

2022 December

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PARADISE VILLAGE A GENERATIONS COMMUNITY		 Holiday Luncheon Holiday Luncheon: December 25th. for Reservation, please contact the front desk	All Vitality programs are subject to change.	Act. Rounds/ 1:1 In-room Prog. ¹ 10:00 Shopping: NC Walmart 10:30 Ceramics Art w/ Doug - CR 1:00 Learning Scrabble - Cafe 2:00 Exercise w/ Drums - CR 2:30 Horse Race Game - CR 5:45 Skip-Bo / UNO - CR	Act. Rounds/ 1:1 In-room Prog. ² 10:30 Exercise w/Ease -CR 11:00 Finish The Line... -CR 1:00 SCRABBLE- Café 2:00 Pretty Nails - CR 6:00 Movie: Drama/ Family -L	Act. Rounds/ 1:1 In-room Prog. ³ 9:00 Adventist Service-L 9:00 Plaza Holiday Craft Fair- AD 10:30 Balloon Volley - CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-L 2:00 Bingo w/ Lois - CR 6:00 Movie: Action/ Mystery - L
Act. Rounds/ 1:1 In-room Prog. ⁴ 9:30 Eastlake Church Service 11:15 Catholic Mass 2:00 Library Update 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 L-R-L Game w/ Claudia- CR	Act. Rounds/ 1:1 In-room Prog. ⁵ 10:30 Stronger-U: Balance Ex.- 1st F. 11:00 Word Game- 1st Fl. 2:00 World News w/ Rick - CR 3:15 Bingo w/ Barbara - CR 5:45 Loteria/Domino w/ Minnie- CR	Act. Rounds/ 1:1 In-room Prog. ⁶ 10:30 Stronger-U: Body Strength - CR 11:00 December Tidbits - CR 11:00 Resident Council Chat w/ Barbara - Lobby 2:00 Bible Study w/ Carl - CR 2:00 Walking Club: Seaport Village 3:15 Bingo - CR 6:00 Movie: Comedy/Musical - L	Act. Rounds/ 1:1 In-room Prog. ⁷ 10:30 Stronger-U: Cardio - CR 11:00 Health Tips - CR 2:00 Fresh Popcorn-Café 2:00 Welcome Committee Mtng- CR 2:30 Calendar Planning - CR 3:00 Table Car Race Game - CR 5:45 BINGO w/Loretta - CR	Act. Rounds/ 1:1 In-room Prog. ⁸ 10:00 Shopping: E.H. St. Walmart 10:30 Exercise w/ Drums - CR 11:00 Name That Tune - CR 1:00 Learning Scrabble - Café 2:00 Meet & Greet New Residents - CR 3:15 Jewelry Design - CR 6:00 Xmas Lights Tour - Grp 1	Act. Rounds/ 1:1 In-room Prog. ⁹ 10:30 Exercise w/ Ease - CR 11:00 "Don't You know?"-CR 1:00 SCRABBLE- Café 2:00 Pretty Nails - CR 6:00 Movie: Drama/Family-L	Act. Rounds/ 1:1 In-room Prog. ¹⁰ 9:00 Adventist Service-L 10:30 Balloon Tennis - Lobby 11:00 Rap A Tap Dance Studio - Lob. 1:00 Jewish Service-L 2:00 Bingo w/ Lois - CR 6:00 Movie: Action/ Mystery-L
Act. Rounds/ 1:1 In-room Prog. ¹¹ 9:30 Eastlake Church Service - LH 10:50 Catholic Confession - HC 11:15 Catholic Mass 12:00 Anglican Holy Communion - HC 2:00 Walking Club - PG 3:00 Flower Arrangement- Café 4:00 Anglican Service-HC 5:45 L-R-L Game w/ Claudia- CR	Act. Rounds/ 1:1 In-room Prog. ¹² 10:30 Stronger-U: Balance Ex.- 1st Fl. 10:30 Word Game - 1st Fl. 2:00 Cooking Class - CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub/ Domino w/ Mayra- CR	Act. Rounds/ 1:1 In-room Prog. ¹³ 10:30 Stronger-U:Body Strength-CR 11:00 Spanish Class (basic)- CR 2:00 Craft Group: Paper Mache - CR 2:00 Walking Club: Balboa Park 3:15 Bingo - CR 6:00 Movie: Comedy / Musical- L	Act. Rounds/ 1:1 In-room Prog. ¹⁴ 10:30 Stronger-U: Cardio - CR 11:00 Trivia Challenge-CR 2:00 All Staff Meeting - LH 2:00 Fresh Popcorn - Café 3:00 RESIDENT COUNCIL-CR 5:45 BINGO w/ Loretta - CR	Act. Rounds/ 1:1 In-room Prog. ¹⁵ 10:00 Shopping: Bonita Mall 10:30 Exercise w/ Drums - CR 11:00 Who, What Am I? - CR 1:00 Learning Scrabble - Café 2:00 Creative Writing - Art Studio 3:00 Bingo BAZAAR - CR 6:00 X'mas Lights Tour - Grp 2	Act. Rounds/ 1:1 In-room Prog. ¹⁶ 10:30 Exercise w/ Ease- CR 11:00 Christmas Trivia - CR 1:00 SCRABBLE- Café 2:00 Pretty Nails - CR 6:00 Movie: Drama/ Family- L	Act. Rounds/ 1:1 In-room Prog. ¹⁷ 9:00 Adventist Service-L 10:30 Balloon Volley-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-L 2:00 Bingo w/ Lois - CR 6:00 Movie: Action/ Mystery-L
