


September 2025

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Activities are subject to change.</div>	<div>10:00 Rosary Prayer Meeting (HC)</div> <div>1:30 Scrabble Enthusiasts (BR)</div> <div>2:00 Make "Em Laugh: Best of American Comedy (AD)</div> <div>Club Paradise will be open from 7:00am – 5:00pm and no Vitality Staff available.</div>	<div>9:00 Dynamic Balance w/ Kathryn (CP)</div> <div>10:00 Sit & Get Fit w/ Kathryn (CP)</div> <div>11:00 Tech Support (CR)</div> <div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div> <div>3:00 BINGO (AD)</div> <div>6:00 Dartball (CP)</div>	<div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>10:00 Cardio Workout w/ Kathryn (CP)</div> <div>11:00 New Resident Orientation/Social (AD)</div> <div>1:00 Bridge (Pines 5th Fl. Parlor)</div> <div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div> <div>1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA)</div> <div>2:00 Bible Study (BR)</div> <div>2:00 Parkinson's Support Group (L)</div> <div>5:30 Movie: The Friend 2 hrs. (LH)</div>	<div>9:00 Water Walker Workout w/ Kathryn (CP)</div> <div>10:00 Balance for Beginners (CP)</div> <div>11:00 Veterans Pact Act by Brightstar (AD)</div> <div>1:30 Let's Write (AS)</div> <div>3:00 BINGO (AD)</div> <div>6:00 Shuffleboard Bowling (Plaza 2nd Fl.)</div> <div>6:00 TOPS Meeting (BR)</div>	<div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div> <div>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div> <div>10:00 Chair Yoga w/ Kathryn (CP)</div> <div>1:30 Shopping: NC Food for Less (RA)</div> <div>3:00 Fiesta Street Markets (TCA)</div>	<div>9:00 Walking Club: Harbor Island Park SD (RA)</div> <div>10:00 Shuffleboard & Games (CP)</div> <div>2:00 Documentary: Secrets of the Saqqara Tomb 1 hr. 54 mins. (LH)</div> <div>4:00 PV Preachers & Prayer (HC)</div>
<div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div> <div>9:30 Eastlake Church Service (LH)</div> <div>11:30 Catholic Mass (LH)</div> <div>2:00 National Grandparent's Day Ice Cream Social (A)</div> <div>4:00 Asian Mahjong (Mg. 5th Fl.)</div>	<div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>10:00 Balance Class w/ Kathryn (CP)</div> <div>10:00 Rosary Prayer Meeting (HC)</div> <div>10:30 Lunch at Point Loma Seafood (RA)</div> <div>1:30 Scrabble Enthusiasts (BR)</div> <div>2:00 PV Men's Discussion Group (L)</div> <div>2:00 Shopping: Walgreens & Vallarta (RA)</div> <div>7:00 BYOB w/ Bayou Brothers (AD)</div>	<div>9:00 Dynamic Balance w/ Kathryn (CP)</div> <div>10:00 Sit & Get Fit w/ Kathryn (CP)</div> <div>11:00 Tech Support (CR)</div> <div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div> <div>3:00 BINGO (AD)</div> <div>6:00 ""A Night of Magic" Dinner & Magic Show Employee Appreciation Fundraiser (AD) (</div> <div>6:00 Dartball (CP)</div>	<div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>10:00 Cardio Workout w/ Kathryn (CP)</div> <div>12:30 Club Paradise New Resident Orientation (CP)</div> <div>12:30 FREE Art Project Pt. 1 (AD)</div> <div>1:00 Bridge (Pines 5th Fl. Parlor)</div> <div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div> <div>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div> <div>2:00 Bible Study (BR)</div> <div>5:00 Sound Therapy (CP)</div> <div>5:30 Movie: Marry Me 1 hr. 52 mins. (RA)</div>	<div>10:00 Balance for Beginners (CP)</div> <div>12:30 Pilates w/ Kathryn (CP)</div> <div>1:00 Resident Council Meeting (LH)</div> <div>3:00 BINGO (AD)</div> <div>3:00 Wisdom Circle w/ Tanya & Paul (L)</div> <div>6:00 Shuffleboard Bowling (Plaza 2nd Fl.)