

# SEPTEMBER 2024

## Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>5:30 Loteria w/ Claudia - CR</p>	<p>10:30 Stronger-U: Fun &amp; Fit Exercise - CR</p> <p>11:00 Word Game - 1st Fl.</p> <p>11:30 Labor Day Cookout -Patio</p> <p>2:00 Bingo w/ Loretta- CR</p> <p>3:00 History Lady (September Version) - CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max</p> <p>10:30 Stronger-U Strength - Café</p> <p>11:00 September Tidbits -Café</p> <p>2:00 Resident Open Forum- CR</p> <p>3:00 Jewelry Making - CR</p> <p>6:00 Movie Night : Check posted movie listing: CR &amp; 4th Fl.</p>	<p>9:30 COMMUNITY PICNIC - Rancho Bernardo Park</p> <p>10:30 Balloon Tennis -CR</p> <p>2:00 Ambassador's Meeting - Café</p> <p>2:00 Calendar Planning-Café</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Scenic Drive: Otay Lakes</p> <p>10:30 Art for All Ages - CR</p> <p>2:00 Stronger-U Stretch -CR</p> <p>2:30 Bible Study- CR</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR</p> <p>11:00 September Trivia - CR</p> <p>2:00 Wind Down Social - Patio</p> <p>3:15 Pet Therapy - CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</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>3:00 Crafting Group- CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</p>
<p>9:30 Eastlake Church Service - LH</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>12:30 Getting Ready for the Show- CR</p> <p>2:00 TALENT SHOW - LH</p> <p>5:30 Loteria w/ Claudia - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl.</p> <p>11:00 Word Game - 1st Fl.</p> <p>3:00 China Delicacy- Lobby</p> <p>3:30 ART/COLLECTION SHOWCASE - Lobby</p> <p>6:00 Jammin' with Blue Zone- Lobby</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Shopping: H. St. Walmart</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Brain Exercise w/ Trivia - CR</p> <p>2:00 Traveling to "GERMANY W/ CARL"- Lobby</p> <p>3:00 GERMAN TREATS - Lobby</p> <p>6:00 Movie Night - Check posted movie listing: CR &amp; 4th Fl.</p>	<p>10:00 Walking Club: Tidelands Park</p> <p>10:30 Traveling to "MEXICO W/ SYLVIA - Lobby</p> <p>11:30 A Taste of Mexico - Lobby</p> <p>1:30 HEALTH CARE FAIR - Patio</p> <p>3:00 Balloon Tennis - CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Scenic Drive: Old Town</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Finish the Line... - CR</p> <p>1:30 MULTI-CULTURALEXPLORATION - Lobby</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR</p> <p>11:00 E-Z Trivia - CR</p> <p>2:00 Wind Down Social - Patio</p> <p>3:00 Axe Throwing Game - Patio</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</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>3:00 Sing-along w/the Oldies but Goodies Tune - CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</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>3:15 Garden Club-Patio</p> <p>5:30 Arts &amp; Craft w/ Claudia - 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 Discussion: "EXPLORING OUR PURPOSE" - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Shopping: NC Walmart</p> <p>10:30 Stronger-U Strength - CR</p> <p>2:00 Cooking Class - CR</p> <p>3:00 Food Tasting &amp; Feedback - CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</p>	<p>10:00 Scenic Drive: Eastlake</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>9:30 Bridge Club - Cafe</p> <p>10:00 Scenic Drive: La Jolla</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 X-word Puzzle - CR</p> <p>2:00 Indoor Golf - 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 - CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</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>3:00 Wonders of Color - CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</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 w/ Claudia - 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>5:15 Double Take Entertainment - Lobby</p>	<p>9:30 Bridge Club - Cafe</p> <p>10:00 Trip to Viejas Outlet</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Mix &amp; Mingle w/ Miracle Moments Kids - CR</p> <p>3:00 Resident Council Meeting- CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</p>	<p>10:00 Feeding The Ducks: Lake Murray</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Who am I?- CR</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>9:30 Bridge Club - Cafe</p> <p>10:00 \$\$ Lunch Bunch: "Guadalajara" Old Town</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Memory Juggler - CR</p> <p>2:00 WANT TO STAY STRONG AS YOU AGE? - CR</p> <p>3:00 Remember when...?</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR</p> <p>11:00 August Trivia</p> <p>2:00 Wind Down Social - Patio</p> <p>3:00 Tic-Tac-Toe Game - CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</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>3:00 Sing-along w/ Mayra -CR</p> <p>6:00 Movie Night: Check posted movie listing: CR &amp; 4th Fl.</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>5:30 Loteria w/ Claudia - 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 Let's Play Indoor Golf - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p><b>This month's Culture Topic:</b> Exploring our purpose in life and what is meaningful to us. <b>The 2 Minute Purpose Practice.</b></p> <p><b>Step 1: Pause Time Commitment: 0 Seconds</b> <b>The Practice:</b> Push the pause button. Refrain from checking your voice mail, email, &amp; social media for two minutes.</p>		<p><b>Step 2: Breathe Time Commitment: 60 Seconds The Practice:</b> Sit quietly and take 3 SLOW, DEEP PURPOSE BREATHS until you're feeling centered.</p> <p><b>Step 3: Picture Time Commitment: 60 Seconds Focus on your day ahead.</b> Picture the "purpose moments" where you might make a positive difference in someone's life</p>		<p>VITALITY PROGRAMS ARE SUBJECT TO CHANGE.</p> <p>Assisted Living Week will be celebrated from Sept. 8th – Sept. 12th. Please check calendar for our scheduled events.</p>