


OCTOBER 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>OCTOBER CULTURE TOPIC: Focusing on the value of creativity and the positive impact that collaborative projects can have on our communities. The act of creating fills us with a sense of purpose and fulfillment that little else can.</p> <p>Please join us on these following dates: Oct. 8th at 2:00pm and Oct. 9th at 10:30am in Cedars Community Room.</p> 		<p>9:15 Bridge Club - Cafe 1 10:30 Stronger-U Strength - CR 11:00 October Tidbits - CR 2:00 Resident Open Forum- CR 2:30 History Lady (Oct. Version)- CR 6:00 Movie Night - "Big Daddy"- Lounge</p>	<p>10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max 2 10:30 Balloon Tennis -CR 11:00 October Tidbits - CR 2:00 Ambassador's Meeting 2:00 Calendar Planning-CR 5:30 Bingo Night w/ Minnie - CR</p>	<p>10:00 Scenic Drive: San Isidro Ranches 3 10:30 Fall Crafts- CR 2:00 Stronger-U Stretch -CR 2:30 Ball Toss / Game - CR 5:30 Left-Center-Right w/ Eunice -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 4 11:00 October Trivia - CR 2:00 Wind Down Social - Patio 3:15 Pet Visit - Patio 6:00 Movie Night: "The Curse of Bridge Hollow" - Lounge</p>	<p>9:00 Adventist Service - Lounge 5 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: "Benji" - Lounge</p>
<p>9:30 Eastlake Church Service - LH 6 11:30 Catholic Mass-LH 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 3:30 Garden Club - Patio 5:30 Arts & Craft w/ Claudia - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 7 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 8 10:00 Outing: Japanese Garden 10:30 Stronger-U Strength - CR 11:00 Craft with Miracle Moments Kids - CR 2:00 GENERATIONS BUTTERFLY PROJECT #1- CR 6:00 Movie Night - " The Munster"-Lounge</p>	<p>10:00 Shopping: H. St. Walmart 9 10:30 GENERATIONS BUTTERFLY PROJECT # 2 -CR 2:00 Balloon Tennis -CR 2:30 Health Tips - CR 3:00 Funny Video - CR 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 Scenic Drive: Fiesta Island 10 10:30 Stronger-U Stretch -CR 11:00 Finish the Line... - CR 2:00 Indoor Golf - CR 3:00 Bible Study w/ Carl - CR 5:30 Left-Center-Right w/ Eunice -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 11 11:00 Trivia Challenge - CR 2:00 Wind Down Social - Patio 3:00 Dart Game - Patio 6:00 Movie Night: "Back to The Future" - Lounge</p>	<p>9:00 Adventist Service - Lounge 12 10:30 Morning BINGO - CR 1:00 Jewish Service - Lounge 2:00 Balloon Tennis -CR 3:00 Wonders of Colors - CR 6:00 Movie Night: "Ghost Busters Frozen Empire" - Lounge</p>
<p>9:30 Eastlake Church Service - LH 13 10:30 Beauty Enhancement- CR 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 5:30 Color Appreciation - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 14 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Loretta- CR 3:00 Documentary: "Forces of Nature" - CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe 15 10:00 Shopping: NC Walmart 10:30 Stronger-U Strength - CR 2:00 Speaker: Fire Prevention Month w/ Eddie Sanchez - CR 3:00 Feedback/ Q & A - CR 6:00 Movie Night: "Family Switch" - Lounge</p>	<p>10:00 Walking Club: Mission Bay Park 16 10:30 Balloon Tennis -CR 11:00 Farmer's Market - Plaza 2:00 BIRTHDAY BASH w/ Raymond-Lobby 3:00 Trivia "To Go" - Lobby 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 Scenic Drive: Harbor Drive 17 10:30 Stronger-U Stretch - CR 11:00 X-word Puzzle - CR 2:00 Cooking Class w/ Eunice - CR 3:00 Taste Test/ Feedback - CR 5:30 Left-Center-Right w/ Eunice -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 18 11:00 Wackie Wordies - CR 2:00 Wind Down Social - Patio 3:00 Corn Hole Challenge - CR 6:00 Movie Nigh: "We Have a Ghost" - Lounge</p>	<p>9:00 Adventist Service - Lounge 19 10:30 Morning BINGO - CR 1:00 Jewish Service - Lounge 2:00 Balloon Tennis -CR 2:30 Pumpkin Creation - CR 6:00 Movie Night: "Feel The Beat"- Lounge</p>
<p>9:30 Eastlake Church Service - LH 20 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 Loteria - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 21 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Loretta - CR 3:00 Documentary: "Lewis & Clark" (West Journey)- CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:15 Bridge Club - Cafe 22 10:00 Shopping: Dollar Tree Store 4th Av. 10:30 Stronger-U Strength - CR 11:00 Mix & Mingle w/ Miracle Moments Kids - CR 2:00 New 2025 Medicare Seminar - LH 6:00 Movie Night:: "Rescued by Ruby" - Lounge</p>	<p>10:00 Feeding The Ducks: Lake Murray 23 10:30 Balloon Tennis -CR 11:00 Who am I?- CR 2:00 Travel Log w/ Hernan - CR 3:00 "Humor Me" - CR 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:00 \$\$ Lunch Bunch: "Tom Ham's Lighthouse" 24 10:30 Stronger-U Stretch -CR 11:00 Memory Juggler - CR 2:00 Sing-along w/ Oldies But Goodies Music - CR 3:00 What's The Missing Word? - CR 4:00 Casino Royale Masquerade - Plaza</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 25 11:00 October Trivia 2:00 Wind Down Social - Patio 3:00 Axe Throwing Game - CR 6:00 Movie Night: "The Perfect Find" - Lounge 6:30 Jewish Shabbat Service- HC</p>	<p>9:00 Adventist Service - Lounge 26 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: "Happily Ever After"</p>
<p>9:30 Eastlake Church Service - LH 27 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 Wonders of Colors - CR</p>	<p>10:30 Stronger-U: Balance Exercise w/ Minnie - 1st Fl. 28 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Loretta - CR 3:00 Documentary: "Lost Treasure of Afghanistan" - CR 5:15 Double Take Entertainment - Lobby</p>	<p>9:15 Bridge Club - Cafe 29 10:00 Walking Club: Tidelands Park 10:30 Stronger-U Strength - CR 2:00 Meet & Greet New Residents - CR 3:00 Resident Council Meeting- CR 6:00 Movie Night: "Good Deeds" - Lounge</p>	<p>10:30 Balloon Tennis -CR 30 11:00 Brain Exercise w/ Trivia - CR 2:00 BINGO BAZAAR - CR 3:00 Shuffle Board Game (new)- Lounge 5:30 Bingo Night w/ Minnie- CR</p>	<p>10:30 Stronger-U Stretch -CR 31 11:00 Halloween Facts - CR 2:00 Halloween Costume Contest - Lobby 3:00 Trick or Treat ? - Lobby 6:00 Movie Night: "Hocus Focus"- Lounge</p>	<p>ALL ACTIVITY ROGRAMS ARE SUBJECT TO CHANGE.</p> 