


JUNE 2023

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Our culture topic for June is simple: PLAY!</p> 	<p>The Benefits of Play for Adults</p> <p>Triggers endorphins (our feel-good chemicals) and relieves stress. Boosts creativity. We learn best when we're relaxed and having fun!</p>	<p>Improves our connection to others. Sharing laughter and fun can foster empathy, compassion and trust. Keeps us feeling young and energetic. Play can even boost your resistance to disease! Keeps our brains healthy.</p>	<p>Engaging in intellectually challenging games can prevent memory problems and improve brain function.</p>	<p>One-on-One Program 1</p> <p>10:30 Art for All Ages 1:00 Learning Scrabble - Cafe 2:00 Stronger-U Stretch -CR 2:30 Let's Play: "Headbantz" 3:00 Ambassador's Meeting - CR 5:30 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 2</p> <p>10:30 Stronger-U Movement w/ Mayra-CR 11:00 Finish The Line...- CR 1:00 SCRABBLE- Cafe 2:00 Relaxing Music w/ Lavender- CR 2:30 Pampered Hands - CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 3</p> <p>9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Documentary: "Miracle or Coincidence?" - CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 4</p> <p>9:00 BOAT RIDE 9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 2:00 Bocce Ball Game 3:00 Flower Arrangement-Café 5:30 UNO/ Skip Bo w/ Claudia</p>	<p>One-on-One Program 5</p> <p>10:00 Dancercise - Lobby 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Resident Council CHAT - Lob. 11:00 Word Game - 1st Fl. 2:00 Baking w/ Minnie-CR 3:15 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>One-on-One Program 6</p> <p>10:00 Dancercise - Lobby 10:30 Stronger-U Strength -CR 11:00 Let's Play: "Hungry Crocodile"- CR 2:00 News & Views w/Hermann - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 7</p> <p>10:00 Dancercise - Lobby 10:00 Shopping: CVS/Trader Joe/Sprouts/TJ Max 10:30 Balloon Tennis Challenge -CR 11:00 Let's Play: "Hang Man" - CR 2:00 Calendar Planning-CR 2:30 "History Lady" (Video) 5:30 Evening BINGO w/ Mayra - CR</p>	<p>One-on-One Program 8</p> <p>10:00 Dancercise - Lobby 10:00 Scenic Drive: Imperial Beach 10:30 Stronger-U Stretch -CR 1:00 Learning Scrabble - Cafe 2:00 Arts/ Crafting Group -CR 3:00 Bible Study w/ Carl - Lounge 5:30 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 9</p> <p>10:30 Stronger-U Movement w/ Mayra-CR 11:00 Funniest Video - CR 1:00 SCRABBLE- Cafe 2:00 Relaxing Music w/ Lavender- CR 2:30 Pampered Hands - CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 10</p> <p>9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Documentary: "30 Most Dangerous Bridges in The World" - CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 11</p> <p>9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Bocce Ball Game 3:00 Flower Arrangement-Café 5:30 UNO/ Skip Bo w/ Claudia</p>	<p>One-on-One Program 12</p> <p>10:00 Dancercise - Lobby 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Let's Play: Ball Balance - Lobby 3:15 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>One-on-One Program 13</p> <p>10:00 Dancercise - Lobby 10:00 Walking Club: Tidelands Park 10:30 Stronger-U Strength -CR 11:00 Health Tips - CR 2:00 Virtual Reality - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 14</p> <p>10:00 Dancercise - Lobby 10:00 Shopping: H. St. Walmart 10:30 Balloon Tennis Challenge -CR 11:00 Flag Folding & it's meaning -CR 2:00 All Staff Meeting - LH 3:00 RESIDENT COUNCIL 5:30 Evening BINGO w/ Mayra - CR</p>	<p>One-on-One Program 15</p> <p>10:00 