

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY
 21 - 21 Dining Room
 3FCC - 3 Floor Living Room CC
 4FCC - 4 Floor Living Room CC
 ARD - Arrosti
 ART - Art Studio
 BVS - Brain Vitality Studio
 CAB - Cabrillo
 CAL - California Room
 CR - Card Room

CCL - Care Center Lobby
 ViTV 1390 - Channel 1390
 CVT - Costa Verde Theater
 EE - East Entrance
 FC - Fitness Center
 LP - Las Palmas
 LIB - Library P-1
 NLR - North Living Room
 NTC - North Tower Courtyard
 PIC - Picasso

P - Pool
 RR - Reading Room
 ROT - Rotunda
 SIG - Signature Room
 TS - Tech Space
 COV - The Cove
 GRL - The Grill
 TBD - To Be Determined
 ViTV 1390 - Vi TV
 Zoom - Zoom

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
 9:45 Wednesday Shopping Shuttle: Costco* (EE)
 1:00 Seed Beading Class (ART)
1:45 Spring & Easter Hat Parade (NLR)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 2:00 Building and Grounds Committee (SIG)
 2:00 Library Committee Meeting (LIB)
2:00 Wednesday Birthday Cake & Coffee (GRL)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Ping Pong Open Play Sessions (LP)
3:15 Wellness Presentation: Acupuncture & Integrative Care for Pain, Sleep, and Everyday Wellness (CAB)
5:00 Passover Seder Dinner (21)
 7:30 Wednesday Movie: The Princess Bride (1987) (CVT)

All Staff Meeting
 8:45 *CANCELED* Walking San Diego: Shoreline Park *CANCELED* (EE)
 10:00 Aqua Workout with Dana (P)
 10:00 Seated & Standing Yoga with Christine (Zoom)
 11:00 iPad/iPhone User Group (Zoom)
 11:15 Feeling Fit with Dana (Zoom)
7:30 Writing Workshop (Pre-Registration Required) (SIG)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Chris (CAB)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
 10:00 Alumni Mat Pilates with Virginia* (CAL)
 10:00 iPad Clinic with Quelda (TS)
 10:30 The Needle Crafters (NLR)
 11:00 Ping Pong Open Play Sessions (LP)
 11:00 Friday Shopping Shuttle: Clairemont Square* (EE)
3:00 Anything Goes Art Exhibit: Spring (ART)
 3:15 Move & Tone for Balance: Alumni Class* (PIC)
 7:30 Friday Mini-Series: The American Revolution (2025) (CVT)

9:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 10:00 Cardio Connections with Chris (CAB)
 11:30 Documentary with Faye: Cancer (Zoom)
 12:30 *CANCELED* Tai Chi: Peter Wu *CANCELED* (CAB)
 1:40 Weekend Matinee: Blue Moon (2025) (CVT)
2:00 Paws for Connection: A Pet Social (NTC)
 3:30 Practice: Mindfulness Meditation (ViTV 1390)
 7:30 Weekend Movie: Hamnet (2025) (CVT)

9:00 Catholic Communion (4FCC)
 10:30 Chair Yoga with Christine (CAB)
 1:30 Weekend Matinee: Hamnet (2025) (CVT)
 2:00 Caregivers Group (Pre-Registration Required) (CAL)
3:00 Easter Service* (CAB)
 7:30 Weekend Movie: Blue Moon (2025) (CVT)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 *CANCELED* Prime Time Fitness with Chris *CANCELED* (CAB)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
 10:00 Jewelry & Beading with Christie* (ART)
 1:00 Monday Shopping Shuttle: La Jolla Village Square* (EE)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 2:00 Vi Sparks (Invitation Only)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Intermediate Spanish Conversations (RR)
3:00 Monday Brain Vitality Social (BVS)
 3:00 Vi Chorus Rehearsal (CAB)
4:45 La Jolla Music Society: Emmet Cohen* (EE)
 7:30 Monday Movie: Tender Mercies (1983) (CVT)

