

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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| <p>For Spiritual Support: Please contact Harry @ (619)-245-5845 Virtual Religious Services - TBN- Channel 154 Catholic: Channel 151 Mass: @ 9:00a.m. & 5:00p.m. Jewish: CBSD.org/youtube Jehovah Witness: jw.org</p> | <p>1 10:00 March Tidbits - 4th Fl 10:30 Stronger-U Fitness w/ Minnie - 4th Fl (New) 11:00 Fun & Fit- 2nd Fl. 11:30 March Tidbits - 2nd Fl 1:00 Mail Delivery /Walking 2:00 Fun & Fit - 3rd Fl 2:30 March Tidbits -3rd Fl 3:00 Fun & Fit -1st Fl 3:30 March Tidbits-1st Fl.</p> | <p>2 10:00 BINGO/ Exercise - 3rd Fl / CR 11:00 Stronger-U Fitness w/ Minnie - 2nd Fl (New) 11:30 Cranium Crunches - 2nd Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "Cabrillo" 3rd Fl 2:00 BINGO/Exercise- 4th Fl 3:00 Body Strengthening - 1st Fl 3:30 Cranium Crunches - 1st Fl</p> | <p>3 10:00 Staying Fit -4th Fl. 10:30 Headbanz Game 4th Fl 10:30 BINGO/ Staying Fit - Cafe 11:00 Staying Fit -2nd Fl. 1:00 Mail Delivery / Walking 2:00 Stronger-U Fitness w/ Minnie - 3rd Fl /CR (New) 2:30 Headbanz Game 3rd Fl 2:30 BINGO/ Staying Fit - 1st Fl./EWing</p> | <p>4 Afternoon Social Cart Mobile 10:00 Scenic Dr: "Cabrillo"- 4th Fl. 10:00 Body Strengthening -4th Fl 10:30 Finish the Line - 4th Fl 11:00 Body Strengthening - 2nd Fl 11:30 Finish the Line 2nd Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "Cabrillo"-1st/2nd Fl 3:00 Stronger-U Fitness w/ Minnie - 1st Fl (New) 3:30 Finish the Line - 1st Fl /EWing</p> | <p>5 10:00 BINGO/Gentle Stretch - 4th Fl. 10:00 Gentle Stretch Exercise 4th Fl. 10:30 Remember When...? - 4th Fl 11:00 Gentle Stretch Exercise 2nd Fl 11:30 Remember When...? - 2nd Fl. 1:00 Mail Delivery / Walking 2:00 BINGO/Gentle Stretch - 3rd Fl 2:00 Gentle Stretch Exercise-3rdFl 2:30 Remember When...? - 3rd Fl 3:00 Gentle Stretch Exercise-1st Fl 3:30 Remember When...? - 1st Fl</p> | <p>6 10:00 Balloon Tennis - 4th Fl 10:30 Word Game - 4th Fl 10:30 BINGO/ Stay Fit - 2nd Fl 11:00 Balloon Tennis - 2nd Fl. 11:30 Word Game - 2nd Fl. 1:00 Mail Delivery / Walking 2:00 Balloon Tennis - 3rd Fl./CR 2:30 Word Game - 3rd Fl./ CR 2:30 BINGO/ Stay Fit - 1st Fl. 3:00 Balloon Tennis- 1st Fl 3:30 Word Game - 1st Fl.</p> |
| <p>7 Virtual Sunday Religious Service (Per Resident preference) Exercise Program 10:00 - 4 th Floor 11:00 - 2 nd Floor 2:00 - 3 rd Floor 3:00 - 1st Floor</p> | <p>8 10:00 EZ Does it Trivia - 4th Fl 10:30 Stronger-U Fitness w/ Minnie - 4th Fl (New) 11:00 Fun & Fit- 2nd Fl 11:30 EZ Does it Trivia - 2nd Fl 1:00 Mail Delivery /Walking 2:00 Fun & Fit - 3rd Floor 2:30 EZ Does it Trivia - 3rd Fl 3:00 Fun & Fit -1st Fl 3:30 EZ Does it Trivia - 1st Fl</p> | <p>9 10:00 BINGO/ Exercise - 3rd Fl / CR 11:00 Stronger-U Fitness w/ Minnie - 2nd Fl (New) 11:30 Poems & Rhymes - 2nd Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "La Jolla" 3rd Fl 2:00 BINGO/Exercise-4th Fl 3:00 Body Strengthening - 1st Fl 3:30 Poems & Rhymes - 1st Fl</p> | <p>10 10:00 Staying Fit - 4th Fl 10:30 Headbanz- 4th Fl 10:30 BINGO/ Staying Fit -Cafe 11:00 Staying Fit -2nd Fl. 11:30 Headbanz Game - 2nd Fl. 1:00 Mail Delivery / Walking 2:00 Stronger-U Fitness w/ Minnie - 3rd Fl /CR (New) 2:30 Headbanz Game - 3rd Fl./ CR 2:30 BINGO/ Staying Fit- 1st Fl /EWing</p> | <p>11 Afternoon Social Cart Mobile 10:00 Scenic Dr: "La Jolla"- 4th Fl. 10:00 Body Strengthening -4th Fl 10:30 Finish the Line - 4th Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "La Jolla"-1st/2nd Fl 3:00 Body Strengthening - 1st Fl 3:00 ZOOM Resident Council 3:30 Finish the Line - 1st Fl EWing</p> | <p>12 10:00 BINGO/Gentle Stretch - 4th Fl 10:00 Gentle Stretch Exercise 4th Fl. 10:30 Remember When...? - 4th Fl 11:00 Gentle Stretch Exercise 2nd Fl 11:30 Remember When...? - 2nd Fl. 1:00 Mail Delivery / Walking 2:00 BINGO/Gentle Stretch - 3rd Fl 2:00 Gentle Stretch Exercise-3rdFl 2:30 Remember When...? - 3rd Fl 3:00 Gentle Stretch Exercise-1st Fl 3:30 Remember When...? - 1st Fl</p> | <p>13 10:00 Balloon Tennis - 4th Fl. 10:30 Word Game - 4th Fl. 10:30 BINGO/Stay Fit - 2nd Fl 11:00 Balloon Tennis - 2nd Fl 11:30 Finish the Line - 2nd Fl 1:00 Jewish Service- Lounge 1:00 Mail Delivery / Walking 2:00 Balloon Tennis - 3rd Fl 2:30 Word Game - 3rd Fl 2:30 BINGO/ Stay Fit - 1st Fl 3:00 Balloon Tennis- 1st Fl. 3:30 WordGame 1st Fl</p> |
| <p>14 Virtual Sunday Religious Service (Per Resident preference) Exercise Program 10:00 - 4 th Floor 11:00 - 2 nd Floor 2:00 - 3 rd Floor 3:00 - 1st Floor  Catholic Communion @ 10:30A (Community Rm.) Daylight Saving Time Begins</p> | <p>15 10:00 Movies & Trivia - 4th Fl 10:30 Stronger-U Fitness w/ Minnie - 4th Fl (New) 11:00 Fun & Fit- 2nd Fl. 11:30 Movies & Stars - 2nd Fl 1:00 Mail Delivery /Walking 2:00 Fun & Fit - 3rd Floor 2:30 Movies & Stars - 3rd Fl 3:00 Fun & Fit -1st Fl 3:30 Movies & Stars - 1st Fl</p> | <p>16 10:00 BINGO/ Exercise - 3rd Fl /CR 11:00 Stronger-U Fitness w/ Minnie - 2nd Fl (New) 11:30 Chair Travel - 2nd Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "Coronado Vintage Homes" 3rd Fl 2:00 BINGO/Exercise-4th Fl 3:00 Body Strengthening - 1st Fl 3:30 Chair Travel - 1st Fl</p> | <p>17 10:00 Staying Fit - 4th Fl. 10:30 Tales of the Irish-4th 10:30 BINGO/ Staying Fit -Cafe 11:00 Staying Fit -2nd Fl. 11:30 Tales of the Irish -2nd Fl. 1:00 Mail Delivery / Walking 2:00 St. Paddy Celebration w/ The Blue Zone - Outdoor 3:00 Staying Fit -1st Fl. 3:30 Tales of the Irish -1st Fl/ EWing St. Patrick's Day</p> | <p>18 Afternoon Social Cart Mobile 10:00 Scenic Dr: "Coronado Vintage Homes"- 4th Fl. 10:00 Body Strengthening -4th Fl 10:30 Name That Tune - 4th Fl 11:00 Body Strengthening - 2nd Fl 11:30 Name That Tune - 2nd Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "Coronado Vintage Homes"- 1st/2ndFl 3:00 Stronger-U Fitness w/ Minnie - 1st Fl (New)/ EWing</p> | <p>19 10:00 BINGO/Gentle Stretch - 4th Fl 10:00 Gentle Stretch Exercise- 4th Fl. 10:30 Jeopardy - 4th Floor 11:00 Gentle Stretch Exercise -2nd Fl 11:30 Jeopardy - 2nd Floor 1:00 Mail Delivery / Walking 2:00 BINGO/Gentle Stretch - 3rd Fl. 2:00 Gentle Stretch Exercise - 3rd Fl. 2:30 Jeopardy - 3rd Floor 3:00 Gentle Stretch Exercise - 1st Fl. 3:30 Jeopardy- 1st Floor/ EWing</p> | <p>20 10:00 Balloon Tennis - 4th Fl 10:30 Word Game - 4th Fl 10:30 BINGO/Stay Fit- 2nd Fl. 11:00 Balloon Tennis - 2nd Fl. 11:30 Word Game - 2nd Fl. 1:00 Mail Delivery / Walking 2:00 Balloon Tennis - 3rd Fl. 2:30 Word Game - 3rd Fl. 2:30 BINGO/ Stay Fit- 1st Fl. 3:00 Balloon Tennis- 1st Fl 3:30 Word Game - 1st Fl. Spring Begins</p> |
