



A GENERATIONS COMMUNITY

# SEPTEMBER 2022

## Cedars Assisted Living

2740 E. 4th Street, National City  
CA 91950 / (619) 475-5040  
RCFE# 374602869

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's Focus: "Food as Fuel"</p> <p>"Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well." – Michael Pollan</p>	<p><b>HAPPY</b></p> <p><i>Labor Day</i></p> <p>9/5</p>		<p><b>DATES to remember:</b> <b>Happy Labor Day</b> 9/5 <b>Grandparents' Day</b> 9/11 <b>Assisted Living Week</b> 9/11-9/17 <b>Rosh Hashanah</b> 9/25 - 27</p>	<p>1:1 In-room Program <b>1</b> Activity Rounds 10:00 Shopping: CVS/Trader Joe/TJ Max 10:30 Art for All Ages - CR 1:00 Learning Scrabble - Cafe 2:00 Stronger-U "Stretch" - CR 2:30 TALENT SHOW REHEARSAL- CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>2</b> Activity Rounds 10:30 Exercise with Ease 11:00 "Reminiscence"-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>3</b> 1:1 In-room Program Activity Rounds 9:00 Adventist Service-Lounge 4th Floor 10:30 Balloon Tennis-CR 11:00 Hymns &amp; Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo - CR 6:00 Movie Night-Lounge 4th Floor</p>
<p>Activity Rounds <b>4</b> 1:1 In-room Prog. 9:30 Eastlake Church Service-LH 10:30 Noodle Hit &amp; Miss - Lobby 11:00 News &amp; Views - Lobby 11:15 Catholic Mass-LH 2:00 TALENT SHOW REHEARSAL - CR 3:30 Flower Arrangement 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>5</b> 1:1 In-room Program Activity Rounds 10:30 Stronger-U "Cardio" w/ Mayra - CR 11:00 Word Game-CR 2:00 World News w/ Rick - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>6</b> 1:1 In-room Program Activity Rounds 10:30 Stronger-U "Strength" w/ Mayra - CR 11:00 September Tidbits - CR 2:00 Shopping: Walgreens 2:00 TALENT SHOW REHEARSAL- CR 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>7</b> 1:1 In-room Program Activity Rounds 10:00 Scenic Drive: La Jolla Cove 10:30 Cardio Drumming-CR 11:00 Trivia - "This &amp; That"- CR 2:00 Bible Study w/ Carl-CR 3:30 DRUM CIRCLE REHEARSAL- Gym (Plaza) 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>8</b> Activity Rounds 1:1 In-room Program 10:00 Scenic Drive: Cabrillo 10:30 Stronger-U "Stretch" - CR 11:00 Create your Scents - CR 1:00 Learning Scrabble - Cafe 2:00 TALENT SHOW REHEARSAL- CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>9</b> 1:1 In-room Program Activity Rounds 10:30 Exercise with Ease 11:00 "Guess what year when...?"-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie Night-Lounge 4th Floor 6:30 Jewish Shabbat Service - HC</p>	<p><b>10</b> 1:1 In-room Program Activity Rounds 9:00 Adventist Service-Lounge 4th Floor 10:30 Balloon Tennis-CR 11:00 Hymns &amp; Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo - CR 6:00 Movie Night-Lounge 4th Floor</p>
<p><b>11</b> 1:1 In-room Prog. Activity Rounds 9:30 Eastlake Church Service-LH 10:30 Noodle Hit &amp; Miss - Lobby 10:50 Cath. Confession - HC 11:00 PREPARATION for the show - CR 11:15 Catholic Mass-LH 12:00 Anglican Service 2:00 CEDARS TALENT SHOW - LH 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>12</b> 1:1 In-room Program Activity Rounds 10:30 SUCCULENT GARDEN PARTY w/ Miracle Moments - Patio 2:00 ART COLLECTION SHOW - Lobby 2:00 Stronger-U "Cardio" w/ Mayra -CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>13</b> 1:1 In-room Program Activity Rounds 7:00 FIRST RESPONDER'S Breakfast -Patio 10:30 Stronger-U "Strength" w/ Mayra - CR 11:00 Health Tips - CR 1:30 HEALTH CARE FAIR - Patio 1:30 Trip to: SD Air &amp; Space Museum 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>14</b> 1:1 In-room Program Activity Rounds 10:00 PICNIC at Rancho Bernardo Park 10:30 Cardio Drumming-CR 11:00 Trivia Challenge-CR 2:00 Rummikub - CR 3:00 Wonders of Colors - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>15</b> 1:1 In-room Program Activity Rounds 10:00 Shopping: NC Walmart 10:30 Gentle Stretch - CR 1:00 Learning Scrabble - Cafe 1:30 MULTI-CULTURAL Exploration - Patio 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>16</b> 1:1 In-room Program Activity Rounds 10:30 Exercise with Ease 11:00 "Who/What Am I?"-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>17</b> 1:1 In-room Program Activity Rounds 9:00 Adventist Service-Lounge 4th Floor 10:30 Balloon Tennis-CR 11:00 Hymns &amp; Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo - CR 6:00 Movie Night-Lounge 4th Floor</p>