9:00 Zumba Gold with Pamela (CAB)
 10:00 Aqua Workout with Dana (P)
 10:00 Welcoming Committee (CAL)
 11:00 Feeling Fit with Dana (CAB)
12:15 Acrylic, Decoupage and Acrylic, Paper Collage and Mixed Media* (PIC)
 1:00 Inside Politics with Al Korobkin* (Zoom)
1:00 The Art of Banksy: "Without Limits" Exhibition* (EE)
 2:00 Chair Yoga with Kelly (CAL)
 2:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 2:00 Tech Support Clinic (TS)
 2:30 *CANCELED* Tai Chi: Peter Wu *CANCELED* (CAB)
 3:00 Vi Bible Study: Christianity 101 - Bible Prophecy (SIG)
 3:30 *CANCELED* Intermediate Meditation and Mindfulness Practice *CANCELED* (COV)
 3:30 French Conversation: Advanced (RR)
 5:30 Gentlemen's Night* (ARD)
7:30 Vi Play Readers: Doubt* (CVT)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
 9:45 Wednesday Shopping Shuttle: Vons/Sprouts* (EE)
 10:00 Life Enrichment Committee (COV)
 11:00 Meet & Greet with Resident Council Representatives (ROT)
 1:00 Seed Beading Class (ART)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Ping Pong Open Play Sessions (LP)
3:15 Wellness Presentation: Empowered Decisions: Knowing When Hospice Care Can Help (CAB)
 5:30 Ladies Table* (ARD)
 7:30 Wednesday Movie: The Americanization of Emily (1964) (CVT)

7:00 San Diego Symphony 2026-27 Bus Registration
 8:45 Walking San Diego: Sea Grove Park* (EE)
 10:00 Aqua Workout with Dana (P)
 10:00 Seated & Standing Yoga with Christine (CAB)
 11:00 Feeling Fit with Dana (CAB)
 11:00 Community Connections Committee (SIG)
 11:00 Mac User Group (Zoom)
11:00 Lunch with Betty: Chef Zhu* (EE)
 1:00 Mexican Train (CR)
1:30 Vi Play Readers Doubt* (CVT)
 2:00 Line Dancing (CAB)
 2:30 Vi Sparks (Invitation Only) (CAL)
3:00 New Resident Social Hour (Invite Only) (GRL)
 7:00 Bunco Night* (CAL)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
 10:00 Alumni Mat Pilates with Virginia* (CAL)
 10:00 iPad Clinic with Quelda (TS)
 10:00 Wisdom Women's Group (COV)
 10:30 The Needle Crafters (NLR)
 11:00 Health Committee (SIG)
 11:00 Ping Pong Open Play Sessions (LP)
 11:00 Friday Shopping Shuttle: University City Marketplace* (EE)
2:00 Gym 101: Get Started with Confidence!* (FC)
 3:00 Now Read This Book Group (TBD)
 3:15 Move & Tone for Balance: Alumni Class* (PIC)
 7:30 Friday Mini-Series: The American Revolution (2025) (CVT)

9:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 10:00 Cardio Connections with Chris (CAB)
 11:30 Documentary with Faye: Microplastics (Zoom)
 12:30 *CANCELED* Tai Chi: Peter Wu *CANCELED* (CAB)
1:00 Old Globe 2026: August Wilson's Fences* (EE)
 1:30 Weekend Matinee: The Secret Agent (2025) (CVT)
 3:30 Practice: Mindfulness Meditation (ViTV 1390)
 7:30 Weekend Movie: Nuremberg (2025) (CVT)

9:00 Catholic Communion (4FCC)
 10:30 Chair Yoga with Christine (CAB)
 1:30 Weekend Matinee: Nuremberg (2025) (CVT)
2:15 La Jolla Music Society: Danish String Quartet with the Danish National Girls' Choir* (EE)
 7:30 Weekend Movie: The Secret Agent (2025) (CVT)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Chris (CAB)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
 10:00 Vi Pet Club* (LIB)
 10:30 Dining Committee *UPDATED DATE* (COV)
11:00 Peter Bolland: The Wisdom of Islam* (CAB)
 1:00 Monday Shopping Shuttle: La Jolla Village Square* (EE)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 2:00 Vi Sparks (Invitation Only)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Intermediate Spanish Conversations (RR)
 3:00 Vi Chorus Rehearsal (CAB)
 7:30 Monday Movie: Secondhand Lions (2003) (CVT)

9:00 Zumba Gold with Pamela (CAB)
 10:00 Aqua Workout with Dana (P)
 10:00 International Affairs Discussion Group (Pre-Registration Required) (CVT)
10:00 Carlsbad Flower Fields* (EE)
 11:00 Feeling Fit with Dana (CAB)
12:15 Acrylic, Decoupage and Acrylic, Paper Collage and Mixed Media* (PIC)
 1:30 Mind Fit (CVT)
 2:00 Chair Yoga with Kelly (CAL)
 2:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 2:00 Tech Support Clinic (TS)
 2:30 *CANCELED* Tai Chi: Peter Wu *CANCELED* (CAB)
 3:00 Vi Bible Study: Christianity 101 - Bible Prophecy (SIG)
 3:30 French Conversation: Advanced (RR)
 3:30 Intermediate Meditation and Mindfulness Practice (Pre-Registration Required)* (COV)
 5:30 Gentlemen's Night* (ARD)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
 9:45 Wednesday Shopping Shuttle: Costco* (EE)
 1:00 Seed Beading Class (ART)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
2:00 Timken Museum Live Docent Talk: Intriguing Jewish Femme Fatale* (CVT)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Finance Committee (Zoom)
 3:00 Ping Pong Open Play Sessions (LP)
3:15 Wellness Presentation: Body Donation 101: Understanding the UC San Diego Body Donation Program (CAB)
 5:30 Ladies Table* (ARD)
 7:30 Wednesday Movie: Awakenings (1990) (CVT)

