



St. Paul's Plaza  
 1420 East Palomar Street • Chula Vista, CA 91913  
 (619) 591-0600 • www.stpaulseniors.org

## SHARING TRADITIONS IN OUR WORLD

Sharing meals that reflect our traditions and culture is something all nations hold in common. Our team creates themed meals to highlight ours. Corned Beef on St Paddy's Day and Chicken Noodle Soup Day and are just 2 examples. Chicken noodle soup is a comforting dish enjoyed by many nations

around the world. It has variations in different cuisine, including Italian-style lemony recipes and spicy Asian-inspired bowls. In Eastern Europe, Jewish families have their own version known as 'Jewish penicillin'. Other variations include Thukpa from Tibet and Laksa from Singapore.



Residents enjoy our version of Chicken Soup!



Residents Sue and Bill at St Paddy's luncheon

## LAUGHTER BRINGS US TOGETHER



Tom with Rose, Maria & Sheila

Laughter and the joys of Laughter Yoga are truly heartening for our residents. We offer the program in our Reflections Solarium. Tom is a recreational therapist who delights people with his huge grin, enthusiasm and motivational blend of familiar songs combined with movement and Laughing



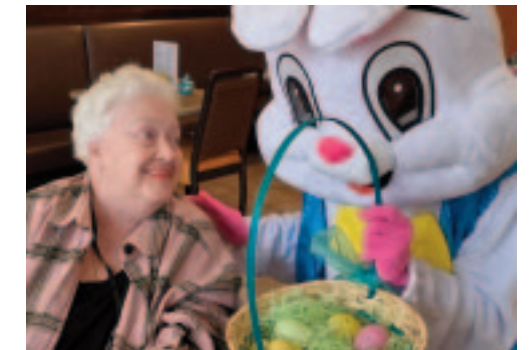
Tom with Carol & JBird

Yoga techniques. Tom always says "Laughter is the best medicine." A timeless adage! The healing power of laughter reduces stress and anxiety, improves physical and mental wellbeing and strengthens social bonds. Seeing all those smiles on our residents faces fills our hearts with joy and love.

## LOVING JESUS AND THE WORLD



Maintenance Crew with the Easter Bunny



Margot loves our Easter Bunny

As Easter and Earth Day approach, it is important to remember the love we hold for this world! The reason Jesus died and was resurrected was to demonstrate God's love for us. Whether it be through loving Jesus or loving the earth itself, sharing love with each other and caring for the plants and creatures on our planet is very important to us all.

Easter, for many is a fun time associated with the Easter Bunny

and Easter Eggs. Traditionally, these eggs are placed in hard to find areas for kids to seek out, sometimes having prizes too! We enjoy our annual visit and photo with our Easter Bunny.

Earth day is dedicated to preserving and protecting the world. Our planet has suffered! We can make a difference through recycling and planting gardens to ensure a cleaner planet for future generations!



"We love our world!"



Jose doing his part to keep a green planet

### ST. PAUL'S PLAZA Associates

Maria Sano  
 Executive Director

Ivonne Nochez  
 Director of Nursing

Lindsay Calvo  
 Resident Services Coordinator

Monica Stuhler  
 Housekeeping Supervisor

Victor Meza  
 Maintenance Supervisor

Alyssa Casillas  
 Dining Service Manager





# April 2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

## St. Paul's Plaza

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6

7:30	The Chronicle	Pub
9:45	The Dialogue	MC
10:00	Rosary	
10:30	Roman Catholic Service	MC
11:00	Color or Crosswords	L3
1:30	Craft Corner	A3
2:30	Chaplain John Service	MC

7

7:30	The Chronicle	Pub
8:30	Pool Therapy	PL
10:00	Move with Music Ruby	DS
10:30	Laura's Knitting Group	L3
2:00	Bingo	A3
3:00	Mosaic Art Class	A3

8

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Outing: Sea Port Village	OUT
10:30	Guest Speaker Sharp	A3
	Palliative Care	
11:00	Strength & Balance w/ Janet	DS
2:00	Gigi Club Easter Bags for the Kids	L3
2:00	Video: Planet Earth	L2
3:15	Range of Motion	A3

9

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Chaplain Chat	L2
11:00	Pilates & Balance w/ Janet	DS
1:45	Sue's Liar's Game - What is this?	A3
2:45	Brain Games w/ Janet	A3

10

7:30	The Chronicle	Pub
10:30	Movie: Easter Parade	L2
11:00	Zumba w/ Rachel	DS
1:30	Shopping: Marshalls/ Smart Final/ CVS	OUT
2:00	Jewelry Class	L3
3:00	Resident Bible Study	L2
3:15	Range of Motion	A3

11

7:30	The Chronicle	Pub
9:15	Water Aerobics	PL
9:30	Shopping: Ralps/ CVS/ Lolita's	OUT
10:00	Room Visits	All floors
11:00	Color or Crosswords	L3
11:00	Strength & Aerobics	DS
1:30	Entertainment Trevor Gibson	MC
3:00	Happy Hour Social	L3

12

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Tech Help with Volunteers	L3
11:00	Range of Motion w/ Janet	MC
1:00	Opera - Mozart's Don Giovanni	L2
1:30	Entertainment: Steve & Diane Gospel Music	REF
3:15	Meditation & Breathwork	CH

13

	Palm Sunday	
7:30	The Chronicle	Pub
9:45	The Dialogue	MC
10:00	Rosary	
10:30	Roman Catholic Service	MC
11:00	Color or Crosswords	L3
1:30	Easter Tea Party	A3
2:30	Chaplain John Service	MC