<p><b>18</b> 1:1 In-room Prog. Activity Rounds 9:30 Eastlake Church Service 10:15 Catholic Eucharistic - Individual 10:30 Noodle Hit &amp; Miss - Lobby 11:00 News &amp; Views 11:15 Catholic Mass 2:00 Library Connection - 4th Floor 3:30 Flower Arrangement-CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>19</b> 1:1 In-room Program Activity Rounds 10:30 Balance Exercise - 1st Floor Hallway 11:00 Word Game-1st Floor Hallway 2:00 Cooking Class - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>20</b> 1:1 In-room Program Activity Rounds 10:30 Stronger-U "Strength" w/ Mayra - CR 11:00 Jeopardy - CR 2:00 Rummikub - CR 2:00 Shopping: Terra Nova 3:15 Bingo - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>21</b> Activity Rounds 1:1 In-room Program 10:00 Shopping: Dollar Store 10:30 Cardio Drumming-CR 11:00 JIGSAW Challenge Day - CR 2:00 Educational: The Difference between Stroke and Heart Attack - CR 3:15 RESIDENT COUNCIL-CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>22</b> 1:1 In-room Program Activity Rounds 10:00 Walking Club: Balboa Park 10:30 Stronger-U "Stretch" - CR 11:00 Guess my Job... - CR 1:00 Learning Scrabble - Cafe 2:00 Meet &amp; Greet - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>23</b> 1:1 In-room Program Activity Rounds 10:30 Exercise with Ease 11:00 "Did You know?"-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>24</b> Activity Rounds 1:1 In-room Program 9:00 Adventist Service-Lounge 4th Floor 10:30 Balloon Tennis-CR 11:00 Hymns &amp; Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo - CR 6:00 Movie Night-Lounge 4th Floor</p>
<p><b>25</b> 1:1 In-room Prog. Activity Rounds 9:30 Eastlake Church Service 10:30 Noodle Hit &amp; Miss - Lobby 10:30 ROSH HASHANAH (Jewish) 11:15 Catholic Mass 12:00 Anglican Service-HC 2:00 karaoke Tyme w/ Minnie - CR 3:30 Flower Arrangement-CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>26</b> 1:1 In-room Program Activity Rounds 10:30 Balance Exercise - 1st Floor Hallway 10:30 Word Game-1st Floor Hallway 2:00 Travelogue w/ Schneider's Team (India)- CR 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>27</b> Activity Rounds 1:1 In-room Program 10:30 Stronger-U "Strength" w/ Mayra - CR 11:00 Puzzle Solving - CR 2:00 Shopping: 99 Cents Store 2:00 UNO - CR 3:30 BINGO Bazaar - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>28</b> 1:1 In-room Program Activity Rounds 10:30 Cardio Drumming-CR 11:00 JIGSAW Challenge Day-CR 2:00 Birthday Bash w/ Raymond-Lobby 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>29</b> 1:1 In-room Program Activity Rounds 10:30 Stronger-U "Stretch" - CR 1:00 Learning Scrabble - Cafe 2:00 Welcoming Committee Meeting-CR 2:30 Calendar Planning - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p><b>30</b> 1:1 In-room Program Activity Rounds 10:30 Exercise with Ease 11:00 Finish the line...-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie Night-Lounge 4th Floor</p>	<p>Vitality Programs are subject to change.</p>

### Birthdays!

**RESIDENTS:**

Blanca C. -9/07  
Cynthia C. -9/09  
Joan W. -9/12  
Bernie R. -9/12

Anne U. -9/13  
Carl S. -9/13  
Gail S. -9/17  
Barbara B. -9/19  
Margaret M.-9/19

Vernon S. -9/23  
Thomas S, -9/24  
Louise M. -9/28

**STAFF:**

Cris C. -9/09  
Mirasol B. -9/13  
Nicole L. -9/14

**LOCATION:**

Liberty Hall = LH (Plaza)

Heritage Chapel = HC (Plaza-2nd Floor)

Art Studio = Cedars (4th Floor)

Club Paradise = CP (Ground Floor-Plaza)

Community Room = CR (3rd Floor)

Library = L (Cedars-4th floor)

Reception Area = Lobby

Community Room = 3rd Floor

Med. Room- 3rd Floor

**WELCOME NEWCOMERS!**

Barbara H.

Larry and Patricia L.

Herman M.

Andrea B.