


OCTOBER 2022

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's <i>focus</i></p> <p>is Finding Purpose Through Art. Together we create art projects that allows self-expression while promoting a sense of community bonding.</p>						<p>Activity Rounds/ 1:1 In-room Program 1</p> <p>9:00 Adventist Service-Lounge 4th Floor</p> <p>10:30 Balloon Tennis-CR</p> <p>11:00 Hymns Sing-along-CR</p> <p>1:00 Jewish Service-Lounge 4th Floor</p> <p>2:00 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>
<p>Activity Rounds/ 1:1 In-room Program 2</p> <p>9:30 Eastlake Church Service</p> <p>10:30 Noodle Hit & Miss</p> <p>11:00 News & Views</p> <p>11:15 Catholic Mass</p> <p>12:00 Anglican Service</p> <p>2:00 Flower Arrangement-CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 3</p> <p>10:30 Balance Exercise - 1st Floor Hallway</p> <p>11:00 Word Game</p> <p>2:00 World News w/ Rick - CR</p> <p>3:15 Bingo w/ Barbara - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 4</p> <p>10:30 Stronger U: Body Strength - CR</p> <p>11:00 October Tidbits - CR</p> <p>2:00 QUILT CREATION - CR</p> <p>2:00 Walking Club: Glorietta Park</p> <p>3:15 Bingo - CR</p> <p>Yom Kippur Begins at Sundown</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 5</p> <p>10:00 Shopping: CVS/Trader Joe/TJ Max</p> <p>10:30 Cardio Drumming-CR</p> <p>11:00 Trivia Challenge-CR</p> <p>2:00 Bible Study w/ Carl - CR</p> <p>2:00 Popcorn at the Cafe</p> <p>3:15 Bingo w/ Barbara - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 6</p> <p>10:00 Shopping: 99 Cents Store</p> <p>10:30 Ceramic Creation - CR</p> <p>1:00 Learning Scrabble - Cafe</p> <p>2:00 Stronger-U "Strength" w/ Mayra - CR</p> <p>2:30 Fun Facts about Germany - CR</p> <p>3:30 OKTOBERFEST Celebration w/ The Blue Zone Band-DR/Lobby</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 7</p> <p>10:30 Exercise with Ease</p> <p>11:00 "Don't You know?"-CR</p> <p>1:00 SCRABBLE- Cafe</p> <p>2:00 Pretty Nails - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 8</p> <p>9:00 Adventist Service-Lounge 4th Floor</p> <p>10:30 Balloon Tennis-CR</p> <p>11:00 Hymns & Harmony Sing-along-CR</p> <p>1:00 Jewish Service-Lounge 4th Floor</p> <p>2:00 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>
<p>Activity Rounds/ 1:1 In-room Program 9</p> <p>9:30 Eastlake Church Service</p> <p>10:30 Balloon Volley - Lobby</p> <p>10:50 Catholic Confession -HC</p> <p>11:00 News & Views</p> <p>11:15 Catholic Mass</p> <p>12:00 Anglican Service</p> <p>2:00 Flower Arrangement-CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 10</p> <p>10:30 Balance Exercise - 1st Floor Hallway</p> <p>11:00 Word Game</p> <p>2:00 Cooking Class / Food Trivia- CR</p> <p>3:00 Food Tasting - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 11</p> <p>10:30 Stronger U: Body Strength - CR</p> <p>11:00 Music Trivia - CR</p> <p>2:00 QUILT CREATION - CR</p> <p>2:00 Walking Club: Imperial Beach</p> <p>3:15 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 12</p> <p>10:00 Scenic Drive: La Jolla Cove</p> <p>10:30 Cardio Drumming-CR</p> <p>11:00 E-Z Trivia -CR</p> <p>2:00 Popcorn at the Cafe</p> <p>2:00 Social Hour w/ Rick Spencer - Lobby</p> <p>3:15 Rummikub - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 13</p> <p>10:00 Shopping: Terra Nova</p> <p>10:30 Stronger U: Stretch w/ Mayra - CR</p> <p>11:00 Lucy Ball Trivia - CR</p> <p>1:00 Learning Scrabble - Cafe</p> <p>2:00 Meet & Greet Newcomers - CR</p> <p>3:15 Bingo w/ Barbara - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 14</p> <p>10:30 Exercise with Ease</p> <p>11:00 "Don't You know?"-CR</p> <p>1:00 SCRABBLE- Cafe</p> <p>2:00 Pretty Nails - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p> <p>6:30 Jewish Shabbat Service - HC</p>	<p>Activity Rounds/ 1:1 In-room Program 15</p> <p>9:00 Adventist Service-Lounge 4th Floor</p> <p>10:30 Balloon Tennis-CR</p> <p>11:00 Hymns Sing-along-CR</p> <p>1:00 Jewish Service-Lounge 4th Floor</p> <p>2:00 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>
