



# NOVEMBER 2022

## Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Act. Rounds/ 1:1 In-room Program <b>1</b> 10:30 Stronger-U: Strength w/ Mayra - CR 2:00 Walking Club: Glorietta Park 2:00 Welcoming Committee Meeting - CR 2:30 Calendar Planning - CR 3:15 Bingo - CR 6:00 Movie Night-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>2</b> 10:00 Health Fair - Plaza 10:30 Cardio Drumming-CR 11:00 Trivia Challenge-CR 2:00 Writing Club (Reminiscence) - CR 3:00 Meet & Greet Newcomers/Refreshments- CR 5:30 Movie: Comedy - Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>3</b> 10:00 Shopping: 99 Cents Store 10:30 Art for All Ages 1:00 Learning Scrabble - Cafe 2:00 Stronger You: Stretch - CR 2:45 Crafting Group - CR 5:30 Movie: Western-Lounge 4th Fl.	Act. Rounds/ 1:1 In-room Program <b>4</b> Program 10:30 Exercise with Ease 11:00 Jeopardy - CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie: Musical - Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>5</b> 9:00 Adventist Service-Lounge 4th Floor 10:30 Active Games - CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois - CR 5:30 Movie: Romance - Lounge 4th Fl.
Act. Rounds/ 1:1 In-room Program <b>6</b> 9:30 Eastlake Church Service 11:15 Catholic Mass 12:00 Anglican Service 2:00 Walking Club - Putting Green 3:00 Flower Arrangement-CR 5:30 Movie: Resident Choice -Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>7</b> 10:30 Stronger-U: Balance - 1st Floor Hallway 11:00 Word Game 2:00 Bible Study w/ Carl -CR 3:15 Bingo w/ Barbara - CR 5:30 Loteria - CR	Act. Rounds/ 1:1 In-room Program <b>8</b> 10:30 Stronger-U: Strength w/ Mayra - CR 2:00 Skip-Bo/UNO - CR 2:00 Walking Club: Balboa Rose Garden 3:15 Bingo -CR 5:30 Movie Night-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>9</b> 10:00 Cardio Drumming-CR 10:30 VETERANS CEREMONY - Lobby 2:00 All Staff Meeting - LH 3:00 RESIDENT COUNCIL MTG. - CR 4:00 Veterans Celebration continues - Lobby 5:30 Movie: Comedy -Lounge 4th Fl.	Act. Rounds/ 1:1 In-room Program <b>10</b> 10:00 Shopping: Terra Nova 10:30 Stronger-U: Stretch - CR 11:00 Want to learn Spanish? (basic)- CR 1:00 Learning Scrabble - Cafe 2:00 Jewelry Making- CR 5:30 Movie: Western - Lounge 4th Fl.	Act. Rounds/ 1:1 In-room Program <b>11</b> 10:30 Exercise with Ease 11:00 Word Game (Hangman)- CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie : Musical-Lounge 4th Floor 6:30 Jewish Shabbat Service - HC	Act. Rounds/ 1:1 In-room Program <b>12</b> 9:00 Adventist Service-Lounge 4th Floor 10:30 Active Games -CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois - CR 5:30 Movie: Romance - Lounge 4th Fl.
