

JANUARY 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY NEW YEAR 2024!</p> <p>All activity programs are subject to change.</p>	<p>8:30 ROSE PARADE - CR 1</p> <p>10:30 Stronger-U Exercise - CR</p> <p>11:00 What's your New Year's Resolution? - CR</p> <p>2:00 Bingo - CR</p> <p>6:00 Movie Night: "The Nutcracker and the Four Realms"</p>	<p>9:30 Scenic Drive: Embarcadero 2</p> <p>10:30 Stronger-U Strength -CR</p> <p>11:00 January Tidbits - CR</p> <p>2:00 Resident Open Forum/ ELECTION-CR</p> <p>3:00 TIC-TAC-TOE Men vs. Women</p> <p>6:00 Movie: Mystery/ Action - Lounge</p>	<p>10:00 Walking Club: Tideland Park 3</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Trivia Challenge-CR</p> <p>2:00 NEW YEAR CELEBRATION w/ The Blue Zone-Lobby</p> <p>5:30 Bingo Night - CR</p>	<p>10:00 Scenic Drive: Balboa Park 4</p> <p>10:30 Art for All Ages - CR</p> <p>2:00 Stronger-U: Stretch - CR</p> <p>2:00 VETERAN CAFE - Lounge</p> <p>2:30 Calendar Planning - CR</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 5</p> <p>11:00 Finish The Line... - CR</p> <p>2:00 Tea Social - CR</p> <p>6:00 Movie: Musical/ Comedy-Lounge</p>	<p>9:00 Adventist Service-Lounge 6</p> <p>10:30 Balloon Tennis-CR</p> <p>1:00 Jewish Service- CR</p> <p>2:15 Bingo Mania - CR</p> <p>6:00 Movie: Country/ Family- Lounge</p>
<p>9:30 Eastlake Church Service - LH 7</p> <p>11:30 Catholic Mass-LH</p> <p>1:15 NFL GAME - Lounge</p> <p>2:00 Cardio Drumming - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>5:30 Loteria - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 8</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:00 Sing-along w/ Elvis hits - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p> <p>Elvis Presley's Birthday</p>	<p>10:00 Scenic Drive: Driver's Choice 9</p> <p>10:30 Stronger-U Strength -CR</p> <p>11:00 Guess that Sound - CR</p> <p>2:00 UNO/ SKIP BO -CR</p> <p>6:00 Movie: Mystery/ Action - Lounge</p>	<p>10:00 Walking Club: Bonita Mall 10</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Trivia Challenge-CR</p> <p>2:00 All Staff Meeting - LH</p> <p>3:00 Bucket Game (with Prizes)- CR</p> <p>5:30 Bingo Night - CR</p>	<p>10:00 Shopping: NC Walmart 11</p> <p>10:30 Stronger-U Stretch -CR</p> <p>1:00 Mother & Daughter Duo: Welcoming 2024 - Lobby</p> <p>2:30 Ambassador Meeting - CR</p> <p>3:00 Bible Study w/ Larry- Lounge</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 12</p> <p>11:00 Memory Juggler - CR</p> <p>2:00 Tea Social - CR</p> <p>3:15 PET Visit- CR</p> <p>6:00 Movie: Musical/ Comedy-Lounge</p>	<p>9:00 Adventist Service-Lounge 13</p> <p>10:30 Balloon Tennis-CR</p> <p>1:00 Jewish Service- CR</p> <p>2:15 Bingo Mania - CR</p> <p>6:00 Movie: Country/ Family- Lounge</p>
<p>9:30 Eastlake Church Service - LH 14</p> <p>10:00 Viejas Outlet Trip</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>1:15 NFL GAME - Lounge</p> <p>2:00 Cardio Drumming - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>5:30 Loteria - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 15</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:00 Remembering Martin L King - CR</p> <p>3:15 Travel Log w/ Hernan - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>10:30 Stronger-U Strength -CR 16</p> <p>11:00 \$\$ Lunch Bunch: DZ Akins Restaurant</p> <p>11:00 Miracle Moments Kids Visit-CR</p> <p>2:00 UNO/ SKIP BO -CR</p> <p>6:00 