



MAY 2023

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May is... Mental Health Awareness Month! Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It is just as important as our physical health!</p>	<p>One-on-One Program 1 10:30 Exercise with Claudia - CR 11:00 Word Game - CR 2:00 Talent Show REHEARSAL - CR 3:15 Bingo w/ Barbara - CR 5:45 Double Take Entertainment-Lob.</p>	<p>One-on-One Program 2 10:30 Singing Rehearsal - 1:1 10:30 Stronger-U Strength -CR 11:00 Ambassador's Meeting - CR 2:00 News & Views (Herman) - CR 2:00 Walking Club: Rohr Park 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 3 10:00 Scenic Drive: NC Historic Places 10:15 Balloon Tennis-CR 11:00 Education: Age-Strong Health Talks-CR 2:00 Chair Dancing REHEARSAL- CR 2:30 Calendar Planning-CR 5:30 Evening BINGO w/ Mayra - CR</p>	<p>One-on-One Program 4 10:00 Shopping: CVS/Trader Joe/Sprouts/TJ Max 10:30 Creative Ceramic - CR 1:00 Learning Scrabble - Cafe 2:00 Drum Circle REHEARSAL - Plaza 2:00 Stronger-U Stretch -CR 2:30 MAY Facts - CR 5:45 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 5 10:30 Stronger-U Movement w/ Mayra-CR 11:00 Cinco de Mayo Trivia-CR 11:30 Mexican Fiesta (Lunch)-DR 1:00 Mariachi /Folklorico Dancers-LH 1:00 SCRABBLE- Cafe 2:30 Relaxing Music w/ Lavender- CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 6 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Documentary: "Craziest Natural Phenomena" - CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 7 9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Resident's Choice (Table Game)-CR</p>	<p>One-on-One Program 8 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Resident Council Chat- Lobby 11:00 Word Game - 1st Fl. 2:00 Talent Show REHEARSAL - CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Loretta-CR</p>	<p>One-on-One Program 9 10:30 Stronger-U Strength -CR 11:00 Show Rehearsal - CR 2:00 News & Views (Herman) - CR 2:00 Walking Club: Tidelands Park 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 10 10:00 Shopping: 99 Cents Store 10:30 Tournament: Balloon Tennis-CR 11:00 Chair Dance Rehearsal -CR 2:00 All Staff Meeting - LH 3:00 RESIDENT COUNCIL 5:30 Evening BINGO w/ Barbara- CR</p>	<p>One-on-One Program 11 10:00 Scenic Drive: Harbor Drive 10:30 Stronger-U Stretch -CR 11:00 Talent Show REHEARSAL - CR 1:00 Learning Scrabble - Cafe 2:00 Drum Circle REHEARSAL - Plaza 5:45 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 12 10:30 Stronger-U Movement w/ Mayra-CR 11:00 Finish The Line...- CR 1:00 SCRABBLE- Cafe 2:00 Bible Study w/ Carl -Lounge 2:00 Relaxing Music w/ Lavender- CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 13 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Documentary: "Most Beautiful Places on Planet Earth" - CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 14 9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 11:30 Mother's Day Luncheon-DR 12:00 Anglican Service-HC 2:00 Mother's Day Talent Show - LH 5:45 Loteria w/ Claudia-CR</p>	<p>One-on-One Program 15 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:15 Travel Log w/ Hernan - CR 5:45 Rummikub / Dominoes w/ Loretta-CR</p>	<p>One-on-One Program 16 10:30 \$-Lunch Bunch: DZ AKINS 10:30 Stronger-U Strength -CR 11:00 Trivia Challenge-CR 2:00 News & Views (Herman) - CR 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 17 10:00 Walking Club: Seaport Village 10:30 Tournament: Balloon Tennis-CR 11:00 Trivia Challenge-CR 2:00 Crafting Group- Studio 5:30 Evening BINGO w/ Mayra - CR</p>	<p>One-on-One Program 18 10:00 Scenic Drive: Imperial Beach 10:30 Stronger-U Stretch -CR 1:00 Learning Scrabble - Cafe 2:00 Meet & Greet New Residents - CR 3:00 Creative Writing - CR 5:45 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 19 10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Relaxing Music w/ Lavender- CR 3:15 Pet Therapy - CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 20 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Documentary: "Bermuda Triangle" - CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 21 9:30 Eastlake Church Service-LH 10:15 Eucharistic Communion-In-room 11:15 Catholic Mass-LH 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR</p>	<p>One-on-One Program 22 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Cooking Class w/Minnie-CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Loretta-CR</p>	<p>One-on-One Program 23 10:30 Stronger-U Strength -CR 10:30 Trip To Viejas Outlet 2:00 News & Views (Herman) - CR 3:15 Bingo - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 24 10:00 Scenic Drive: Mt. Soledad 10:30 Tournament: Balloon Tennis-CR 11:00 Trivia Challenge-CR 2:00 Birthday Bash w/ Raymond-Lobby 3:30 Garden Project - Patio 5:30 Evening BINGO w/ Mayra - CR</p>	<p>One-on-One Program 25 10:00 Shopping: H. St. Walmart 10:30 Stronger-U Stretch -CR 11:00 Optical Illusion (Personality Reveals)- CR 1:00 Learning Scrabble - Cafe 2:00 Jewelry Making - CR 5:45 Left-Center-Right Game w/ Mayra-CR</p>	<p>One-on-One Program 26 10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Bible Study w/ Carl - Lounge 2:00 Relaxing Music w/ Lavender- CR 6:00 Movie: Musical/ Comedy-Lounge</p>	<p>One-on-One Program 27 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 11:00 Hymns Sing-along-CR 1:00 Jewish Service-Lounge 2:00 Documentary: "Greatest Natural Wonders of the World" - CR 6:00 Movie: Country/ Family- Lounge</p>
<p>One-on-One Program 28 9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Entertainment: FLAVOR COMPANY 3:30 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR</p>	<p>One-on-One Program 29 10:30 Let's Get Fit - CR 11:00 Word Game - 1st Fl. 11:30 Memorial Day BBQ 2:00 Bingo - CR 6:00 Special Movie Nite:</p>	<p>One-on-One Program 30 10:30 Stronger-U Strength -CR 11:00 Funniest Video - CR 2:00 News & Views (Herman) - CR 2:00 Walking Club: 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge</p>	<p>One-on-One Program 31 10:30 Tournament: Balloon Tennis-CR 11:00 Trivia Challenge-CR 2:00 Bingo BAZAAR - CR 3:00 Jewelry Making - CR 5:30 Evening BINGO w/ Mayra - CR</p>			<p>Dates to remember: 5/14 Mother's Day 5/29 Memorial / Remembrance Day</p> <p>All activity programs are subject to change.</p>