</p>	<p>10:00 Sit & Get Fit for Beginners (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: 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>5:30 Movie: Dune Pt. 2 2 hrs, 46 mins. (LH)</p> <p>6:30 Evening Worship (HC)</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>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: South Bay Market Place (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: Liberty Station Park (RA)</p> <p>10:00 Shuffleboard & Games (CP)</p> <p>1:00 Bridge (Pn. 5th Fl.)</p> <p>2:00 Documentary: Hack Your Health: The Secrets of Your Gut 1 hr. 19 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)</p> <p>9:30 Eastlake Church Service (LH)</p> <p>11:30 Catholic Mass (LH)</p> <p>12:00 Anglican Church Service (HC)</p> <p>2:00 Movie: The World's Fastest Indian 2 hrs. 7 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: NC Walmart (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/ Double Take (AD)</p>	<p>10:00 Sit & Get Fit for Beginners (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>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 Mosaic Terra Cotta Pot Workshop Pt. 1 (AS)</p> <p>1:30 Shopping: NC Food for Less (RA)</p> <p>2:00 Bible Study (BR)</p> <p>2:00 Drum Circle (CP)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Movie: The Fabulous Four 1 hr. 38 mins. (LH)</p> <p>6:30 Evening Worship (HC)</p>	<p>10:00 Balance for Beginners (CP)</p> <p>12:30 Pilates w/ Kathryn (CP)</p> <p>1:00 Mosaic Terra Cotta Pot Workshop Pt. 2 (AS)</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>9:00 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: South Bay Market Place (RA)</p> <p>6:30 Dartball (CP)</p> <p>6:30 Jewish Shabbat Service (HC)</p>	<p>9:00 Walking Club: Tidelands Park Coronado (RA)</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: The Deepest Breath 1 hr. 46 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)</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>2:00 Movie: First Man 2 hrs. 21 mins. (LH)</p> <p>4:00 Asian Mahjong (Mg. 5th Fl.)</p>	<p>9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (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>5:30 Movie: Back to Black 2 hrs. 2 mins. (LH)</p>	<p>September Culture Topic: Exploring Lifelong Purpose</p> <p>This month Generations residents and employees will be having conversations and participating in activities that help us reflect upon our purpose in life. Why is that important? Research shows that having a sense of meaning and purpose can impact our health in positive ways, including protecting against dementia, physical disabilities, and cardiovascular disease. Having a strong sense of purpose can guide life decisions, shape our goals, and offer a sense of direction in our lives. Exploring our "why" and finding purpose can be done at any age. We look forward to exploring this topic and learning from each other this month!</p>					<p>Activities are Subject to Change.</p>