


JULY 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>10:30 Stronger-U: Balance Exercise - 1st Fl.</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:15 IL Shopping Spree - Plaza</p> <p>5:15 Double Take Entertainment - Lobby</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:30 Shopping: CVS/Trader Joe/Sprouts/TJ Max</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Documentary: "Live to a 100" (Youtube)</p> <p>2:00 Resident Open Forum- CR</p> <p>3:00 Jewelry Making - CR</p> <p>6:00 Movie Night -"VICTORIA & ABDUL"- L</p>	<p>10:00 Walking Club: Embarcadero</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 July Tidbits - CR</p> <p>2:00 Ambassador's Meeting</p> <p>3:00 Calendar Planning-CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>10:30 Stronger-U Stretch -CR</p> <p>11:30 Independence Day Outdoor BBQ w/ Jim!- Patio</p> <p>2:00 Movie Matinee & Popcorn: "Top Gun" - CR</p> <p>6:00 Movie Night: "Perfect Pairing"</p> <p style="text-align: center;">Independence Day</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR</p> <p>11:00 Finish the Line... - CR</p> <p>2:00 Wind Down Social - Patio</p> <p>3:00 Dart Game -Patio</p> <p>6:00 Movie Night: "Atlas"- L</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>6:00 Movie Night: "Lift" - Lounge</p>
<p>9:30 Eastlake Church Service - LH</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>3:30 Garden Club - Patio</p> <p>5:30 Loteria (Mex. Bingo)- CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl.</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:00 Discussion: INTERGENERATIONAL FRIENDSHIPS: "The Key to Happiness at Every Age"</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:30 Stronger-U Strength - CR</p> <p>10:30 Trip to: SD Air & space Museum</p> <p>11:00 Fun Games w/ MIRACLE MOMENTS KIDS - CR</p> <p>2:00 Meet & Greet Newcomers Social- CR</p> <p>3:00 New Resident Orientation - CR</p> <p>6:00 Movie Night: "THE NEXT KARATE KID- Lounge</p>	<p>10:00 Shopping: H. St. Walmart</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Health Tips - CR</p> <p>1:30 Pampered Hands - CR</p> <p>3:00 Music Appreciation - CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>10:30 Art for All Ages - CR</p> <p>2:00 Stronger-U Stretch -CR</p> <p>2:30 GLEE Club - CR</p> <p>3:00 Bible Study w/ Carl - CR</p> <p>6:30 "Twilight in the Park"</p>	<p>10:30 Stronger-U Movement w/ Claudia-CR</p> <p>11:00 July Trivia - CR</p> <p>2:00 Wind Down Social - Patio</p> <p>3:15 PET Visit- Patio</p> <p>6:00 Movie Night: "Dog Gone"- L</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>6:00 Movie Night: "Hidden Strike" - Lounge</p>
<p>9:30 Eastlake Church Service - LH</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>5:30 Loteria (Mex. Bingo)- CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl.</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:15 History Lady (Video)- CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Walking Club: Balboa Park</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Name That Tune! - CR</p> <p>2:00 Cooking Class w/ Minnie- CR</p> <p>3:00 Food Tasting & Feedback - CR</p> <p>6:00 Movie Night: "THE INTERN"- Lounge</p>	<p>10:00 Shopping: NC Walmart</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Matching Game - CR</p> <p>2:00 BIRTHDAY BASH w/ Raymond-Lobby</p> <p>3:00 Trivia "To Go" - Lobby</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>10:00 Scenic Drive: Mission Bay</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 The Art of Drawing - CR</p> <p>2:00 Drum Circle - CR</p> <p>2:30 Funny Videos - CR</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR</p> <p>11:00 Wackie Wordies - CR</p> <p>2:00 Wind Down Social - Patio</p> <p>3:00 Corn Hole Challenge - Patio</p> <p>6:00 Movie Night: "Step Up"- L</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>6:00 Movie Night: "Ride Along" - Lounge</p>
<p>9:30 Eastlake Church Service - LH</p> <p>10:15 Eucharistic Communion-In-room</p> <p>10:50 Catholic Confession -HC</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>5:30 Loteria (Mex. Bingo)- CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl.</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:00 Chair Travel w/ Minnie- CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Lunch Bunch: "Outback"</p> <p>11:00 Reading Partners w/ MIRACLE MOMENTS KIDS- CR</p> <p>2:00 Hat Decorating Craft - CR</p> <p>6:00 Movie Nigh: Indiana Jones "A TEMPLE OF DOOM" - Lounge</p>	<p>10:00 Shopping: Dollar Tree (4th St.)</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Who am I?- CR</p> <p>2:00 Drum Circle - Plaza</p> <p>2:00 Stronger-U Stretch - CR</p> <p>3:00 BINGO BAZAAR - CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>10:00 Scenic Drive: Silver Strand</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Memory Juggler - CR</p> <p>2:00 Chair Dancing w/ Minnie - CR</p> <p>3:00 Table Horse Race - CR</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR</p> <p>11:00 Crossword Puzzle - CR</p> <p>2:00 Wind Down Social - Patio</p> <p>3:00 Axe Throwing Game - Patio</p> <p>6:00 Movie Night: "The Secret Life of Bees-L</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>6:00 Movie Night: "Lou" - Lounge</p>
<p>9:30 Eastlake Church Service - LH</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>3:30 Garden Club - Patio</p> <p>5:30 Loteria (Mex. Bingo)- CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl.</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:00 Discussion: "WHY WE NEED INTERGENERATIONAL RELATIONSHIP?"</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Walking Club: Shelter Island</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Discussion:"50 Facts About Medicare"</p> <p>2:00 Let's Play Indoor Golf - CR</p> <p>3:00 Resident Council Meeting- CR</p> <p>6:00 Movie Night: "ANNIE"- Lounge</p>	<p>10:30 Balloon Tennis -CR</p> <p>11:00 July Trivia Challenge - CR</p> <p>2:00 Let's Play: "Hungry Hippo"</p> <p>3:00 Relax with Lavender - CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>July Culture Topic: Bringing Generations Together</p>		<ul style="list-style-type: none"> • Bringing people together from different generations allows sharing of wisdom, skills, and life lessons. • Intergenerational interactions contribute to stronger and more connected communities. People of all ages can collaborate on service projects, social activities, fostering the sense of community and togetherness. • Spending time with people from different age groups encourages empathy and understanding. This can lead to more compassionate and inclusive communities.