

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Music Memories & Picture Trivia-TP 10:00 Catholic Communion-C 10:30 Ball Toss-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS* 1:00 Scrapbooking-GR** 2:00 Family Bingo-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Baseball-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS* 1:00 Plaster of Paris Project-GR** 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Color by Numbers -GR** 9:15 Daily Chronicles-MS/GR 9:30 Chicken Soup for the Soul & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:00 Vet to Vet w/ Apreva-GR 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR** 1:00 Card Decoration-GR** 1:00 Flower Arrangement-MS*	8:30 Sing Along w/Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Famous Faces & Places-MS/GR 1:30 "Paper Flower Project"-MS* 1:30 "Paper Mache Creation"*** 2:30 Clay Project-MS/GR 4:15 Puzzles & Dominoes-GR	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory Activities-TP 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR** 1:00 Craft Project-MS/GR 2:15 Welcome New Resident Social w/ Bianchi-GR 3:00 Sing Along-MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Hand Massage & Pretty Nails-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:00 Men's Club: Car Reminiscence-MS 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Coloring-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 1:30 Scenic Drive to Star of India-MS** 2:00 Hymns Sing Along -C 3:00 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR
8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 10:30 Ball Toss-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-GR 2:00 Grandparents Day Ice cream Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Documentary-VT	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Baseball-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS* 1:00 Plaster of Paris Project-GR** 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Color by Numbers -GR** 9:15 Daily Chronicles-MS/GR 9:30 Chicken Soup for the Soul & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Card Decoration-GR** 1:00 Flower Arrangement-MS* 1:30 Scenic Drive to Point Loma-MS**	8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Famous Faces & Places-MS/GR 1:30 "Paper Flower Project"-MS* 1:30 "Paper Mache Creation"*** 2:30 Clay Project-MS/GR 4:15 Puzzles & Dominoes-GR**	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory activities-TP 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR** 1:00 Craft Project-MS/GR 1:30 Scenic Drive to Ocean Beach-MS** 2:00 BINGO- MS/GR 3:00 Sing Along- MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Hand Massage & Pretty Nails-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 2:00 Hispanic Heritage Celebration w/ Rikacha Music-CY 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Coloring-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 1:30 Scenic Drive: Midway Museum-MS** 2:00 Christian Service w/Ed Equid-C 3:00 "Residents Choice"-MS/GR 5:00 Evening Stroll-MS 7:00 Romantic Movies - VT
8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Music Memories & Picture Trivia-TP 10:00 Catholic Communion-C 10:30 Ball Toss-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS* 1:00 Scrapbooking-GR** 2:00 Family Bingo-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Baseball-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS* 1:00 Plaster of Paris Project-GR** 2:00 Craft Project -MS/GR 3:00 Ball Toss-MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Color by Numbers -GR** 9:15 Daily Chronicles-MS/GR 9:30 Chicken Soup for the Soul & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Card Decoration-GR** 1:00 Flower Arrangement-MS* 2:00 BINGO- MS/GR	8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Famous Faces & Places-MS/GR 2:00 Music Therapy w/ Apreva-GR 4:15 Puzzles & Dominoes-GR** 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory activities-TP 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR** 1:00 Craft Project-MS/GR 1:30 Scenic Drive to Imperial Beach-MS 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Hand Massage & Pretty Nails-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Coloring-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 10:00 Discussion: Our Purpose of Life-GR 1:00 Watercolor Project-MS/GR 1:30 Scenic Drive: Coronado Beach-MS** 2:00 Hymns Sing Along -C 3:00 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT
8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 10:30 Ball Toss-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS/GR 1:00 Scrapbooking-MS/GR 2:00 Family Bingo-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Documentary-VT	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Baseball-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS* 1:00 Plaster of Paris Project-GR** 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Color by Numbers -GR** 9:15 Daily Chronicles-MS/GR 9:30 Chicken Soup for the Soul & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Card Decoration-GR** 1:00 Flower Arrangement-MS* 2:00 BINGO- MS/GR	8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Famous Faces & Places-MS/GR 2:00 Birthday Celebration w/ Raymond-GR 4:15 Puzzles & Dominoes-GR** 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory activities-TP 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR** 1:00 Craft Project-MS/GR 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 4:15 Paper Craft Project-GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Hand Massage & Pretty Nails-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:30 Flower Arrangement-MS/GR 2:00 Jewelry Making-GR** 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Coloring-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 Christian Service w/Ed Equid-C 3:00 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR
8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Music Memories & Picture Trivia-TP 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS/GR 1:00 Scrapbooking-MS/GR 2:00 Family Bingo-MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Baseball-MS* 10:30 Volleyball Game-GR** 1:00 Flower Arrangement-MS* 1:00 Plaster of Paris Project-GR** 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Color by Numbers -GR** 9:15 Daily Chronicles-MS/GR 9:30 Chicken Soup for the Soul & Aromatherapy-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Card Decoration-GR** 1:00 Flower Arrangement-MS* 2:00 BINGO- MS/GR	8:30 Sing Along w/ Abba & Coloring-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Famous Faces & Places-MS/GR 2:00 Birthday Celebration w/ Raymond-GR 4:15 Puzzles & Dominoes-GR** 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory activities-TP 10:30 Balloon Tennis-MS* 10:30 Volleyball Game-GR** 1:00 Craft Project-MS/GR 2:00 BINGO- MS/GR 3:00 Sing Along-MS/GR 4:15 Paper Craft Project-GR	8:30 Puzzles & Sing Along w/ Frank Sinatra-MS* 8:30 Word Search & Crosswords-GR** 9:15 News & Views-MS/GR 9:30 Hand Massage & Pretty Nails-TP 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 10:30 Balloon Tennis-MS/GR 1:00 Garden Visit-CY 1:30 Flower Arrangement-MS/GR 2:00 Jewelry Making-GR** 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR** 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Coloring-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Stretch-GR** 9:30 Moving & Counting-MS* 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 Christian Service w/Ed Equid-C 3:00 Residents Choice-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR

September 2024 Parkview Vitality Calendar

GR: Great Room MS: Main St. C: Chapel VT: Village Theater TP: Torrey Pines
Activities Difficulty : Level: Easy * Medium **

