


# DECEMBER 2024

## Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:30 Eastlake Church Service - LH <b>1</b></p> <p>10:30 Flower Arrangement - CR</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 Chair Yoga - CR</p> <p>2:30 SHOW REHEARSAL - CR</p> <p>5:30 Holiday Crafts - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. <b>2</b></p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Loretta - CR</p> <p>3:00 SHOW REHEARSAL - CR</p> <p>3:30 IL Shopping Spree - Plaza</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe <b>3</b></p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 DANCE REHEARSAL - CR</p> <p>2:00 Resident Open Forum- CR</p> <p>3:00 Decorate the Christmas Tree - Lobby</p> <p>6:00 Movie Night: "Bucket List" - Club Rm.</p>	<p>10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max <b>4</b></p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 December Tidbits - CR</p> <p>2:00 Ambassador's Meeting</p> <p>2:00 Parkinson's Support Group- Board Rm</p> <p>2:30 Calendar Planning-CR</p> <p>5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 Walking Club: Tidelands Park <b>5</b></p> <p>10:30 Art for All Ages - CR</p> <p>2:00 Stronger-U Stretch -CR</p> <p>2:30 SHOW REHEARSAL - CR</p> <p>4:00 Christmas Night at Plaza</p> <p>5:30 PHOTO w/ SANTA -Plaza</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR <b>6</b></p> <p>11:00 December Trivia - CR</p> <p>2:00 Wind Down Social - Patio</p> <p>3:15 Pet Visit - Patio</p> <p>6:00 Movie Night: "Hot Frosty" - Club Room</p>	<p>9:00 Adventist Service - Lounge <b>7</b></p> <p>10:30 Morning BINGO - CR</p> <p>11:00 Matching Game- CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Balloon Tennis -CR</p> <p>6:00 Movie Night: "Noel Diary" - Club Room</p>	
<p>9:30 Eastlake Church Service - LH <b>8</b></p> <p>10:30 Flower Arrangement - CR</p> <p>11:00 SHOW REHEARSAL - CR</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>2:00 Chair Yoga - CR</p> <p>3:00 British Brass Band Concert-LH</p> <p>5:30 Holiday Craft - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. <b>9</b></p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Loretta - CR</p> <p>3:00 SHOW REHEARSAL - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe <b>10</b></p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Craft with Miracle Moments Kids - CR</p> <p>2:00 SHOW REHEARSAL - CR</p> <p>3:00 December Tidbits - CR</p> <p>6:00 Movie Night: "It's a Wonderful Life" - Club Rm.</p>	<p>10:00 Shopping: NC Walmart <b>11</b></p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Health Tips - CR</p> <p>2:00 Fun &amp; Fit w/ Loretta - CR</p> <p>2:00 Men's Group "Wood Working" w/ Minnie - Art Studio</p> <p>2:30 Let's Play "Jinga" - CR</p> <p>5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 Scenic Drive: Coronado Island <b>12</b></p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Trivia Challenge - CR</p> <p>2:00 Movie Matinee: "The Proposal" - CR</p> <p>3:00 Bible Study w/ Carl - West Wing</p> <p>5:30 Left-Center-Right -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR <b>13</b></p> <p>11:00 Trivia Challenge - CR</p> <p>2:00 Walking Club- Tennis Court</p> <p>2:45 Wind Down Social - Patio</p> <p>6:00 Movie Night: "Hollidate"</p>	<p>9:00 Adventist Service - Lounge <b>14</b></p> <p>10:30 Morning BINGO - CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Balloon Tennis -CR</p> <p>3:00 Large Puzzle Solving- CR</p> <p>6:00 Movie Night: "Matilda" (Musical)-CR</p>	
<p>9:30 Eastlake Church Service - LH <b>15</b></p> <p>10:15 Eucharistic Communion-In-room</p> <p>10:30 Flower Arrangement - CR</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 CA Note Catchers Band Concert-LH</p> <p>3:30 Chair Yoga - CR</p> <p>5:30 Painting w/ water color - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. <b>16</b></p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Loretta - CR</p> <p>3:15 History Lady (December Video)- CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe <b>17</b></p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 \$\$ Lunch Bunch: "Phil's BBQ"</p> <p>2:00 Cookie Decorating Class - CR</p> <p>3:00 3 STEP OF MINDFULNESS EXERCISE- CR</p> <p>7:00 