

2023 OCTOBER

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Bates Nut Farm Pumpkin Craft Fair-RA 9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 1:25 NFL GAME - Lounge 2:00 Movie: "Book Club" -CR 3:30 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	2 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 5:30 Rummikub / Dominoes w/ Loretta-CR	3 10:00 Museum Trip: Botanical Garden-Balboa 10:30 Stronger-U Strength -CR 11:00 October Tidbits - CR 2:00 BRIDGE Club - Cafe 2:00 UNO/ SKIP BO -CR 6:00 Movie: "Some Like It Hot"- Lounge	4 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	5 10:00 Scenic Drive: Embarcadero 10:30 Collaboration: Vincent Van Gogh's Art (Grp.1)- CR 1:00 Learning Scrabble - Cafe 2:00 BRIDGE Club - Cafe 2:00 Stronger-U Stretch -CR 2:30 Fall Craft -CR 5:30 Left-Center-Right Game -CR	6 10:30 Stronger-U Movement w/ Mayra-CR 11:00 16 Pumpkin Facts and more - CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 2:30 Corn Hole/ Ring Toss- Patio 6:00 Movie: "Sister Act 1"-Lounge	7 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service-CR 2:00 BRIDGE Club - Cafe 2:15 Bingo Mania - CR 6:00 Movie: "Australia"- Lounge
8 9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 1:25 NFL GAME - Lounge 2:00 Movie: Book Club (Next Chapter)-CR 3:30 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	9 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 10:30 Stronger-U Strength -CR 11:00 \$\$ Lunch Bunch: Red Lobster 11:00 Matching Game - CR 2:00 BRIDGE Club - Cafe 2:00 Collaboration: Vincent Van Gogh' Art (Grp. 2) - CR 6:00 Movie: "Ghost" - Lounge	11 10:00 Health Fair - Plaza 10:00 Shopping: H. St. Walmart (Grp.1) 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 All Staff Meeting - LH 3:00 RESIDENT COUNCIL 5:30 BINGO Night w/ Mayra- CR	12 10:00 Scenic Drive: La Jolla 10:30 Stronger-U Stretch -CR 1:00 Learning Scrabble - Cafe 2:00 BRIDGE Club - Cafe 3:00 Bible Study w/ Carl - Lounge 5:30 Left-Center-Right Game -CR	13 10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 2:30 Mexican Dominos - Patio 3:15 PET Visit- Patio 6:00 Movie: "Father of The Bride"-Lounge	14 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:00 BRIDGE Club - Cafe 2:15 Bingo Mania - CR 6:00 Movie: "Intern"- Lounge
15 9:30 Eastlake Church Service - LH 10:15 Eucharistic Communion-In-room 10:50 Catholic Confession -HC 11:15 Catholic Mass-LH 1:25 NFL GAME - Lounge 2:00 Movie: "The Guardian"-CR 3:30 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	16 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 5:15 Double Take Enter. - Lob.	17 10:30 Stronger-U Strength -CR 11:00 Miracle Moments Kids Visit-CR 2:00 BRIDGE Club - Cafe 2:00 Cooking w/ Mayra - CR 6:00 Movie: "The Tomb Raider"- Lounge	18 10:00 Shopping: 99 Cents Store 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Meet & Greet New Residents - CR 3:00 Remember when...? 5:30 BINGO Night w/ Mayra- CR	19 10:00 Scenic Drive: Eastlake lake 10:30 Stronger-U Stretch -CR 1:00 Learning Scrabble - Cafe 2:00 BRIDGE Club - Cafe 2:00 UNO/Skip-Bo - CR 5:30 Left-Center-Right Game -CR	20 10:30 Stronger-U Movement w/ Mayra-CR 11:00 Matching Game - CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 2:30 Ball "in the jar"/ Ring Toss - Patio 6:00 Movie: "Guilt Trip"-Lounge	21 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:00 BRIDGE Club - Cafe 2:15 Bingo Mania - CR 6:00 Movie: "Indiana Jones- The last Crusade"- Lounge
22 9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 1:25 NFL GAME - Lounge 2:00 Movie: "The American President"-CR 3:30 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	23 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:00 X-Word Puzzle- CR 5:30 Rummikub / Dominoes w/ Loretta-CR	24 10:30 Stronger-U Strength-CR 11:00 Health Tips -CR 2:00 Bingo BAZAAR - CR 2:00 BRIDGE Club - Cafe 2:00 Shopping: H St. Walmart (Grp. 2) 6:00 Movie: "Murder On The Orient Express" - Lounge	25 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Birthday Bash w/ Raymond-Lobby 3:00 Pumpkin Fun Facts- Lobby 5:30 BINGO Night w/ Mayra- CR	26 10:00 Scenic Drive: "Sunset Cliff of Point Loma" 10:30 Stronger-U Stretch -CR 1:00 Learning Scrabble - Cafe 2:00 BRIDGE Club - Cafe 2:00 Drum Circle - Plaza 3:00 Bible Study w/ Carl - Lounge 5:30 Left-Center-Right Game -CR	27 10:30 Stronger-U Movement w/ Mayra-CR 11:00 Hallowed Halloween Facts-CR 1:00 SCRABBLE- Cafe 2:00 Fun in the Sun Social - Patio 2:30 Fall Craft/Painting - Patio 6:00 Movie: "As Good As It Gets"-Lounge	28 9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:00 BRIDGE Club - Cafe 2:15 Bingo Mania - CR 6:00 Movie: "The Good, The Bad, and The Ugly"- Lounge
29 9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 1:25 NFL GAME - Lounge 2:00 Movie: "The Haunted Mansion"-CR 3:30 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	30 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:00 Headbanz Game - CR 5:30 Rummikub / Dominoes w/ Loretta-CR	31 10:30 Stronger-U Strength -CR 11:00 Halloween History - CR 2:00 BRIDGE Club - Cafe 2:00 Halloween Costume Contest/Party (Games & Music)- Lobby 6:00 Movie: "Hocus Focus"- Lounge	This month's Culture Topic: Creative Collaboration Providing collaborative experiences where everyone contributes equally, can help build social belonging and understanding between generations. (10/5 & 10/10) Shared art projects can also allow for self-expression while promoting a sense of community bonding.			All programs are subject to change.