</div> <div>6:00 TOPS Meeting (BR)</div>	<div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div> <div>9:30 Shopping: Nex & Commissary North Island (RA)</div> <div>10:00 Chair Yoga w/ Kathryn (CP)</div> <div>1:30 Shopping: Vons in Bonita (RA)</div> <div>3:00 Fiesta Street Markets (TCA)</div>	<div>9:00 Walking Club: Shelter Island Park SD (RA)</div> <div>10:00 Shuffleboard & Games (CP)</div> <div>11:00 Stronger U Stretch w/ Jazmine (CP)</div> <div>12:30 FREE Art Project Pt. 2 (AD)</div> <div>2:00 Documentary: Horizon 50 mins. (LH)</div>
<div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div> <div>9:00 Shopping: Vons in Bonita (RA)</div> <div>9:30 Eastlake Church Service (LH)</div> <div>10:00 Stronger U Cardio w/ Jazmine (CP)</div> <div>11:30 Catholic Mass (LH)</div> <div>4:00 Asian Mahjong (Mg. 5th Fl.)</div>	<div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>9:30 Shopping: Costco & Walmart on H Street in Chula Vista (RA)</div> <div>10:00 Balance Class w/ Kathryn (CP)</div> <div>10:00 Rosary Prayer Meeting (HC)</div> <div>1:30 Scrabble Enthusiasts (BR)</div> <div>1:30 Shopping: Target at Plaza Bonita (RA)</div> <div>2:00 Make "Em Laugh: Best of American Comedy (AD)</div> <div>7:00 September Birthday Party w/ Rhythm Express (AD)</div>	<div>9:00 Dynamic Balance w/ Kathryn (CP)</div> <div>10:00 Sit & Get Fit w/ Kathryn (CP)</div> <div>11:00 Tech Support (CR)</div> <div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div> <div>3:00 BINGO (AD)</div> <div>6:00 Dartball (CP)</div>	<div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>10:00 Cardio Workout w/ Kathryn (CP)</div> <div>1:00 Bridge (Pines 5th Fl. Parlor)</div> <div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div> <div>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div> <div>2:00 Bible Study (BR)</div> <div>2:00 Health Talk Presented by AgeStrong (LH)</div> <div>2:00 Parkinson's Support Group (L)</div> <div>5:30 Movie: Jurassic World Rebirth 2hrs. 14 mins. (LH)</div>	<div>9:00 Water Walker Workout w/ Kathryn (CP)</div> <div>10:00 Balance for Beginners (CP)</div> <div>10:30 Women's Friendship Group Luncheon (LH & AD)</div> <div>1:00 Ambassador Meeting (BR)</div> <div>3:00 BINGO (AD)</div> <div>6:00 Shuffleboard Bowling (Plaza 2nd Fl.)</div> <div>6:00 TOPS Meeting (BR)</div>	<div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div> <div>9:00 Shopping: Walmart on H Street in Chula Vista (RA)</div> <div>10:00 Chair Yoga w/ Kathryn (CP)</div> <div>1:30 Shopping: Dollar Tree (RA)</div> <div>3:00 Fiesta Street Markets (TCA)</div>	<div>10:00 Shuffleboard & Games (CP)</div> <div>2:00 Documentary: Unknown Cave of Bones 1 hr. 34 mins. (LH)</div> <div>2:30 Life & Death: Let's Talk w/ Lisa & Paul (L)</div>
<div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div> <div>9:30 Eastlake Church Service (LH)</div> <div>11:30 Catholic Mass (LH)</div> <div>12:30 Catholic Confessions (HC)</div> <div>4:00 Asian Mahjong (Mg. 5th Fl.)