Dancercise - Lobby 10:00 Scenic Drive: Harbor Drive 10:30 Stronger-U Stretch -CR 11:00 Mix & Match Game - CR 1:00 Learning Scrabble - Cafe 2:00 Drum Circle - CR 5:30 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 16</p> <p>10:30 Stronger-U Movement w/ Mayra-CR 11:00 Jeopardy Game - CR 1:00 SCRABBLE- Cafe 2:00 Relaxing Music w/ Lavender- CR 2:30 Pampered Hands - CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 17</p> <p>9:00 Adventist Service-Lounge 10:00 Pet Visit -CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Balloon Tennis-CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 18</p> <p>10:15 Eucharistic Communion-In-room 11:15 Catholic Mass-LH 2:00 Father's Day Celebration 3:30 Bocce Ball Game 5:30 UNO/ Skip Bo w/ Claudia</p> <p>Father's Day</p>	<p>One-on-One Program 19</p> <p>10:00 Dancercise - Lobby 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Resident Council CHAT- Lob. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:15 Travel Log w/ Hernan - CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>One-on-One Program 20</p> <p>10:00 Dancercise - Lobby 10:30 Stronger-U Strength -CR 11:00 \$-Lunch Bunch: Galley @ Marina 11:00 Miracle Moments Kids Visit-CR 2:00 News & Views w/Hermann - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 21</p> <p>10:00 Dancercise - Lobby 10:00 Shopping: 99 Cents Store 10:30 Balloon Tennis Challenge -CR 11:00 Mind Jugglers-CR 2:00 Meet & Greet Social - CR 5:30 Evening BINGO w/ Mayra - CR</p>	<p>One-on-One Program 22</p> <p>10:00 Dancercise - Lobby 10:00 Scenic Drive: Lake Murray (Backroad) 10:30 Stronger-U Stretch -CR 11:00 Let's Play: "Jenga" - CR 1:00 Learning Scrabble - Cafe 2:00 Drum Circle - Plaza 3:00 Bible Study w/ Carl - Lounge 5:30 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 23</p> <p>10:30 Stronger-U Movement w/ Mayra-CR 11:00 Mixed Trivia - CR 1:00 SCRABBLE- Cafe 2:00 Relaxing Music w/ Lavender- CR 2:30 Pampered Hands - CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 24</p> <p>9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Documentary: "15 Unbelievable Places that Actually Exist" - CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 25</p> <p>11:15 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Bocce Ball Game 3:00 Flower Arrangement-Café 5:30 UNO/ Skip Bo w/ Claudia</p>	<p>One-on-One Program 26</p> <p>10:00 Dancercise - Lobby 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Virtual Reality - CR 3:15 Bingo w/ Barbara - CR 5:15 Double Take Entertainment-Lob.</p>	<p>One-on-One Program 27</p> <p>10:00 Dancercise - Lobby 10:30 Stronger-U Strength -CR 11:00 "What's your personality?"- CR 11:00 Veterans Museum Trip 2:00 News & Views w/Hermann - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 28</p> <p>10:00 Dancercise - Lobby 10:00 Scenic Drive: La Jolla Cove 10:30 Balloon Tennis Challenge -CR 11:00 X-Word Puzzle-CR 2:00 Birthday Bash w/ Raymond-Lobby 5:30 Evening BINGO w/ Mayra - CR</p>	<p>One-on-One Program 29</p> <p>10:00 Dancercise - Lobby 10:00 Walking Club: Seaport Village 10:30 Stronger-U Stretch -CR 11:00 Let's Play: "Cornhole" Game 1:00 Learning Scrabble - Cafe 2:00 Cooking Demo - CR 5:30 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 30</p> <p>10:30 Stronger-U Movement w/ Mayra-CR 11:00 Name that Tune? - CR 1:00 SCRABBLE- Cafe 2:00 Relaxing Music w/ Lavender- CR 2:30 Pampered Hands - CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>Any man can be a <i>father</i> but it takes <i>someone special</i> to be a <i>Dad.</i></p> <p>Happy Father's Day- 6/18/2023</p>