

January 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vitality Programs are Subject to Change.	January Culture Topic: Wellbeing Checkup What are Six Ways to Improve Your Wellbeing: *Connect. Spending time with supportive people boosts our mood. *Be Active. Look for ways to move each day. *Take Notice. Pay attention to your surroundings; reflect on your experiences. *Keep Learning. Try something new or rediscover an old interest. *Give. Small acts of kindness for others can be extremely rewarding and help foster connections. *Reduce time spent scrolling on social media sites.			11:00 Stronger U Stretch (CR) 11:30 New Year's Trivia & Resolutions (CR) 2:00 Community Snack Hour (CR) 2:00 Men's Group (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)	1 10:00 Art for All Ages (CR) 11:00 Stronger U Movement w/ Mayra (CR) 2:00 Community Snack Hour (CR) 3:15 Pet Visit - Patio 6:00 Movie: Ghost 2 hrs. 6 mins. (Club Room)	2 9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:00 Community Snack Hour (CR) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Community Snack Hour (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Dog 1 hr. 41 mins. (Club Room)	4 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Bingo (CR) 11:00 Word Games (CR) 2:00 Community Snack Hour (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Our Planet II - One Planet 50 mins. (Club Room) 3:15 IL Shopping Spree - Plaza 6:30 Starlyte Duo and Mocktails (L)	5 9:30 FREE Balboa Park Museum Day (L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 2:00 Community Snack Hour (CR) 2:00 Making Shrimp Fajitas (CR) 3:30 Jewelry Making (CR) 6:00 Movie: Respect 2 hrs. 24 mins. (Club Room)	6 9:30 Shopping: Plaza Bonita Mall (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Community Snack Hour (CR) 2:00 Fiesta Street Market (TCA) 2:00 Parkinson's Support Group (Plaza Library) 3:30 Calendar Planning (CR) 3:30 Bingo (CR)	7 9:30 Walking Club: Rohr Park (L) 11:00 Stronger U Stretch (CR) 2:00 Community Snack Hour (CR) 2:00 Resident Spa Day (Library) 5:30 Left-Center-Right (CR)	8 10:00 Stronger U Movement (CR) 11:00 January Trivia (CR) 2:00 Community Snack Hour (CR) 3:00 Games: Resident Choice (CR) 6:00 Movie: Jay Keyy 2 hrs. 13 mins. (Club Room)	9 9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:00 Adventist Service w/ Pastor Sosa (CR) 2:00 Community Snack Hour (CR) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Community Snack Hour (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Cast Away 2 hrs. 23 mins. (Club Room)	11 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Community Snack Hour (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Our Planet II - Frozen Worlds 54 mins. (Club Room) 5:30 Bingo Night w/ Loretta (CR)	12 10:30 Stronger-U Strength (CR) 11:00 Miracle Moments Kids visit (CR) 1:30 Shopping: Walmart H. Street (L) 2:00 Community Snack Hour (CR) 2:00 Painting Mandala Rocks (CR) 6:30 Keyboard Karaoke w/ Glenn & Mocktails (L)	13 9:30 Scenic Drive: Fiesta Island (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Community Snack Hour (CR) 2:00 Fiesta Street Market (TCA) 3:30 Bingo (CR) 5:00 Sound Therapy (CP)	14 9:30 Walking Club: IB Pier (L) 11:00 Stronger U Stretch (CR) 11:30 Head Bands (CR) 2:00 Community Snack Hour (CR) 2:00 Men's Group (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)	15 10:00 Stronger U Movement (CR) 11:00 Winter Trivia (CR) 2:00 Community Snack Hour (CR) 3:00 Games: Resident Choice (CR) 5:00 Double Take Duo & Mocktails (L) 6:00 Movie: Wake Up Dead Man, A Knives Out Mystery 2 hrs. 26 mins. (Club Room)	16 9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:00 Community Snack Hour (CR) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Community Snack Hour (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Cheaper By the Dozen 1 hr. 38 mins. (Club Room)	18 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Community Snack Hour (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Our Planet II - Jungles 51 mins (Club Room) 5:30 Bingo Night w/ Loretta (CR)	19 10:30 Stronger-U Strength (CR) 11:30 January Resident's Birthday Special Luncheon (Patio) 1:30 Shopping: Village Walk & Kohl's (L) 2:00 Community Snack Hour (CR) 2:00 Making Shrimp Stir Fry (CR) 6:00 Movie: The Hustle 1 hr. 33 mins. (Club Room)	20 9:30 Scenic Drive: Coronado (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 BIRTHDAY BASH w/ Raymond-Lobby 2:00 Community Snack Hour (CR) 2:00 Fiesta Street Market (TCA) 2:00 Parkinson's Support Group (Plaza Library) 3:30 Bingo (CR)	21 9:30 Shopping: Dollar Tree (L) 11:00 Stronger U Stretch (CR) 2:00 Community Snack Hour (CR) 2:00 Resident Spa Day (Library) 5:30 Left-Center-Right (CR)	22 10:00 Stronger U Movement (CR) 11:00 Trivia (CR) 2:00 Community Snack Hour (CR) 3:00 Games: Resident Choice (CR) 6:00 Movie: After the Hunt 2 hrs. 19 mins. (Club Room)	23 9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:00 Community Snack Hour (CR) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Community Snack Hour (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Cheaper By the Dozen 2 1 hr. 33 mins. (Club Room)	25 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Community Snack Hour (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Our Planet II - Coastal Seas 50 mins. (Club Room) 5:30 Bingo Night w/ Loretta (CR)	26 9:30 Walking Club: Kimball Park (L) 10:00 Resident Council Meeting (CR) 10:30 Stronger-U Strength (CR) 11:00 Miracle Moments Kids Visit (CR) 1:00 Meet & Greet New Residents (CR) 2:00 Community Snack Hour (CR) 2:00 Fiesta Street Market (TCA) 6:00 Movie: House of Gucci 2 hrs. 37 mins. (Club Room)	27 9:30 Scenic Drive: Otay Lakes (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 1:30 Travel Log w/ Hernan - CR 2:00 Community Snack Hour (CR) 2:00 Fiesta Street Market (TCA) 3:30 BINGO BAZAAR (CR) 5:00 Sound Therapy (CP)	28 10:00 Stronger U Stretch (CR) 10:30 Head Bands Game (CR) 2:00 Community Snack Hour (CR) 2:30 Dinner at Texas Road House (L) 3:30 Left-Center-Right (CR)	29 10:00 Stronger U Movement (CR) 11:00 Trivia (CR) 2:00 Community Snack Hour (CR) 3:00 Games: Resident Choice (CR) 6:00 Frankenstein 2025 2 hrs. 32 mins. (Club Room)	30 9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:00 Community Snack Hour (CR) 3:30 Bingo (CR)