</div>	<div>9:00 Shopping: Walmart on H Street in Chula Vista (RA)</div> <div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>10:00 Balance Class w/ Kathryn (CP)</div> <div>10:00 Rosary Prayer Meeting (HC)</div> <div>1:30 Scrabble Enthusiasts (BR)</div> <div>1:30 Shopping Terra Nova Plaza (RA)</div> <div>2:00 PV Men's Discussion Group (L)</div> <div>5:30 Movie: Grease 1 hr. 50 mins. (LH)</div>	<div>9:00 Dynamic Balance w/ Kathryn (CP)</div> <div>10:00 Sit & Get Fit w/ Kathryn (CP)</div> <div>11:00 Tech Support (CR)</div> <div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div> <div>3:00 BINGO (AD)</div> <div>3:00 Dinner at Texas Road House (RA)</div> <div>6:00 Dartball (CP)</div>	<div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>10:00 Cardio Workout w/ Kathryn (CP)</div> <div>1:00 Bridge (Pines 5th Fl. Parlor)</div> <div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div> <div>1:30 Shopping: NC Food for Less (RA)</div> <div>2:00 "Old Fashion Lemonade Stand" Alzheimer's Fundraiser (A)</div> <div>2:00 Bible Study (BR)</div> <div>5:00 Sound Therapy (CP)</div> <div>5:30 Movie: Overboard 1 hr. 52 mins. (RA)</div>	<div>10:00 Balance for Beginners (CP)</div> <div>12:30 Pilates w/ Kathryn (CP)</div> <div>3:00 BINGO (AD)</div> <div>3:00 Wisdom Circle w/ Tanya & Paul (L)</div> <div>6:00 Shuffleboard Bowling (Plaza 2nd Fl.)</div> <div>6:00 TOPS Meeting (BR)</div>	<div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div> <div>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div> <div>10:00 Chair Yoga w/ Kathryn (CP)</div> <div>1:30 Shopping: Grocery Outlet & Dollar Tree (RA)</div> <div>3:00 Fiesta Street Markets (TCA)</div>	<div>8:00 Mimosa Breakfast Fundraiser (AD)</div> <div>9:00 Walking Club: Tidelands Park Coronado (RA)</div> <div>10:00 Shuffleboard & Games (CP)</div> <div>11:00 Stronger U Stretch w/ Jazmine (CP)</div> <div>2:00 Documentary: Becoming 1 hr. 29 mins. (LH)</div>
<div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div> <div>9:30 Eastlake Church Service (LH)</div> <div>9:30 Shopping: Chula Vista Farmer's Market (RA)</div> <div>10:00 Stronger U Cardio w/ Jazmine (CP)</div> <div>11:30 Catholic Mass (LH)</div> <div>4:00 Asian Mahjong (Mg. 5th Fl.)</div>	<div>9:00 Shopping: NC Walmart (RA)</div> <div>9:00 Total Body Strength w/ Kathryn (CP)</div> <div>10:00 Balance Class w/ Kathryn (CP)</div> <div>10:00 Rosary Prayer Meeting (HC)</div> <div>1:30 Scrabble Enthusiasts (BR)</div> <div>1:30 Shopping: Walgreens & Vallarta (RA)</div> <div>2:00 American Photography: A Century of Images (AD)</div> <div>5:30 Movie: Hairspray 1 hr. 32 mins. (RA)</div>	<div>9:00 Dynamic Balance w/ Kathryn (CP)</div> <div>10:00 Sit & Get Fit w/ Kathryn (CP)</div> <div>11:00 Tech Support (CR)</div> <div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div> <div>3:00 BINGO (AD)</div> <div>6:00 Dartball (CP)</div>	<div>Generations September Culture Topic is PLAY! Let's Talk About the Power of Play. Did you know? Play is fundamentally tied to our Generations mission and values, and is heavily influenced by our Founder, Wendell White. Wendell used to keep a paper in his wallet reminding him to have fun at work every single day! Play is an important part of life for all of us, no matter what age we are:</div> <div>* Being silly and engaging in playful behavior can enhance creativity and increase energy levels.</div> <div>* Play can boost mood and promote positive emotions. It encouraged laughter, joy, and a sense of freedom, which can combat feelings of depression and loneliness.</div> <div>* Incorporating play into adulthood is not just about having fun; it's a vital aspect of maintaining mental, emotional and physical well-being.</div>			<div><div>Back to School</div></div>