

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Well Being Checkup Discussion-GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31	 <p>PARADISE VILLAGE A GENERATIONS COMMUNITY</p>
8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31																																											

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# January 2025

## Parkview Vitality Calendar

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

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Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Imperial Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily 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10:30 Noodle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project 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Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31		
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Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 5 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 11:15 Catholic Communion-C 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	8:30 Aromatherapy & Music Band Era Reminisce-MS* 6 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Watercolor-GR** 7 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	8:30 Reminisce w/ Pictures & Music-MS* 8 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 Aromatherapy & Music Band Era Reminisce-MS* 9 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Imperial Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Watercolor-GR** 10 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	8:30 Sing Along w/ Abba & Card Matching-MS* 11 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR
8:30 National Geographic Reading & Watercolor-GR** 12 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	8:30 Aromatherapy & Music Band Era Reminisce-MS* 13 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Watercolor-GR** 14 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	8:30 Reminisce w/ Pictures & Music-MS* 15 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	8:30 Aromatherapy & Music Band Era Reminisce-MS* 16 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Watercolor-GR** 17 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 Sing Along w/ Abba & Card Matching-MS* 18 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT
8:30 National Geographic Reading & Watercolor-GR** 19 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	8:30 Aromatherapy & Music Band Era Reminisce-MS* 20 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Watercolor-GR** 21 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	8:30 Reminisce w/ Pictures & Music-MS* 22 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 Aromatherapy & Music Band Era Reminisce-MS* 23 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Watercolor-GR** 24 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 Sing Along w/ Abba & Card Matching-MS* 25 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR
8:30 National Geographic Reading & Watercolor-GR** 26 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	8:30 Aromatherapy & Music Band Era Reminisce-MS* 27 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	8:30 National Geographic Reading & Watercolor-GR** 28 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	8:30 Reminisce w/ Pictures & Music-MS* 29 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 Aromatherapy & Music Band Era Reminisce-MS* 30 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8:30 National Geographic Reading & Card Matching-GR** 31 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	 <p>PARADISE VILLAGE A GENERATIONS COMMUNITY</p>

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Imperial Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31	 <p>PARADISE VILLAGE A GENERATIONS COMMUNITY</p>
8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31																																											

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Well Being Checkup Discussion-GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	31	 <b>PARADISE VILLAGE</b> A GENERATIONS COMMUNITY	
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Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 11:15 Catholic Communion-C 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Well Being Checkup Discussion-GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31	 <p>PARADISE VILLAGE A GENERATIONS COMMUNITY</p>
8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31																																											

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Well Being Checkup Discussion-GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noodle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31		
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 2:00 Paper Craft Project-MS/CR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Card Matching-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31		
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Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Well Being Checkup Discussion-GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	31	 <b>PARADISE VILLAGE</b> A GENERATIONS COMMUNITY	
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Well Being Checkup Discussion-GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 7:00 Action Movies-VT	31		
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Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# January 2025

## Parkview Vitality Calendar

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

8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	5	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	6	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Shelter Island-MS 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	7	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	8	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	9	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Welcome New Resident Social-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS	10	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Well Being Checkup Discussion-GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	11	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	12	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	13	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	14	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Martin Luther King Discussion-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Seaport Village-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	16	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Pet Therapy w/Heart N Soul-CY 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	17	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Karaoke Singing & Dancing w/ Jay-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT	18	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR	19	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish The Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	20	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places-MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Harbor Drive-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	21	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS * 10:30 Noddle Ball Catch-GR** 1:00 Music Reminisce & Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Cards & Dominoes-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	22	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Embarcadero-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	23	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Watercolor-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Virtual Reality Experience w/ Anchor Health-VT 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS* 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	24	8:30 Sing Along w/ Abba & Card Matching-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Noodle Balloon Strike-MS/GR 1:00 Random Trivia & Table Games-MS/GR 2:00 Christian Service w/Ed Equid-C 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	25	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Abba & Card Matching-MS* 9:15 News & Views-MS/GR 9:15 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Morning Stretch-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 1:30 Weaving Loom Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Pop Corn & Family Bingo Social-MS/GR 5:00 Evening Stroll-MS	26	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Word Search & Newspaper Review-GR 9:15 Daily Chronicles-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Morning Fitness-GR ** 10:00 Stretching w/ Music-MS* 10:30 Bowling Game-MS/GR 1:00 Finish the Line-MS/GR 1:30 Clay Project-MS/GR 2:00 Craft Project-MS/GR 2:30 Memory Games & Card Matching-MS/GR 5:00 Evening Stroll-MS	27	8:30 National Geographic Reading & Watercolor-GR** 8:30 Sing Along w/ Elvis Presley & Card Matching-MS* 9:15 News & Views-MS/GR 9:20 Finish the line-MS/GR 10:00 Dance & Stretching-MS* 10:00 Sit & Be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Famous Faces & Places -MS/GR 1:30 Card Decoration-MS/GR 1:30 Scenic Drive to Midway Museum-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR	28	8:30 Reminisce w/ Pictures & Music-MS* 8:30 Weaving Loom Project & Puzzles-GR** 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Parachute Game-MS* 10:30 Noodle Catch Ball Game-GR** 1:00 Chinese New Year Celeb. Lecture-GR 2:00 Birthday Celebration Soc. w/ Raymond MS/GR 3:00 50's Music Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	29	8:30 Aromatherapy & Music Band Era Reminisce-MS* 8:30 Watercolor & Movie Star Trivia-GR** 9:15 News & Views-MS/GR 9:20 Reminisce w/ Theme Box-MS/GR 10:00 Dance & Stretching-MS* 10:00 Morning Fitness-GR ** 10:30 Balloon Toss-MS/GR 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Coronado Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	30	8:30 National Geographic Reading & Watercolor-GR** 8:30 Reminisce w/ Pictures & Music-MS* 9:15 Daily Chronicles-MS/GR 9:20 Table Games & Puzzles-MS/GR 10:00 Chair Fitness-MS* 10:00 Sit & be Fit-GR ** 10:30 Balloon Tennis-MS/GR 1:00 Flower Arrangement-MS/GR 2:00 Craft Project-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR	31	 <b>PARADISE VILLAGE</b> A GENERATIONS COMMUNITY	
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