

JANUARY 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Culture Topic Focus: Wellbeing Checkup.</p> <p>Assessing your own wellbeing means taking a look at various aspects of your life, including your physical health, emotional state, relationships, work, and overall happiness.</p>	<p>Wellbeing is about feeling good and achieving a balance in our self-care habits.</p> <p>As we begin a new year, let's take a moment each week to check in with ourselves:</p> <ul style="list-style-type: none"> • How do I feel physically? 	<ul style="list-style-type: none"> • How well am I managing my stress? • Am I getting enough sleep? • Am I staying connected with friends, family, and my community? • Do I feel like I have meaning and purpose in my life? 	<p>10:30am Balloon Tennis -CR 1</p> <p>11:00am January Tidbits - CR</p> <p>2:00pm Ambassador's Meeting</p> <p>2:30pm Calendar Planning-CR</p> <p>5:00pm 8th Day Lighting of the Menorah - 2nd Floor</p> <p>6:00pm Movie Night: "Enchanted"-Game Rm.</p>	<p>10:00am Shopping: H. St. Walmart 2</p> <p>10:30am Stronger-U Stretch -CR</p> <p>11:00am What's Your New Year's Resolution? -CR</p> <p>2:00pm Movie Matinee: "The Pacifier"- Club Rm.</p> <p>5:30pm Left-Center-Right -CR</p>	<p>10:30am Stronger-U Movement w/ Mayra-CR 3</p> <p>11:00am January Trivia - CR</p> <p>2:00pm Wind Down Social - Cafe</p> <p>3:15pm Pet Visit - Cafe</p> <p>6:00pm Movie Night: "Short Circuit"- Club Rm.</p>	<p>9:00am Adventist Service - Club Room 4</p> <p>10:30am Morning BINGO - CR</p> <p>1:00pm Jewish Service - Club Room</p> <p>2:00pm Balloon Tennis -CR</p> <p>3:00pm Documentary: CR</p> <p>6:00pm Movie Night: "Our Little Secret"- Club Rm.</p>
<p>9:30am Eastlake Church Service - LH 5</p> <p>11:30am Catholic Mass-LH</p> <p>1:30pm Football Game on Big Screen - Club Rm.</p> <p>2:00pm Chair Yoga - CR</p> <p>2:45pm Flower Arrangement - CR</p> <p>3:30pm Garden Club - Patio</p> <p>5:30pm "Water Color Painting" - CR</p>	<p>10:30am Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 6</p> <p>11:00am Word Game - 1st Fl.</p> <p>2:00pm Welcome the NEW YEAR w/ Blue Zone! - Lobby</p> <p>3:15pm IL Shopping Spree - Plaza</p> <p>5:30pm Bingo Night w/ Loretta-CR</p>	<p>9:15am Bridge Club - Cafe 7</p> <p>10:00am Shopping: CVS/ Trader Joe/Sprouts/ TJ Max</p> <p>10:30am Stronger-U Strength - CR</p> <p>11:00am January Tidbits - CR</p> <p>2:00pm Resident Open Forum- CR</p> <p>3:00pm Jewelry Making - CR</p> <p>6:00pm Movie Night: "Just Go With It" - Club Rm.</p>	<p>10:00am Scenic Drive: Coronado Island 8</p> <p>10:30am Balloon Tennis -CR</p> <p>11:00am Health Tips - CR</p> <p>3:00pm Guidelines to Meditation w/ Minnie - CR</p> <p>5:30pm Bingo Night w/ Minnie-CR</p>	<p>10:00am Walking Club: Ferry Landing 9</p> <p>10:30am Stronger-U Stretch -CR</p> <p>11:00am Finish the Line... - CR</p> <p>2:00pm Indoor Golf - CR</p> <p>3:00pm Bible Study w/ Carl - CR</p> <p>5:30pm Left-Center-Right -CR</p>	<p>10:30am Stronger-U Movement w/ Mayra-CR 10</p> <p>11:00am Trivia Challenge - CR</p> <p>2:00pm Wind Down Social - Cafe</p> <p>3:00pm Dart Game - Cafe</p> <p>6:00pm Movie Night: "Field of Dreams"- Club Rm</p>	<p>9:00am Adventist Service - Lounge 11</p> <p>10:30am Morning BINGO - CR</p> <p>1:00pm Jewish Service - Club Room</p> <p>2:00pm Balloon Tennis -CR</p> <p>3:00pm Documentary: "Explore the Underworld" -CR</p> <p>6:00pm Movie Night: "The Family Man" - Club Room</p>
<p>9:30am Eastlake Church Service - LH 12</p> <p>11:30am Catholic Mass-LH</p> <p>12:00pm Anglican Service-HC</p> <p>1:30pm Football Game on Big Screen -Club Room</p> <p>2:00pm Walking Club: Crown Point</p> <p>2:30pm Flower Arrangement - CR</p> <p>5:30pm Crafting Group - CR</p>	<p>10:30am Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 13</p> <p>11:00am Word Game - 1st Fl.</p> <p>2:00pm Bingo w/ Loretta - CR</p> <p>3:00pm Documentary: "Our Planet" - CR</p> <p>5:30pm Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15am Bridge Club - Cafe 14</p> <p>10:00am Shopping: NC Walmart</p> <p>10:30am Stronger-U Strength - CR</p> <p>11:00am Craft with Miracle Moments Kids - CR</p> <p>2:00pm "Oldies but Goodies sing-along"-CR</p> <p>6:00pm Movie Night: "Sweet Home Alabama" - Club Rm.