Act. Rounds/ 1:1 In-room Prog. ¹⁸ 9:30 Eastlake Church Service 11:15 Catholic Mass 12:00 Anglican Service 2:00 Walking Club - PG 3:00 Flower Arrangement- Café 3:00 The Believers Concert - LH 5:30 1st -Hanukkah Candle Lighting - 2nd Fl. 5:45 L-R-L Game w/ Claudia- CR	Act. Rounds/ 1:1 In-room Prog. ¹⁹ 10:30 Stronger-U: Balance Ex. - 1st Fl. 10:30 Word Game-1st Fl. 2:00 Travel Log w/ Herman - CR 3:15 Bingo w/ Barbara - CR 5:30 2nd-Hanukkah Candle lighting - 2nd Fl. 5:45 Loteria/ Domino w/ Mayra - CR	Act. Rounds/ 1:1 In-room Prog. ²⁰ 10:30 Stronger-U: Body Strength - CR 2:00 Bible Study w/ Carl - CR 2:00 S. D. Museum of Art - Balboa Park 3:15 Bingo - CR 5:30 3rd-Hanukkah Candle lighting - 2nd Fl. 6:00 Movie: Comedy/Musical - L	Act. Rounds/ 1:1 In-room Prog. ²¹ 10:30 Stronger-U: Cardio - CR 11:00 "Most Dangerous Rd."- CR 2:00 Fresh Popcorn- Café 2:00 Miracle Moments Kids sing! - L 2:30 Res. Party/ Xchange Gift - Lob. 5:30 4th-Hanukkah Candle lighting- 2nd F. 5:45 BINGO w/ Loretta - CR	Act. Rounds/ 1:1 In-room Prog. ²² 10:00 Shopping: Terra Nova 10:30 Exercise w/ Drums - CR 11:00 Family Feud -CR 1:00 Learning Scrabble - Café 2:00 X'mas: Rhine-Germany - CR 3:30 Minnie's Treat... (surprise)- Lob. 5:30 5th-Hanukkah Candle Lighting - 2nd Fl. 5:45 Skip-Bo/UNO - CR	Act. Rounds/ 1:1 In-room Prog. ²³ 10:30 Exercise w/ Ease - CR 11:00 Jeopardy - CR 1:00 SCRABBLE- Café 2:00 Pretty Nails - CR 5:30 6th-Hanukkah Candle Lighting - 2nd Fl 6:00 Movie: Drama/ Family - L	Act. Rounds/ 1:1 In-room Prog. ²⁴ 9:00 Adventist Service-L 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-L 2:00 Bingo w/ Lois - CR 5:30 7th-Hanukkah Lighting of Candle - 2nd Fl 6:00 Movie: Action/ Mystery -L
Act. Rounds/ 1:1 In-room Prog. ²⁵ 9:30 Eastlake Christ. Service - LH 11:00 HOLIDAY LUNCHEON - DR 11:15 Catholic Mass 12:00 Anglican Service/Communion-HC 2:00 A Photo with SANTA! 3:00 Flower Arrangement-Café 6:00 Movie Special: see list posted- L 6:10 8th-Hanukkah Candle Lighting	Act. Rounds/ 1:1 In-room Prog. ²⁶ 10:30 Balance Exercise - 1st Fl. 10:30 Word Game-1st Fl. 2:00 BOOK Club - CR 3:15 Bingo w/ Barbara - CR 6:00 Rummikub/ Domino w/ Mayra- CR	Act. Rounds/ 1:1 In-room Prog. ²⁷ 10:30 Stronger-U: Body Strength - CR 2:00 Men's Woodwork Pro.- CR 2:00 Walking Club: Mission Bay 3:15 Bingo - CR 6:00 Movie: Comedy /Musical -L	Act. Rounds/ 1:1 In-room Prog. ²⁸ 10:00 Feeding the Duck Trip: J. St. 10:30 Music with Peter - Lobby 2:00 B-Bash w/ Raymond-Lobby 2:00 Fresh Popcorn - Café 3:15 Stronger-U: Cardio - Lob. 5:45 BINGO w/ Minnie - CR	Act. Rounds/ 1:1 In-room Prog. ²⁹ 10:30 Exercise w/Drums - CR 11:00 Category Trivia - CR 1:00 Learning Scrabble - Cafe 2:00 Drama Skit Club - CR 5:45 Skip-Bo/UNO w/ Loretta- CR	Act. Rounds/ 1:1 In-room Prog. ³⁰ 10:30 Exercise w/ Ease - CR 11:00 Word Search-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie: Drama/ Family- L	Act. Rounds/ 1:1 In-room Prog. ³¹ 9:00 Adventist Service-L 10:30 Balloon Volley - CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-L 2:00 Bingo w/ Lois - CR 6:00 New Year's Eve Pajama Party w/ Minnie - Lobby