Movie: Mystery/ Action - Lounge</p>	<p>10:00 Shopping: H. St. Walmart 17</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Trivia Challenge-CR</p> <p>2:00 Meet & Greet New Residents - CR</p> <p>5:30 Bingo Night - CR</p>	<p>10:00 Shopping: CVS/Trader Joe/Sprouts/TJ Max 18</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Name that Tune - CR</p> <p>2:00 Crafting Group - CR</p> <p>3:00 Bible Study w/ Carl - Lounge</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 19</p> <p>11:00 Cranium Crunches - CR</p> <p>2:00 Tea Social - CR</p> <p>6:00 Movie: Musical/ Comedy-Lounge</p>	<p>9:00 Adventist Service-Lounge 20</p> <p>10:30 Balloon Tennis-CR</p> <p>1:00 Jewish Service- CR</p> <p>2:15 Bingo Mania - CR</p> <p>6:00 Movie: Country/ Family- Lounge</p>
<p>9:30 Eastlake Church Service - LH 21</p> <p>10:15 Eucharistic Communion-In-room</p> <p>10:50 Catholic Confession -HC</p> <p>11:30 Catholic Mass-LH</p> <p>1:15 NFL GAME - Lounge</p> <p>2:00 Cardio Drumming - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>5:30 Loteria - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 22</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>5:15 Double Take Entertainment - Lobby</p>	<p>10:00 Scenic Drive: Balboa Park 23</p> <p>10:30 Stronger-U Strength -CR</p> <p>2:00 Zumba Fitness (Youtube) - CR</p> <p>2:30 UNO/ SKIP BO -CR</p> <p>6:00 Movie: Mystery/ Action - Lounge</p>	<p>10:00 Shopping: 99 Cents Store 24</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Trivia Challenge-CR</p> <p>2:00 "Dressing the Baby" Contest - CR</p> <p>5:30 Bingo Night - CR</p>	<p>10:00 Walking Club: IB Pier 25</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Health Tips -CR</p> <p>2:00 Drum Circle - Plaza</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 26</p> <p>11:00 "Humor Me" - CR</p> <p>2:00 Tea Social - CR</p> <p>6:00 Movie: Musical/ Comedy-Lounge</p>	<p>9:00 Adventist Service-Lounge 27</p> <p>10:30 Balloon Tennis-CR</p> <p>1:00 Jewish Service- CR</p> <p>2:00 HOLOCAUST Remembrance Day - CR</p> <p>6:00 Movie: Country/ Family- Lounge</p>
<p>9:30 Eastlake Church Service - LH 28</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>1:15 NFL GAME - Lounge</p> <p>2:00 Cardio Drumming - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>5:30 Loteria - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 29</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>10:30 Stronger-U Strength -CR 30</p> <p>11:00 Matching Game - CR</p> <p>2:00 UNO/ SKIP BO -CR</p> <p>3:00 Resident Council Meeting - CR</p> <p>6:00 Movie: Mystery/ Action - Lounge</p>	<p>10:30 Balloon Tennis -CR 31</p> <p>11:00 Trivia Challenge-CR</p> <p>1:00 Bingo BAZAAR - CR</p> <p>2:00 Birthday Bash w/ Raymond-Lobby</p> <p>5:30 Bingo Night - CR</p>	<p>Culture Topic this month is Wellbeing Checkup.</p> <p>Wellbeing is strongly linked to life satisfaction, general happiness, and how you feel about yourself and your life.</p>	<p>This month, consider taking a moment each week to check in with yourself:</p> <ul style="list-style-type: none"> How do I feel physically? Where is my mental health today? How is my stress level? 	<ul style="list-style-type: none"> How is my overall mood? Am I making time to care for myself? Am I happy? <p>Making time for self-care in the new year is a goal that can pay off with an increased sense of wellbeing for all of us.</p>