SD City Guard Band Concert-LH</p>	<p>10:00 Shopping: H. St. Walmart <b>18</b></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>3:15 BINGO BAZAAR - CR</p> <p>5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 Walking Club: Mission Bay Park <b>19</b></p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 X-word Puzzle - CR</p> <p>2:00 Movie Matinee: "Rudy" - CR</p> <p>5:30 Left-Center-Right -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR <b>20</b></p> <p>11:00 Wackie Wordies - CR</p> <p>2:00 Corn Hole - Patio</p> <p>2:30 Wind Down Social - Patio</p> <p>6:00 Movie Night: "Meet Me Next Christmas"- CR</p>	<p>9:00 Adventist Service - Lounge <b>21</b></p> <p>10:30 Morning BINGO - CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Balloon Tennis -CR</p> <p>3:00 Large Puzzle Solving- CR</p> <p>6:00 Movie Night: "Dolly Parton's X'mas in the Square" - Club Rm</p>	
<p>9:30 Eastlake Church Service - LH <b>22</b></p> <p>10:30 Make-up/ Show Prep w/ Angels of Beauty-CR</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>2:00 CEDARS TALENT SHOW-LH</p> <p>5:30 Gift Wrapping - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. <b>23</b></p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Loretta - CR</p> <p>3:00 "Stand-up Stretch" w/ Minnie - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe <b>24</b></p> <p>10:00 Shopping: Dollar Tree Store 4th Av.</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Mix &amp; Mingle w/ Miracle Moments Kids - CR</p> <p>2:00 Indoor Golf - CR</p> <p>2:30 Holiday Sing-along - CR</p> <p>6:00 Movie Night: "White Christmas" - Club Rm.</p>	<p>10:30 Balloon Tennis -CR <b>25</b></p> <p>11:00 Who am I?- CR</p> <p>11:30 HOLIDAY LUNCHEON</p> <p>2:00 Holiday Party! - Lobby</p> <p>5:30 1st Day Lighting of the Menorah-2nd Floor</p> <p>6:00 Movie Night: "A Christmas Carol"</p>	<p>10:00 Trip to Mount Soledad <b>26</b></p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Memory Juggler - CR</p> <p>2:00 Movie Matinee: "The Carol Burnett Show"</p> <p>5:30 2nd Day Lighting of Menorah-2nd Floor</p> <p>5:30 Left-Center-Right -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR <b>27</b></p> <p>11:00 Jeopardy Challenge - CR</p> <p>2:00 Walking Club: Tennis Court</p> <p>2:45 Wind Down Social - Patio</p> <p>5:30 3rd Day Lighting the Menorah - Second Floor</p> <p>6:00 Movie Night: "The Bodyguard"-Club Room</p> <p>6:30 Jewish Shabbat Service- HC</p>	<p>9:00 Adventist Service - Lounge <b>28</b></p> <p>10:30 Morning BINGO - CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Balloon Tennis -CR</p> <p>3:00 Large Puzzle Solving- CR</p> <p>5:30 4th Day Lighting of the Menorah - 2nd Floor</p> <p>6:00 Movie Night: "Best Christmas Ever"- Club Rm.</p>	
<p>9:30 Eastlake Church Service - LH <b>29</b></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 5th Day Lighting of Menorah-2nd Floor</p> <p>6:00 Color Appreciation - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. <b>30</b></p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Loretta - CR</p> <p>3:15 RESIDENT COUNCIL - CR</p> <p>5:30 6th Day Lighting of Menorah- 2nd Floor</p> <p>6:00 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe <b>31</b></p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Funny Video - CR</p> <p>2:00 Meet &amp; Greet New Residents/ Orientation - CR</p> <p>3:00 "WHAT IS YOUR SPIRITUAL WELLNESS?" - CR</p> <p>5:30 7th Day Lighting of the Menorah - 2nd Floor</p> <p>6:00 Movie Night: "Nanny McPhee" - Club Rm.</p>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>Vitality Programs are subject to change.</b></p> </div> 			<p><b>More Ways to Tend to Your Spiritual Wellness</b></p> <p>This month's Culture Topic : Spiritual Wellness.</p> <p>The spiritual dimension of wellness recognizes our search for meaning and our place in the universe. It may involve religion, or it may not. When we feed our spiritual selves, it helps us make sense of the world, and it can bring joy and a sense of peace to our everyday lives.</p> <p>Connect with a faith community where you feel valued and supported. Volunteer and help others. Practice meditation and mindfulness. Spend quiet time in nature.</p>	