| <p>21 Virtual Sunday Religious Service (Per Resident preference) Exercise Program 10:00 - 4 th Floor 11:00 - 2 nd Floor 2:00 - 3 rd Floor 3:00 - 1st Floor</p> | <p>22 10:00 Who, What, When - 4th Fl 10:30 Stronger-U Fitness w/ Minnie - 4th Fl (New) 11:00 Fun & Fit- 2nd Fl. 11:30 Who, What, When? - 2nd Fl 1:00 Mail Delivery /Walking 2:00 Fun & Fit - 3rd Floor 2:30 Who, What, When? - 3rd Fl 3:00 Fun & Fit -1st Fl 3:30 Who, What, When? - 1st Fl</p> | <p>23 10:00 BINGO/ Exercise - CR/3rd Fl 11:00 Stronger-U Fitness w/ Minnie - 2nd Fl (New) 11:30 Finish the Line - 2nd Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "Imperial Beach" 3rd Fl 2:00 BINGO/Exercise-4th Fl 3:00 Body Strengthening - 1st Fl 3:30 Finish the Line - 1st Fl</p> | <p>24 10:00 Staying Fit - 4th Fl. 10:30 Headbanz Game - 4th Fl. 10:30 BINGO/ Be Fit - Cafe 11:00 Staying Fit -2nd Fl. 11:30 Headbanz Game -2nd Fl. 1:00 Mail Delivery / Walking 2:00 Resident & Staff Monthly Birthday Bash 2:30 Stronger-U Fitness w/ Minnie - 3rd Fl /CR (New) 2:30 BINGO/ Staying Fit- 1st Fl/ EWing</p> | <p>25 Afternoon Social Cart Mobile 10:00 Scenic Dr: "Imperial Beach"- 4th 10:00 Gentle Stretch - 4th Fl. 10:30 Name That Tune - 4th Fl 11:00 Gentle Stretch - 2nd Fl. 11:30 Name That Tune -2nd Fl 1:00 Mail Delivery / Walking 2:00 Scenic Dr: "Imperial Beach" 1st/2nd Fl 2:00 Gentle Stretch - 3rd Fl. 2:30 Name That Tune -3rd Fl 3:00 Stronger-U Fitness w/ Minnie - 1st Fl (New)</p> | <p>26 10:00 BINGO/Gentle Stretch-4th Fl 10:00 Gentle Stretch Exercise- 4th Fl. 10:30 Jeopardy - 4th Floor 11:00 Gentle Stretch Exercise 11:30 Jeopardy -2nd Floor 1:00 Mail Delivery / Walking 2:00 BINGO/Gentle Stretch - 3rd Fl 2:00 Gentle Stretch Exercise - 3rd Fl 2:30 Jeopardy- 3rd Fl 3:00 Gentle Stretch Exercise - 1st Fl. 3:30 Jeopardy - 1st Fl</p> | <p>27 10:00 Balloon Tennis - 4th Fl. 10:30 Word Game - 4th Fl. 10:30 BINGO/Stay Fit - 2nd Fl. 11:00 Balloon Tennis - 2nd Fl. 11:30 Word Game - 2nd Fl. 1:00 Mail Delivery / Walking 2:00 Balloon Tennis - 3rd Fl. 2:30 Word Game - 3rd Fl. 2:30 BINGO/ Stay Fit - 1st Fl. 3:00 Balloon Tennis- 1st Fl 3:30 Word Game - 1st Fl. Passover Begins</p> |
| <p>28 Virtual Sunday Religious Service (Per Resident preference) Exercise Program 10:00 - 4 th Floor 11:00 - 2 nd Floor 2:00 - 3 rd Floor 3:00 - 1st Floor Palm Sunday</p> | <p>29 10:00 Memory Juggler - 4th Fl 10:30 Stronger-U Fitness w/ Minnie - 4th Fl (New) 11:00 Fun & Fit- 2nd Fl. 11:30 Memory Juggler - 2nd Fl 1:00 Mail Delivery /Walking 2:00 Fun & Fit - 3rd Floor 2:30 Memory Juggler - 3rd Fl 3:00 Fun & Fit -1st Fl 3:30 Memory Juggler - 1st Fl</p> | <p>30 Strolling Bingo Bazaar ("Shopping" will come and find you at your convenience!) Exercise Program Schedule: 10:00a.m. - 4th Floor 11:00a.m. - 2nd Floor 1:00a.m. - Mail Delivery /Walking 2:00p.m. - 3rd Fl. 3:00p.m. - 1st Fl. </p> | <p>31 10:00 Staying Fit - 4th Fl. 10:30 X-Word Puzzle - 4th Fl. 11:00 Staying Fit -2nd Fl. 11:30 X-Word Puzzle -2nd Fl. 1:00 Mail Delivery / Walking 2:00 Stronger-U Fitness w/ Minnie - 3rd Fl /CR (New) 2:30 X-Word Puzzle - 3rd Fl 2:30 BINGO/ Be Fit - 1st Fl/EWing</p> | <div style="text-align: center;">  <h1>Paradise VILLAGE</h1> <p>a generations community</p> <h2>March 2021</h2> <div style="border: 1px dashed black; padding: 5px; margin: 10px auto; width: 80%;"> <p>This month's theme: "Together we collaborate and create." Project: Resident & staff colorful Wing of self-expression.</p> </div> </div> | | |