Act. Rounds/ 1:1 In-room Program <b>13</b> 9:30 Eastlake Church Service 10:50 Catholic Confession -HC 11:15 Catholic Mass 12:00 Anglican Service 2:00 Walking Club - Putting Green 3:00 Flower Arrangement-CR 5:30 Movie: Resident Choice-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>14</b> Program 10:30 Stronger-U: Balance - 1st Floor Hallway 11:00 Word Game 2:00 Travelogue w/ Herman - CR 3:15 Bingo w/ Barbara - CR 5:30 Loteria - CR	Act. Rounds/ 1:1 In-room Program <b>15</b> 10:30 Stronger-U: Strength w/ Mayra - CR 2:00 Guitar Ensemble Concert - LH 2:00 Outing Trip: Mingei Int'l Museum - Balboa 2:00 Skip-Bo/UNO - CR 3:15 Bimgo - CR 6:00 Movie Night-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>16</b> 10:30 Cardio Drumming-CR 11:00 Name That Tune/ Trivia - CR 2:00 Writing Club (Reminiscence) - Art Studio 3:00 Refreshments / Social- Art Studio 5:30 Movie: Comedy - Lounge 4th Fl.	Act. Rounds/ 1:1 In-room Program <b>17</b> 10:00 Scenic Drive: Historic Park - Old Town S.D. 10:30 Stronger-U: Stretch - CR 11:00 What's Homophones? - CR 1:00 Learning Scrabble - Cafe 2:00 DRUM CIRCLE W/ MINNIE - Club Paradise Plaza 5:30 Movie: Western -Lounge 4th Fl.	Act. Rounds/ 1:1 In-room Program <b>18</b> Program 10:30 Exercise with Ease 11:00 Family Feud -CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie: Musical - Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>19</b> 9:00 Adventist Service-Lounge 4th Floor 10:30 Active Games - CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois - CR 5:30 Movie: Romance -Lounge 4th Fl.
Act. Rounds/ 1:1 In-room Program <b>20</b> 9:30 Eastlake Church Service 10:15 Catholic Eucharistic - Individual-Cedars 11:15 Catholic Mass 2:00 Walking Club - Putting Green 3:00 Flower Arrangement-CR 5:30 Movie: Resident Choice - Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>21</b> Program 10:30 Stronger-U: Balance - 1st Floor Hallway 11:00 Word Game 2:00 World News w/ Rick - CR 3:15 Bingo w/ Barbara - CR 5:30 Mexican Domino/ UNO - CR	Act. Rounds/ 1:1 In-room Program <b>22</b> 10:30 Stronger-U: Strength w/ Mayra - CR 2:00 Scenic Drive: NC Vintage/ Historic Houses/ Museum 2:00 Skip-Bo/UNO - CR 3:15 Bingo - CR 6:00 Movie Night-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>23</b> 10:30 Cardio Drumming-CR 11:00 Trivia Challenge-CR 2:00 Birthday Bash w/ Raymond-Lobby 2:30 Popcorn Wednesday at the Café 3:15 Bible Study w/ Carl -CR 5:30 Movie: Mystery - Lounge 4th Fl.	8:00 Macy's Thanksgiving Parade on Big Screen- CR 9:00 Donut Treats / Refreshments- CR 11:00 Thanksgiving Luncheon - DR 1:00 Learning Scrabble - Cafe 2:00 Bingo - CR 5:30 Movie : Western - Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>25</b> Program 10:30 Exercise with Ease 11:00 "Guess who?"-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie: Musical-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>26</b> 9:00 Adventist Service-Lounge 4th Floor 10:30 Active Games - CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois - CR 5:30 Movie: Romance - Lounge 4th Fl.
Act. Rounds/ 1:1 In-room Program <b>27</b> 9:30 Eastlake Church Service - LH 11:15 Catholic Mass - LH 12:00 Anglican Service - HC 2:00 Walking Club: Putting Green 3:00 Flower Arrangement-CR 5:30 Movie: Resident Choice-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>28</b> Program 10:30 Stronger-U: Balance - 1st Floor Hallway 11:00 Word Game 2:00 Rummikub - CR 3:15 Bingo w/ Barbara - CR 5:30 Mexican Domino/ UNO - CR	Act. Rounds/ 1:1 In-room Program <b>29</b> 10:30 Stronger-U: Strength w/ Mayra - CR 11:00 Memory Game - CR 2:00 BINGO Bazaar - CR 3:15 Bingo - CR 6:00 Movie Night-Lounge 4th Floor	Act. Rounds/ 1:1 In-room Program <b>30</b> 10:30 Cardio Drumming-CR 11:00 Trivia Challenge-CR 2:00 Karaoke w/ Minnie - CR 2:30 Popcorn Wednesday at the Café 5:30 Movie: Mystery -Lounge 4th Fl.			Note: Vitality programs are subject to change.