8:45 Walking San Diego: Seaport Village* (EE)
 10:00 Aqua Workout with Dana (P)
 10:00 Seated & Standing Yoga with Christine (CAB)
10:00 Know Your Senses for Brain Health: Part Two (closed class) (COV)
 11:00 Feeling Fit with Dana (CAB)
11:00 Know Your Senses for Brain Health: Part Two (closed class) (COV)
 1:00 Know Your Senses for Brain Health: Part Two (closed class) (COV)
 1:30 Chinese Social Group (CAL)
 1:30 Art Critique Group (ART)
 2:30 Vi Sparks (Invitation Only) (CAL)
4:00 Spring Fling Dance with DJ Mike Farmer* (CAB)
7:30 Writing Workshop (Pre-Registration Required) (SIG)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
 10:00 Alumni Mat Pilates with Virginia* (CAL)
 10:00 iPad Clinic with Quelda (TS)
 10:30 The Needle Crafters (NLR)
 11:00 Ping Pong Open Play Sessions (LP)
 11:00 Friday Shopping Shuttle: Target & 99 Ranch* (EE)
 3:15 Move & Tone for Balance: Alumni Class* (PIC)
4:00 La Jolla Country Day Orchestra* (CAB)
6:30 Center for World Music: Bulgaria: Ivan and Tzvetanka Varimezov* (EE)
 7:30 Friday Mini-Series: The American Revolution (2025) (CVT)

9:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 10:00 Cardio Connections with Chris (CAB)
10:00 Open Studio: Cards & Crafting Projects* (PIC)
 11:30 Documentary with Faye: Drones (Zoom)
 12:30 Tai Chi: Peter Wu (CAB)
 1:30 Weekend Matinee: Eternity (2025) (CVT)
 3:30 Practice: Mindfulness Meditation (ViTV 1390)
 7:30 Weekend Movie: Come See Me in the Good Light (2025) (CVT)

9:00 Catholic Communion (4FCC)
 10:30 Chair Yoga with Christine (CAB)
1:00 2025/26 SD Symphony: Fliter Plays Chopin* (EE)
 1:30 Weekend Matinee: Come See Me in the Good Light (2025) (CVT)
 2:00 Caregivers Group (Pre-Registration Required) (CAL)
 7:30 Weekend Movie: Eternity (2025) (CVT)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Chris (CAB)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
 10:00 Jewelry & Beading with Christie* (ART)
 1:00 Monday Shopping Shuttle: La Jolla Village Square* (EE)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 2:00 Vi Sparks (Invitation Only)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Intermediate Spanish Conversations (RR)
3:00 Monday Brain Vitality Social (BVS)
 3:00 Vi Chorus Rehearsal (CAB)
 7:30 Monday Movie: Crazy Heart (2009) (CVT)

9:00 Zumba Gold with Pamela (CAB)
 9:30 Resident Council Meeting (CAL)
 10:00 Aqua Workout with Dana (P)
 11:00 Feeling Fit with Dana (CAB)
12:15 Acrylic, Decoupage and Acrylic, Paper Collage and Mixed Media* (PIC)
1:00 Meditation and Discussion with Jeff Zlotnik* (CAB)
 2:00 Care Center Tour* (CCL)
 2:00 Chair Yoga with Kelly (CAL)
 2:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 2:00 Tech Support Clinic (TS)
 2:30 Tai Chi: Peter Wu (CAB)
 3:00 Life Enrichment Guide: TheKey* (CVT)
3:00 Sip Into Spring* (COV)
 3:00 Vi Bible Study: Christianity 101 - Bible Prophecy (SIG)
 3:30 French Conversation: Advanced (RR)
 5:30 Gentlemen's Night* (ARD)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
 9:45 Wednesday Shopping Shuttle: Vons/Sprouts* (EE)
10:00 Silent Art Auction (ROT)
11:30 Vi Volunteer Luncheon (invite only) (21)
 1:00 Seed Beading Class (ART)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Ping Pong Open Play Sessions (LP)
3:15 Wellness Presentation: A Physician Looks at Death & Medical Aid in Dying (CAB)
 5:30 Ladies Table* (ARD)
 7:30 Wednesday Movie: Chasing Amy (1997) (CVT)

