


August 2025

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change.					9:00 Advance Balance & Stabilize w/ Kathryn (CP) 1 9:00 Shopping: Costco & Walmart on H Street in Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Resident Corner Store Mid-Summer Sale 1:30 Shopping Terra Nova Plaza (RA) 3:30 Friday Happy Hour (AD)	9:00 Walking Club: Balboa Park (RA) 2 10:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 1:30 Resident Corner Store Mid-Summer Sale 2:00 Documentary: Shark Whisperer 1 hr. 30 mins. (LH) 4:00 PV Preachers & Prayer (HC)
8:30 Bus to First United Methodist Church Mission Valley (RA) 3 9:00 Shopping: Vons in Bonita (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 4 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 10:30 Lunch at Jimmy's Famous American Tavern (RA)re 1:30 Scrabble Enthusiasts (BR) 2:00 Make 'Em Laugh: Best of American Comedy (AD) 2:00 Shopping: Walgreens & Vallarta (RA) 5:30 Movie: The Blind Side 2 hr. 9 min. (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 5 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 11:00 Unmanaged Care, Being Proactive In-Service (AD) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 6 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 1:30 Resident Corner Store Grand Re-Opening 2:00 Parkinson's Support Group (L) 2:00 Summer Co-Ed Bible Study (AD) 5:30 Movie: The Post 1 hr. 56 mins. (LH)	9:00 Water Walker Workout w/ Kathryn (CP) 7 10:00 Balance for Beginners (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 8 9:30 Shopping: Nex & Commissary North Island (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Vons in Bonita (RA)	10:00 Shuffleboard & Games (CP) 9 2:00 Documentary: Trainwreck: Balloon Boy 52 mins. (LH) 4:00 Brief But Spectacular: Brief Profiles of Fascinating People (AD)
8:30 Bus to First United Methodist Church Mission Valley (RA) 10 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 11 9:30 Shopping: Costco & Walmart on H Street in Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 2:00 PV Men's Discussion Group (L) 7:00 BYOB w/ Bayou Brothers (AD)	9:00 Dynamic Balance w/ Kathryn (CP) 12 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 13 10:00 Cardio Workout w/ Kathryn (CP) 10:00 Road Runner Sport Shoe Sale (AD) 12:30 Club Paradise New Resident Orientation (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: NC Food for Less (RA) 2:00 Summer Co-Ed Bible Study (AD) 5:00 Sound Therapy (CP) 5:30 Movie: Adrift 1 hr. 40 mins. (LH)	10:00 Balance for Beginners (CP) 14 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 15 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Long-Term Care & Placement In-Service (BR) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 3:30 Friday Happy Hour (AD)	9:00 Walking Club: Imperial Beach Pier (RA) 16 10:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 2:00 Documentary: Sunday Best 1 hr. 20 mins. (LH) 2:30 Life & Death Discussion Group (L) 6:00 Pianist David Saliamonas Concert (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 17 9:00 Shopping: NC Walmart (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 18 9:30 Mount Soledad Self-Tour & Picnic at Mission Bay Park (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 2:00 Make "Em Laugh: Best of American Comedy (AD) 7:00 August Birthday Party w/ Double Take (AD)	9:00 Dynamic Balance w/ Kathryn (CP) 19 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 Resident Council Horseracing Employee Appreciation Fundraiser (AD) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 4:30 Dinner at La Casa De Oro (RA) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 20 10:00 Cardio Workout w/ Kathryn (CP) 10:30 Alzheimer's Bake Sale Fundraiser (Plaza) 12:30 FREE Art Project Pt. 1 (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 2:00 Parkinson's Support Group (L) 2:00 Summer Co-Ed Bible Study (AD) 5:30 Movie: The 33 2 hrs. 7 mins. (LH)	9:00 Water Walker Workout w/ Kathryn (CP) 21 10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 22 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Dollar Tree (RA) 2:00 Norman Park Singing Singers Concert (LH)	10:00 Shuffleboard & Games (CP) 23 12:30 FREE Art Project Pt. 2 (AD) 2:00 The Hangout Sing-Out w/ Resident Charlie Higgins (A) 4:00 Brief But Spectacular: Brief Profiles of Fascinating People (AD)
8:30 Bus to First United Methodist Church Mission Valley (RA) 24 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping: Costco & Walmart on H Street in Chula Vista (RA) 25 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Walgreens & Vallarta (RA) 2:00 Cooking Demo w/ Culinary Director Scott (AD) 2:00 PV Men's Discussion Group (L) 5:30 Movie: Terms of Endearment 2 hrs. 1 min. (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 26 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 5:30 FREE Balboa Park Coronado Band Concert (RA) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 27 10:00 Cardio Workout w/ Kathryn (CP) 10:00 PV Car Show & BBQ (TCA) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Summer Co-Ed Bible Study (AD) 5:00 Sound Therapy (CP) 5:30 Movie: Mandela: Long Walk to Freedom 2 hrs. 26 mins. (LH)	10:00 Balance for Beginners (CP) 28 12:30 Pilates w/ Kathryn (CP) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 29 9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: NC Food for Less (RA) 3:30 Friday Happy Hour (AD)	9:00 Walking Club: Sweetwater Park (RA) 30 10:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 2:00 Documentary: Breaking Boundaries: The Science of Our Planet 1 hr. 14 mins. (LH) 4:00 Game Night hosted by the Ambassador Committee (AD)
8:30 Bus to First United Methodist Church Mission Valley (RA) 31 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 1:00 FREE Balboa Park Organ Pavilion Concert (RA) 4:00 Asian Mahjong (Mg. 5th Fl.)	August Culture Topic: Food As Fuel: We are focusing on optimal nutrition. Eating well helps maintain energy, supports immune health, improves mood, and can prevent or manage chronic conditions. Here are some tips for improving your chances of feeling good and staying healthy: * Hydrate yourself with water. Reduce your intake of sodas, sports drinks, and juice they add sugar without nutrients. * No single food provides all the nutrients your body needs. Aim to fill half your plate with vegetables and fruits at each meal. * Include lean proteins. Protein is essential for maintaining muscle health. Try chicken, turkey, and fish. Eggs, beans, and legumes are also reliable sources of protein and fiber. Limit the amount of red meat. * Eat whole foods as much as possible. Avoid highly processed foods, which tend to have excess sugar and salt, low fiber, and a long ingredient list. (Examples: cookies, cakes, crackers, and fast food.) * Eat mindfully. Taking time to savor your food and chew slowly can help you enjoy your meal and may aid in digestion. Flexibility and moderation are key. Choose nutrient-dense foods, and enjoy occasional treats.					