

NOVEMBER 2023

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This Month's focus..."Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul." – Amy Collette Tips for a Culture of Gratitude! The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.			10:00 Shopping: CVS/Trader Joe/Sprouts/TJ Max 10:30 Balloon Tennis -CR 11:00 Trivia Challenge -CR 2:00 Ambassador's Meeting 3:00 Calendar Planning-CR 5:30 BINGO Night w/ Mayra- CR	10:00 \$\$ Trip to Julian 10:30 Art for All Ages 1:00 Learning Scrabble - Cafe 2:00 Stronger-U Stretch -CR 2:30 All Soul's Day Celebration/ Dia de los Muertos - CR 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 2:30 Corn Hole Game 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 1:15 NFL GAME - Lounge 2:00 Cardio Drumming - CR 3:00 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Honoring our Veterans - Lobby 3:15 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR	10:30 Stronger-U Strength -CR 11:00 Health Tips -CR 2:00 PM Shopping: H. St. Walmart 2:00 Resident Open Forum -CR 3:00 Sing-along - CR 6:00 Movie: Mystery/ Action - Lounge	10:00 AM Shopping: H. St. Walmart 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 All Staff Meeting - LH 3:15 Wonders of Color - CR 5:30 BINGO Night w/ Mayra- CR	10:00 Scenic Drive: La Jolla 10:30 Stronger-U Stretch -CR 11:00 Finish the Line...-CR 1:00 Learning Scrabble - Cafe 2:00 Veterans' Day celebration w/ The Grannies- LH 3:15 Bible Study w/ Chaplain Larry - Lounge 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 3:15 PET Visit- Patio 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 1:15 NFL GAME - Lounge 2:00 Cardio Drumming - CR 3:00 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Baking w/ Minnie: "Pumpkin Muffin"- CR 3:15 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR	10:30 Stronger-U Strength -CR 11:00 \$\$ Lunch Bunch: Red Lobster 11:00 Modern Marvels: Journey of an Egg 2:00 UNO/ SKIP BO -CR 3:00 Can you find the difference? - CR 6:00 Movie: Mystery/ Action - Lounge	10:00 Shopping: 99 Cents Store 10:00 Virtual Reality (1:1) 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Sing and Dance w/ me - CR 5:30 BINGO Night w/ Mayra- CR	10:00 Scenic Drive: San Ysidro 10:30 Stronger-U Stretch -CR 11:00 Matching Game -CR 1:00 Learning Scrabble - Cafe 2:00 Drum Circle - Plaza 2:30 Crafting Group - CR 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 2:30 Ring Toss/Ball in a Jar Game 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 10:15 Eucharistic Communion-In-room 10:50 Catholic Confession -HC 11:15 Catholic Mass-LH 1:15 NFL GAME - Lounge 2:00 House of Nations - Balboa Park 3:00 Flower Arrangement - Café 5:30 UNO/ SKIP - BO - CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Resident Council CHAT- Lobby 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	10:00 Walking Club: Balboa Park 10:30 Stronger-U Strength -CR 11:00 Miracle Moments Kids Visit-CR 2:00 Jewelry Making - CR 3:30 UNO/ SKIP BO -CR 6:00 Movie: Mystery/ Action - Lounge	10:00 Scenic Drive: Mt. Soledad 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Birthday Bash w/ Raymond-Lobby 3:00 Trivia "to go" - Lobby 5:30 BINGO Night w/ Mayra- CR	10:30 Stronger-U Stretch -CR 11:00 Thanksgiving Facts - CR 11:00 Thanksgiving Luncheon - DR 1:00 Learning Scrabble - Cafe 2:00 BINGO Special - CR 5:30 Left-Center-Right Game -CR Happy Thanksgiving Day!	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 2:30 Crafting with Mayra 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 1:15 NFL GAME - Lounge 2:00 Cardio Drumming - CR 3:00 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Cooking w/ Loretta 3:15 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR	10:30 Stronger-U Strength -CR 11:00 Word Search - CR 2:00 Feeding the Ducks: Lake Murray 2:00 Meet & Greet New Residents - CR 3:00 Resident Council Meeting - CR 6:00 Movie: Mystery/ Action - Lounge	10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Bingo BAZAAR - CR 3:00 UNO/ SKIP - BO - CR 5:30 BINGO Night w/ Mayra- CR	10:00 Walking Club: Tideland Park 10:30 Stronger-U Stretch -CR 11:00 X-Word Puzzle - CR 1:00 Learning Scrabble - Cafe 2:00 Karaoke with Minnie - Lobby 5:30 Left-Center-Right Game -CR	Vitality programs are subject to change.	