8:00 Silent Art Auction (ROT)
 8:45 Walking San Diego: Liberty Station* (EE)
 10:00 Aqua Workout with Dana (P)
 10:00 Seated & Standing Yoga with Christine (CAB)
 11:00 Feeling Fit with Dana (CAB)
 1:00 Mexican Train (CR)
 2:30 Vi Sparks (Invitation Only) (CAL)
3:00 Center for World Music: Mariachi Rodriguez Quartet* (CAB)

8:00 Silent Art Auction (ROT)
 9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
9:30 Art Alive: A Centennial Soirée in Full Bloom* (EE)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
 10:00 Mat Pilates with Virginia* (CAL)
 10:00 iPad Clinic with Quelda (TS)
 10:30 The Needle Crafters (NLR)
 11:00 Ping Pong Open Play Sessions (LP)
 11:00 Friday Shopping Shuttle: Walmart* (EE)
2:00 Gym 101: Get Started with Confidence!* (FC)
3:00 12th Annual Poetry Reading* (CAB)
 3:00 Library Conversations: Secrets of the Dark Ocean* (LIB)
 3:15 Move & Tone for Balance: Alumni Class* (PIC)
 7:00 Fourth Friday Jazz Concert: Joshua White* (EE)
 7:30 Friday Mini-Series: The American Revolution (2025) (CVT)

9:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 10:00 Cardio Connections with Chris (CAB)
 11:30 Documentary with Faye: China Amazing Building (Zoom)
 12:30 Tai Chi: Peter Wu (CAB)
 1:30 Weekend Matinee: The Swedish Connection (2026) (CVT)
 3:30 Practice: Mindfulness Meditation (ViTV 1390)
 7:30 Weekend Movie: Coda (2021) (CVT)

9:00 Catholic Communion (4FCC)
 10:30 Chair Yoga with Christine (CAB)
 1:30 Weekend Matinee: Coda (2021) (CVT)
2:00 Gay Men's Chorus: HERstory-Icons, Rebels, and Trailblazers* (EE)
 7:30 Weekend Movie: The Swedish Connection (2026) (CVT)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Chris (CAB)
 10:00 Strong & Steady Balance (Pre-Registration Required)* (PIC)
11:00 Sound Therapy with Crystal Bowls* (CVT)
 1:00 Monday Shopping Shuttle: La Jolla Village Square* (EE)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 2:00 Vi Sparks (Invitation Only)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Intermediate Spanish Conversations (RR)
 3:00 Vi Chorus Rehearsal (CAB)
 7:30 Monday Movie: Get Low (2010) (CVT)

9:30 Resident Association Meeting & Reception (CAB)
 10:00 Aqua Workout with Dana (P)
 11:15 Feeling Fit with Dana (Zoom)
11:30 Birthday Luncheon (Invite Only) (21)
12:15 Acrylic, Decoupage and Acrylic, Paper Collage and Mixed Media* (PIC)
 1:00 Grief Support Program* (SIG)
 1:30 Mind Fit (CVT)
 2:00 Chair Yoga with Kelly (CAL)
 2:00 Brain Boost Boot Camp (Pre-Registration Required)* (BVS)
 2:00 Tech Support Clinic (TS)
 2:30 Tai Chi: Peter Wu (CAB)
 3:00 Vi Bible Study: Christianity 101 - Bible Prophecy (SIG)
 3:30 French Conversation: Advanced (RR)
 3:30 Intermediate Meditation and Mindfulness Practice (Pre-Registration Required)* (COV)
 5:30 Gentlemen's Night* (ARD)
6:30 Philippe Jaroussky Artaserse Ensemble* (EE)

9:00 Flex & Fit/Cardio/Prime Time Fitness (ViTV 1390)
 9:15 Prime Time Fitness with Ruth (CAB)
 9:45 Wednesday Shopping Shuttle: Costco* (EE)
 1:00 Seed Beading Class (ART)
 2:00 Move & Tone for Balance (Pre-Registration Required)* (PIC)
 2:00 Canvas Cafe (3FCC)
 3:00 Move & Tone for Balance: Alumni Class* (PIC)
 3:00 Ping Pong Open Play Sessions (LP)
3:15 Wellness Presentation: Your Life. Your Legacy. (CAB)
 5:30 Ladies Table* (ARD)
 7:30 Wednesday Movie: Belle (2014) (CVT)

8:45 Walking San Diego: La Jolla Cove* (EE)
 10:00 Aqua Workout with Dana (P)
 10:00 Seated & Standing Yoga with Christine (CAB)
 11:00 Feeling Fit with Dana (CAB)
 2:30 Vi Sparks (Invitation Only) (CAL)
3:00 An Afternoon of Astronomy with Keck Observatory* (CVT)



April 2026