RESIDENTS:

- Michiko Nishida 3/03
- Ernestine Trimble 3/13
- Joyce Fodor 3/13
- Ray Hawley 3/19
- Barbara Lemly 3/20
- Estella Foster 3/25
- Llewellyn White 3/25

STAFF:

- Alma Dial 3/12
- Alexander Hernandez 3/12
- Mayra Rubio 3/23
- Nithi Narasappa 3/25
- Rocio C. Nava 3/28



Resident and Staff
Monthly
Birthday Bash...

3/24/2021 at 2:00p.m.

Things to remember...

Introducing... New Fitness Program
STRONGER U SENIOR FITNESS
 Certified Instructor: Minnie Groel
 Please join us in this exciting new exercise program, a pre-choreographed senior fitness. This involved cardio, strength, stretch, and circuit (balance). All movements are modified to ensure that the participants are comfortable. Participants are encourage to perform to their limit and support them to be successful as possible in reaching their fitness goals.

Schedule are as follows:
 Monday: 10:30a.m. – 4th Floor Hallway
 Tuesday: 11:00a.m. – 2nd Floor Hallway
 Wednesday: 2:00p.m. – 3rd Floor Community Rm.
 Thursday: 3:00p.m. – 1st Floor East Wing Hallway



RESIDENT COUNCIL MEETING

Thursday: 3/11/21 @ 3:00p.m.
 Zoom invitation/ link will be send to residents attending. Residents will be asked for any concerns/ questions by Vitality staff if they are not able to attend the virtual meeting. All gathered information will be presented at the meeting.

Strolling



Bazaar

Tuesday: 3/30/21
No definite time.



Celebration with "The Blue Zone Band" at the front of Cedars at 2:00p.m. on Wednesday, March 17th 2021.



Grossmont College's Chapter of CA Nursing Students' Association (CNSA) is sponsoring St. Paddy Day treats! Yay!



Spring Forward – Daylight Saving Time Begins 3/14/21, Sunday.

For Spiritual Support:

Please contact Harry @ (619)-245-5845

Virtual Religious Services -TBN- Channel 154

Catholic: Channel 151 Mass: @ 9:00a.m. & 5:00p.m.

Jewish: CBISD.org/youtube

Jehovah Witness: jw.org

Cedars Lounge (4th Floor) Adventist Service

On Saturdays at 1:00p.m-2:00p.m.



This month's theme:
 "Together we collaborate and create."
 Project: Resident & staff colorful
 Wing of self-expression.

The Vitality Team will invite you at your leisure time to create this wonderful feather. You can paint, design the feather pattern the way you want it. Once it is all done, we will put all the finished painted feather together. Let us show our artistic side. We got this!

"What You Lack In Talent Can Be Made Up With Desire, Hustle And Giving 110% All The Time." – Don Zimmer

Word for thoughts

Please, keep wearing your mask, practice 6 ft. distancing and handwashing as often as you can for 20 seconds. Thank you!