</p>	<p>10:00am Scenic Drive: Sunset Cliffs Blvd. 15</p> <p>10:30am Balloon Tennis -CR</p> <p>11:00am Matching Game - CR</p> <p>2:00pm BIRTHDAY BASH w/ Raymond-Lobby</p> <p>3:00pm Trivia "To Go" - Lobby</p> <p>5:30pm Bingo Night w/ Minnie- CR</p>	<p>10:30am Stronger-U Stretch -CR 16</p> <p>11:00am X-word Puzzle - CR</p> <p>2:00pm Movie Matinee: "Carrol Burnet Special" - Club Room</p> <p>5:30pm L-C-R Game - CR</p>	<p>10:30am Stronger-U Movement w/ Mayra-CR 17</p> <p>11:00am Wackie Wordies - CR</p> <p>2:00pm Wind Down Social - Cafe</p> <p>3:00pm Corn Hole Challenge - Cafe</p> <p>6:00pm Movie: "Big Daddy" - Club Room</p>	<p>9:00am Adventist Service - Lounge 18</p> <p>10:30am Morning BINGO - CR</p> <p>1:00pm Jewish Service -Club Room</p> <p>2:00pm Balloon Tennis -CR</p> <p>3:00pm Documentary: "The Fall & Rise of Elvis Presley" - CR</p> <p>6:00pm Movie Night: "Dog Gone" - Club Rm.</p>
<p>9:30am Eastlake Church Service - LH 19</p> <p>11:30am Catholic Mass-LH</p> <p>1:30pm Football Game on Big Screen -Club Room</p> <p>2:00pm Chair Yoga - CR</p> <p>2:45pm Flower Arrangement - CR</p> <p>5:30pm "Work of Art" - CR</p>	<p>10:30am Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 20</p> <p>11:00am Word Game - 1st Fl.</p> <p>2:00pm Bingo w/ Loretta - CR</p> <p>3:15pm History Lady (Video)- CR</p> <p>5:15pm Entertainment: Double Take - Lobby</p>	<p>9:15am Bridge Club - Cafe 21</p> <p>10:00am Walking Club: Belmont Park</p> <p>10:30am Stronger-U Strength - CR</p> <p>2:00pm Cooking Class - CR</p> <p>3:00pm Food Tasting & Feedback - CR</p> <p>6:00pm Movie Night: "The Devil Wears Prada"- Club Rm.</p>	<p>10:00am Shopping: Target 22</p> <p>10:30am Balloon Tennis -CR</p> <p>11:00am Who am I?- CR</p> <p>2:00pm Travel Log w/ Hernan - CR</p> <p>5:30pm Bingo Night w/ Minnie-CR</p>	<p>10:00am Scenic Drive: "Old Town Historic Park" 23</p> <p>10:30am Stronger-U Stretch -CR</p> <p>11:00am Memory Juggler - CR</p> <p>2:00pm Sing-along w/ Oldies But Goodies Music - CR</p> <p>3:00pm Stand & Stretch w/ Minnie -CR</p> <p>5:30pm L-C-R Game -CR</p>	<p>10:30am Stronger-U Movement w/ Mayra-CR 24</p> <p>11:00am Matching Game - CR</p> <p>2:00pm Wind Down Social - Cafe</p> <p>3:00pm Axe Throwing Game - Cafe</p> <p>6:00pm Movie: "The Lost City" - Club Room</p> <p>6:30pm Jewish Shabbat Service- HC</p>	<p>9:00am Adventist Service - Club Room 25</p> <p>10:30am Morning BINGO - CR</p> <p>1:00pm Jewish Service - Club Room</p> <p>2:00pm Balloon Tennis -CR</p> <p>3:00pm Documentary: ""Blackfish" - CR</p> <p>6:30pm Movie Night: "Walk. Ride. Rodeo" -Club Rm.</p>
<p>9:30am Eastlake Church Service - LH 26</p> <p>11:30am Catholic Mass-LH</p> <p>12:00pm Anglican Service-HC</p> <p>1:30pm Football Game on Big Screen -Club Room</p> <p>2:00pm Walking Club: Balboa Park</p> <p>2:30pm Flower Arrangement - CR</p> <p>3:30pm Garden Club - Patio</p> <p>5:30pm Crafting Group - CR</p>	<p>10:30am Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 27</p> <p>11:00am Word Game - 1st Fl.</p> <p>2:00pm Bingo w/ Loretta - CR</p> <p>3:00pm Science Experiment w/ Minnie ? - CR</p> <p>5:30pm Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15am Bridge Club - Cafe 28</p> <p>10:30am Stronger-U Strength - CR</p> <p>11:00am Lunch Bunch: "Olive Garden</p> <p>11:00am Mix & Mingle w/ Miracle Moments Kids - CR</p> <p>2:00pm Meet & Greet New Residents - CR</p> <p>3:00pm Resident Council Meeting- CR</p> <p>6:00pm Movie Night: "Game Plan" - Club Rm.</p>	<p>10:00am Scenic Drive: Presidio Park 29</p> <p>10:30am Balloon Tennis -CR</p> <p>11:00am Memory Juggler - CR</p> <p>2:00pm BINGO BAZAAR - CR</p> <p>2:45pm UNO game -CR</p> <p>5:30pm Bingo Night w/ Minnie-CR</p>	<p>10:30am Stronger-U Stretch -CR 30</p> <p>11:00am "Are You Smarter than a 5th Grader?"-CR</p> <p>2:00pm Movie Matinee: "Hitch" -Club Room</p> <p>5:30pm L-C-R Game -CR</p>	<p>10:30am Stronger-U Movement w/ Mayra-CR 31</p> <p>11:00am Memory Juggler - CR</p> <p>2:00pm Wind Down Social - Cafe</p> <p>3:00pm Reminiscence - Cafe</p> <p>6:00pm Movie: "Funny Face"- Club Rm.</p>	<p>all vitality programs are subject to change.</p> <p>HAPPY NEW YEAR!</p>