


NOVEMBER 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Activity Programs are subject to change.</p> 	<p>November is Gratitude Month</p> <p>Gratitude Facts Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease.</p>		<p>People are less likely to express gratitude at work than almost any place else and 60% of people never express thanks at work. Expressing gratitude to coworkers could make our workplace a healthier and happier place!</p>		<p>10:30 Stronger-U Movement w/ Mayra-CR 1 11:00 November Trivia - CR 2:00 Wind Down Social - Patio 3:15 Pet Visit - Patio 6:00 Movie Night: "Coco"</p>	<p>9:00 Adventist Service - Lounge 2 10:30 Morning BINGO - CR 1:00 Jewish Service - Lounge 2:00 Balloon Tennis -CR 3:00 Large Puzzle Solving- CR 6:00 Movie Night: "Thunder Force" - Club Rm.</p>
<p>9:30 Eastlake Church Service - LH 3 11:30 Catholic Mass-LH 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 3:30 Garden Club - Patio 5:30 Arts & Crafts - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 4 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Loretta - CR 3:15 IL Shopping Spree - Plaza 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe 5 10:00 Walking Club: Mission Bay Park 10:30 Stronger-U Strength - CR 11:00 November Tidbits - CR 2:00 Resident Open Forum- CR 3:00 Jewelry Making - CR 6:00 Movie Night: "Falling In Love" - Club Rm.</p>	<p>10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max 6 10:30 Balloon Tennis -CR 11:00 November Tidbits - CR 2:00 Ambassador's Meeting 2:30 Calendar Planning-CR 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 "Honoring our Heroes" - Lobby 7 10:30 Veterans Pinning Ceremony - Lobby 2:00 Stronger-U Stretch - CR 2:30 Movie Matinee: "Phantom of the Opera"- CR 5:30 Left-Center-Right -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 8 11:00 Trivia Challenge - CR 2:00 Wind Down Social - Patio 3:00 Dart Game - Patio 6:00 Movie Night: "The Aviator"- Club Rm.</p>	<p>9:00 Adventist Service - Lounge 9 10:30 Morning BINGO - CR 1:00 Jewish Service - Lounge 2:00 Balloon Tennis -CR 3:00 Large Puzzle Solving- CR 6:00 Movie Night: "Purple Hearts" - Club Rm.</p>
<p>9:30 Eastlake Church Service - LH 10 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 "A GRATITUDE WALK" - Putting Green 2:45 Flower Arrangement - CR 5:30 Fall Craft - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 11 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Loretta - CR 3:00 Documentary: "Ancient Mysteries from Around the World" - CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe 12 10:30 Stronger-U Strength - CR 11:00 \$\$ Lunch Bunch: "Joe's Crab Shack" 11:00 Playball with Miracle Moments Kids - CR 2:00 Indoor Golf - CR 6:00 Movie Night: "Jersey Girl" - Club Rm.</p>	<p>10:00 Shopping: H. St. Walmart 13 10:30 Balloon Tennis -CR 11:00 Health Tips - CR 2:00 Karaoke w/ "Me" - Lobby 3:00 Head Banz Game - CR 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 Scenic Drive: Mount Soledad 14 10:30 Stronger-U Stretch -CR 11:00 Finish the Line... - CR 2:00 Outdoor Golf - Putting Green 3:00 Bible Study w/ Carl - CR 5:30 Left-Center-Right -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 15 11:00 Wackie Wordies - CR 2:00 Walking Club -Putting Green 2:45 Wind Down Social - Patio 6:00 Movie Night: "Resort to Love"- Club Rm.</p>	<p>9:00 Adventist Service - Lounge 16 10:30 Morning BINGO - CR 1:00 Jewish Service - Lounge 2:00 Balloon Tennis -CR 3:00 Large Puzzle Solving- CR 6:00 Movie Night: "The Prince & Me"- Club Room</p>
<p>9:30 Eastlake Church Service - LH 17 10:15 Eucharistic Communion-In-room 10:50 Catholic Confession -HC 11:30 Catholic Mass-LH 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 5:30 "Nature" Photo Watercolor Painting - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 18 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Loretta - CR 3:00 History Lady (Nov. Video)- CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe 19 10:00 Mingei Int'l Museum Trip 10:30 Stronger-U Strength - CR 2:00 Cooking Class w/ Minnie- CR 3:00 Food Tasting & Feedback - CR 6:00 Movie Night: "RV" - Club Rm.</p>	<p>10:00 Shopping: NC Walmart 20 10:30 Balloon Tennis -CR 11:00 Matching Game - CR 2:00 Fun & Fit Exercise - CR 3:00 Double Take Entertainment - Lobby 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 Scenic Drive: Embarcadero 21 10:30 Stronger-U Stretch -CR 11:00 X-word Puzzle - CR 2:00 BINGO BAZAAR - CR 2:30 Movie Matinee: "Analyze This" - CR 5:30 Left-Center-Right -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 22 2:00 Wind Down Social - Patio 3:00 Axe Throwing Game - CR 6:00 Movie Night: "Top Gun" Maverick-Club Rm. 6:30 Jewish Shabbat Service- HC</p>	<p>9:00 Adventist Service - Lounge 23 10:30 Morning BINGO - CR 1:00 Jewish Service - Lounge 2:00 Balloon Tennis -CR 3:00 Large Puzzle Solving- CR 6:00 Movie Night: "Pretty Woman"- Club Rm.</p>
<p>9:30 Eastlake Church Service - LH 24 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 3:30 Garden Club - Patio 5:30 Holiday Craft - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 25 11:00 Word Game - 1st Fl. 2:00 Birthday Bash w/ Raymond-Lobby 3:00 UNO Game- CR 5:30 Bingo Night w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe 26 10:00 Feeding The Ducks: Lake Murray 10:30 Stronger-U Strength - CR 11:00 Mix & Mingle w/ Miracle Moments Kids - CR 2:00 Meet & Greet New Residents - CR 3:00 Resident Council Meeting- CR 6:00 Movie Night: "Downsizing" - Club Rm.</p>	<p>10:00 Shopping: Dollar Tree Store 4th Ave. 27 10:30 Balloon Tennis -CR 11:00 Who am I?- CR 2:00 Travel Log w/ Hernan - CR 3:00 "WHAT BRINGS YOU JOY?"-CR 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:30 Stronger-U Stretch -CR 28 11:00 "AN EXPERIMENT IN GRATITUDE" (YOUTUBE) - CR 11:30 Thanksgiving Luncheon 2:00 Sing-along w/ Oldies But Goodies Music - CR 6:00 Movie Night: "Mrs. Doubtfire" - 4th Fl.</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 29 11:00 Jeopardy Challenge - CR 2:00 Walking Club - Putting Green 2:45 Wind Down Social - Patio 6:00 Movie Night: "The Love of the Game"-Club Rm.</p>	<p>9:00 Adventist Service - Lounge 30 10:30 Morning BINGO - CR 1:00 Jewish Service - Lounge 2:00 Balloon Tennis -CR 3:00 Large Puzzle Solving- CR 6:00 Movie Night: "Jumanji" # 1- Club Rm.</p>