14

7:30	The Chronicle	Pub
8:30	Pool Therapy	PL
10:00	Move with Music Ruby	DS
10:30	Laura's Knitting Group	L3
2:00	Easter Style Bingo Extra Extra	A3

15

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Outing: Balboa Museums	OUT
11:00	Strength & Balance w/ Janet	DS
2:00	Chef Chat	MC
2:45	Rob the Table Bunny Style	L3
3:15	Range of Motion	A3

16

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Chaplain Chat	L2
11:00	Pilates & Balance w/ Janet	DS
1:15	Music Magic w/ Trevor	REF
2:00	Shared Stories & Wisdom for our Teens	A3
4:30	Monthly Birthday Celebrations	MC

17

7:30	The Chronicle	Pub
9:30	Shopping: Hobby Lobby/ Smart Final	OUT
10:00	Easter Bunny Photo Shoot	RLB
11:00	Zumba w/ Rachel	DS
2:00	Resident & Employee Mingle Easter	L3
3:15	Range of Motion	A3

18

	Good Friday	
9:15	Water Aerobics	PL
9:30	Shopping: Traders/ Sprouts/ TJMaxx	OUT
10:00	Room Visits	All floors
11:00	Color or Crosswords	L3
11:00	Strength & Aerobics	DS
11:00	Shopping - Suzanne	MC
1:30	Entertainment :John Clancy	MC
3:00	Happy Hour Social	L3

19

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Tech Help with Volunteers	L3
11:00	Range of Motion w/ Janet	MC
1:00	Musical - The Sound of Music	L2
1:45	My Life - Sue Rode	A3
2:00	Laughing Yoga w/ Tom	REF
3:15	Meditation & Breathwork	CH

20

	Happy Easter	All floors
7:30	The Chronicle	Pub
9:45	The Dialogue	MC
10:00	Rosary	
10:30	Roman Catholic Service	MC
11:00	Color or Crosswords	L3
2:30	Chaplain John Service	MC
4:00	Easter Dinner Dining	DR

21

7:30	The Chronicle	Pub
8:30	Pool Therapy	PL
10:00	Move with Music Ruby	DS
10:30	Laura's Knitting Group	L3
12:00	Love on the Leash	LBF
2:00	Bingo Extra Extra	A3
3:00	New Game Guess What's in the Bag	L3

22

	Earth Day	
7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Finding Common Ground	CH
10:00	Outing: Breakfast Black Bear & Marshalls	OUT
11:00	Strength & Balance w/ Janet	DS
11:30	Rev. Cristina Communion	MC
1:30	Town Hall	MC
3:15	Range of Motion	A3

23

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Chaplain Chat	L2
11:00	Pilates & Balance w/ Janet	DS
1:00	Movie Matinee: Table 19 - Comedy	MC
2:30	Yoga w/ Athena	DS

24

7:30	The Chronicle	Pub
11:00	Zumba w/ Rachel	DS
1:00	Movie: The Magnificent Seven	L2
1:30	Shopping: Aldi's/ Dollar Tree/ Kohls	OUT
2:00	New Floral Vases & Flowers Class	L3
3:00	Resident Bible Study	L2
3:15	Range of Motion	A3

25

7:30	The Chronicle	Pub
9:15	Water Aerobics	PL
9:30	Shopping: Walmart/ Home Depot	OUT
10:00	Room Visits	All floors
11:00	Color or Crosswords	L3
11:00	Strength & Aerobics	DS
1:30	Entertainment: Troubadours	MC
3:00	Happy Hour Social	L3

26

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Tech Help with Volunteers	L3
11:00	Range of Motion w/ Janet	MC
1:00	Opera - The Phantom of the Opera	L2
3:00	Book Club	A3

27

7:30	The Chronicle	Pub
9:45	The Dialogue	MC
10:00	Rosary	
10:30	Roman Catholic Service	MC
11:00	Color or Crosswords	L3
1:30	Craft Corner	A3
2:30	Chaplain John Service	MC

28

7:30	The Chronicle	Pub
8:30	Pool Therapy	PL
10:00	Move with Music Ruby	DS
10:30	Laura's Knitting Group	L3
2:00	Bingo Extra Extra	A3
2:00	Laughing Yoga w/ Tom	REF
3:00	True or False Game	A3

29

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Outing: Pier & Pizza	OUT
11:00	Strength & Balance w/ Janet	DS
1:30	Movie: Shall we Dance	L2
3:15	Range of Motion	A3

30

7:30	The Chronicle	Pub
9:15	Pool Therapy	PL
10:00	Chaplain Chat	L2
11:00	Pilates & Balance w/ Janet	DS
1:15	Music Magic w/ Trevor	REF
2:00	New Cooperative Games w/ Janet	A3



## Associates Continued

### Activity Coordinators

Janet Blair  
BS PE  
jblair@stpaulseniors.org  
Fitness & Enrichment

Donna Grissom  
ADC  
dgrissom@stpaulseniors.org  
Enrichment

Schedule Subject to Change  
Check Connected Living for  
Weekly & Daily Updates  
License #374603643

### LOCATION KEY

Pub	Pub
Pool	PL
Outing	OUT
Dance Studio	DS
Living Rm 3rd FL	L3
Activities Rm 3rd FL	A3
Living Rm 2nd FL	L2
Mathes Center	MC
All floors	All floors