<p>Activity Rounds/ 1:1 In-room Program 16</p> <p>9:30 Eastlake Church Service</p> <p>10:15 Catholic Eucharistic - Individual</p> <p>10:30 Noodle Hit & Miss - Lobby</p> <p>11:00 News & Views</p> <p>11:15 Catholic Mass</p> <p>2:00 Flower Arrangement-CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 17</p> <p>10:30 Balance Exercise - 1st Floor Hallway</p> <p>10:30 Word Game</p> <p>2:00 Travelogue with Hernan - CR</p> <p>3:15 Bingo w/ Barbara - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 18</p> <p>10:30 Stronger U: Body Strength - CR</p> <p>11:00 Finish the line...-CR</p> <p>2:00 QUILT CREATION - CR</p> <p>2:00 San Diego Museum of Man-Balboa</p> <p>3:15 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 19</p> <p>10:00 Shopping: NC Walmart</p> <p>10:30 Cardio Drumming-CR</p> <p>11:00 Trivia Challenge-CR</p> <p>2:00 Bible Study w/ Carl -CR</p> <p>2:00 Popcorn at the Cafe</p> <p>3:00 RESIDENT COUNCIL-CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Act. Rounds/ 1:1 In-room Program 20</p> <p>10:00 Scenic Drive: Pacific Coast Hi-way</p> <p>10:30 Stronger-U: Stretch w/ Mayra - CR</p> <p>11:00 Indigenous People? - CR</p> <p>2:00 Calendar Planning - CR</p> <p>2:30 Welcoming Committee Meeting - CR</p> <p>3:15 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 21</p> <p>10:30 Exercise with Ease</p> <p>11:00 "Don't You know?"-CR</p> <p>1:00 SCRABBLE- Cafe</p> <p>2:00 Pretty Nails - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 22</p> <p>9:00 Adventist Service-Lounge 4th Floor</p> <p>10:30 Balloon Tennis-CR</p> <p>11:00 Hymns Sing-along-CR</p> <p>1:00 Jewish Service-Lounge 4th Floor</p> <p>2:00 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p> <p>6:30 His Voice Men's Choir Concert - LH</p>
<p>Activity Rounds/ 1:1 In-room Program 23</p> <p>9:30 Eastlake Church Service</p> <p>10:30 Balloon Volley - Lobby</p> <p>11:00 News & Views</p> <p>11:15 Catholic Mass</p> <p>12:00 Anglican Service</p> <p>2:00 Flower Arrangement-CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 24</p> <p>10:30 Balance Exercise - 1st Floor Hallway</p> <p>10:30 Word Game</p> <p>2:00 BIMGO BAZAAR - CR</p> <p>3:15 Bingo w/ Barbara - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 25</p> <p>10:30 Stronger U: Body Strength - CR</p> <p>11:00 Reminisce: Name that Decade - CR</p> <p>2:00 QUILT CREATION (Finishing Touches)- CR</p> <p>2:00 Walking Club: Harbor Island</p> <p>3:15 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 26</p> <p>10:00 Shopping: Walgreens</p> <p>10:30 Cardio Drumming-CR</p> <p>11:00 Trivia Challenge-CR</p> <p>2:00 Birthday Bash w/ Raymond-Lobby</p> <p>2:00 Popcorn at the Cafe</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 27</p> <p>10:00 Feeding The Ducks - Lake Murray</p> <p>10:30 Stronger U: Stretch - CR</p> <p>11:00 Are you smarter than a 3rd Grader? - CR</p> <p>1:00 Learning Scrabble - Cafe</p> <p>2:00 DRUM CIRCLE W/ MINNIE - Club Paradise Plaza</p> <p>3:15 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 28</p> <p>10:30 Exercise with Ease</p> <p>11:00 "Don't You know?"-CR</p> <p>1:00 SCRABBLE- Cafe</p> <p>2:00 Pretty Nails - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 29</p> <p>9:00 Adventist Service-Lounge 4th Floor</p> <p>10:30 Balloon Tennis-CR</p> <p>11:00 Hymns Sing-along-CR</p> <p>1:00 Jewish Service-Lounge 4th Floor</p> <p>2:00 Bingo - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>
<p>Activity Rounds/ 1:1 In-room Program 30</p> <p>9:30 Eastlake Church Service</p> <p>10:30 Noodle Hit & Miss - Lobby</p> <p>11:00 News & Views</p> <p>11:15 Catholic Mass</p> <p>2:00 Flower Arrangement-CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	<p>Activity Rounds/ 1:1 In-room Program 31</p> <p>10:30 Balance Exercise - 1st Floor Hallway</p> <p>10:30 Word Game</p> <p>1:30 Halloween Costume Contest (Resident & Staff)-Lob.</p> <p>3:15 Bingo w/ Barbara - CR</p> <p>6:00 Movie Night-Lounge 4th Floor</p>	