


April 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities are Subject to Change.		<p>9:30 Balboa Park FREE Museum day to the Natural History Museum and Science Center (L)</p> <p>10:30 Stronger-U Strength w/ Mayra (CR)</p> <p>2:00 Resident Open Forum (CR)</p> <p>3:00 Making Spring Wreaths (CR)</p> <p>6:00 Movie Night: Everest 2 hrs. 1 min. (Club Room)</p>	<p>9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (L)</p> <p>10:30 Balloon Tennis (CR)</p> <p>11:00 Senior Trivia Challenge (CR)</p> <p>2:00 Ambassador's Meeting</p> <p>2:30 Calendar Planning-CR</p> <p>5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Scenic Drive: Embarcadero Park SD (L)</p> <p>11:00 Stronger U Stretch w/ Mayra (CR)</p> <p>2:00 Games Resident Choice (CR)</p> <p>5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR)</p> <p>11:00 Fun Facts in April (CR)</p> <p>2:00 Blueberry Pie Social: National Blueberry Pie Day (Cafe)</p> <p>3:00 CNN, Fox & More: A look at the Global Media Pt. 1 (LH)</p> <p>3:15 Pet Visit - Patio</p> <p>6:00 Movie Night: Megan Leavey 1 hr. 56 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Strong U Cardio w/ Mayra (CR)</p> <p>11:00 Saturday Hot Topics (CR)</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Pizza Social: National Pizza Day (Cafe)</p>
<p>9:30 Eastlake Church Service - LH</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 HollyGrinns Jazz Trio Perform Vintage Jazz (LH)</p> <p>2:45 Chair Yoga - CR</p> <p>3:30 Flower Arrangement - CR</p> <p>5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl.</p> <p>11:00 Word Games - 1st Floor</p> <p>2:00 Sing-a-Long w/ Loretta (CR)</p> <p>3:00 Documentary: Our Great National Parks: A World of Wonder 51 mins. (Club Room)</p> <p>3:15 IL Shopping Spree - Plaza</p> <p>5:30 Bingo Night w/Loretta (CR)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR)</p> <p>11:00 Sing-a-Long with Miracle Moments Kids (CR)</p> <p>1:30 Shopping: Walmart H. Street (L)</p> <p>2:00 Making Chicken Tortilla Soup (CR)</p> <p>6:00 Movie Night: I am Woman 1 hr. 56 mins. (Club Room)</p>	<p>9:30 Walking Club: Imperial Beach Pier (L)</p> <p>10:30 Balloon Tennis (CR)</p> <p>11:00 Senior Trivia Challenge (CR)</p> <p>2:00 Games Resident Choice (CR)</p> <p>5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Scenic Drive: Coronado (L)</p> <p>11:00 Stronger U Stretch w/ Mayra (CR)</p> <p>2:00 Cornhole</p> <p>3:00 Bible Study w/ Carl - CR</p> <p>5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR)</p> <p>11:00 Good Friday Trivia (CR)</p> <p>2:00 Empanada Social: National Empanada Day (Cafe)</p> <p>3:00 CNN, Fox & More: A Look at the Global Media Pt. 2 (LH)</p> <p>6:00 Movie Night: Mufasa: The Lion King 2 hrs. (Club Room)</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Strong U Cardio w/ Mayra (CR)</p> <p>11:00 Saturday Hot Topics (CR)</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Pecan Pie Social: National Pecan Day (Cafe)</p>
<p>9:00 Anglican Service-HC</p> <p>9:30 Eastlake Church Service - LH</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 Walking Club: Putting Green Area (PG)</p> <p>2:45 Chair Yoga - CR</p> <p>3:30 Flower Arrangement - CR</p> <p>5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl.</p> <p>11:00 Word Games - 1st Floor</p> <p>2:00 Sing-a-Long w/ Loretta (CR)</p> <p>3:00 Documentary: Our Great National Parks: Chilean Patagonia 53 mins. (Club Room)</p> <p>5:30 Bingo Night w/Loretta (CR)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR)</p> <p>11:30 April Resident's Birthday Special Luncheon (Patio)</p> <p>1:30 Walking Club: J St. Boat Launch Area (L)</p> <p>2:00 Making Indian Fried Bread (CR)</p> <p>6:00 Movie Night: Judy 1 hr. 58 mins. (Club Room)</p>	<p>9:30 Shopping: NC Walmart (L)</p> <p>10:00 Green Shredding Truck (Plaza)</p> <p>10:00 Walking Club: Mission Bay Park</p> <p>10:30 Balloon Tennis (CR)</p> <p>11:00 Senior Trivia Challenge (CR)</p> <p>2:00 BIRTHDAY BASH w/ Raymond-Lobby</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Scenic Drive: Otay Lakes (L)</p> <p>11:00 Stronger U Stretch w/ Mayra (CR)</p> <p>11:30 Head Bands (CR)</p> <p>2:00 Spa Day (CR)</p> <p>5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR)</p> <p>11:00 Easter Trivia (CR)</p> <p>2:00 Carmel Popcorn Social: National Carmel Day (Cafe)</p> <p>6:00 Movie Night: A Complete Unknown 2 hrs. 20 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Strong U Cardio w/ Mayra (CR)</p> <p>11:00 Saturday Hot Topics (CR)</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Oatmeal Cookie Social: National Oatmeal Cookie Day (Cafe)</p>
<p>9:30 Eastlake Church Service - LH</p> <p>10:30 Eastlake Church Easter Fellowship Social (AD)</p> <p>11:00 Easter Brunch (DR)</p> <p>11:30 Catholic Mass-LH</p> <p>11:30 Pictures with the Easter Bunny (DR)</p> <p>12:30 Catholic Confessions (HC)</p> <p>2:00 Walking Club: Putting Green Area (PG)</p> <p>2:45 Chair Yoga - CR</p> <p>3:30 Flower Arrangement - CR</p> <p>5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl.</p> <p>11:00 Word Games - 1st Floor</p> <p>2:00 Sing-a-Long w/ Loretta (CR)</p> <p>3:00 Documentary: Our Great National Parks: Tsavo, Kenya 50 mins. (Club Room)</p> <p>5:15 Double Take Performs (Lobby)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR)</p> <p>11:00 Mix & Mingle w/ Miracle Moments Kids - CR</p> <p>1:30 Shopping: Target Bonita Plaza (L)</p> <p>6:00 Movie Night: The World's Fastest Indian 2 hrs. 6 mins. (Club Room)</p>	<p>9:30 Scenic Drive: Fiesta Island (L)</p> <p>10:30 Balloon Tennis (CR)</p> <p>11:00 Senior Trivia Challenge (CR)</p> <p>2:00 Travel Log w/ Hernan: Puerto Rico (Club Room)</p> <p>3:30 BINGO BAZAAR (CR)</p> <p>5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Shopping: Dollar Tree (L)</p> <p>11:00 Stronger U Stretch w/ Mayra (CR)</p> <p>11:30 Senior Trivia Challenge (CR)</p> <p>2:00 Sing-a-Long w/ Susie Q (CR)</p> <p>5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR)</p> <p>11:00 Games Resident Choice (CR)</p> <p>2:00 Pig in a Blanket Social: National Pig in a Blanket Day (Cafe)</p> <p>6:00 Movie Night: Last Breath 1 hr. 33 mins. (Club Room)</p> <p>6:30 Jewish Shabbat Service- HC</p> <p>7:00 Glenview Adventist Academy Choir & Handbell Choir Concert (LH)</p>	<p>9:00 Adventist Service - Lounge</p> <p>10:30 Strong U Cardio w/ Mayra (CR)</p> <p>11:00 Saturday Hot Topics (CR)</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 Soft Pretzel Social: National Pretzel Social (Cafe)</p>
<p>9:30 Eastlake Church Service - LH</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>2:00 Walking Club: Putting Green Area (PG)</p> <p>2:45 Chair Yoga - CR</p> <p>3:30 Flower Arrangement - CR</p> <p>5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl.</p> <p>11:00 Word Games - 1st Floor</p> <p>2:00 Sing-a-Long w/ Loretta (CR)</p> <p>3:00 Documentary: Our Great National Parks: Monterey Bay National Marine Sanctuary, USA 52 mins. (Club Room)</p> <p>5:30 Bingo Night w/Loretta (CR)</p>	<p>9:30 Stronger-U Strength w/ Mayra (CR)</p> <p>10:00 Resident Council Meeting (CR)</p> <p>11:30 Lunch at Paradise Buffet SD (L)</p> <p>2:00 Meet & Greet New Residents - CR</p> <p>6:00 Movie Night: The Six Triple Eight 2 hrs. 9 mins. (Club Room)</p>	<p>9:30 Shopping: Walgreens & Vallarta (L)</p> <p>10:30 Balloon Tennis (CR)</p> <p>11:00 Senior Trivia Challenge (CR)</p> <p>2:00 Generations Values Resident & Staff Scavenger Hunt (L)</p> <p>5:00 Sound Therapy (CP)</p> <p>5:30 Bingo Night w/ Mayra (CR)</p>	<p>April Culture Topic: Generations Values</p> <ul style="list-style-type: none"> * People First: Our first priority is the well-being of our residents and staff. We strive to create an environment where everyone feels valued, respected, and supported. * Stay Curious: We are always seeking to understand and discover new things about the world and each other. We believe in lifelong learning. * Grit with Grace: We strive to face challenges with unwavering determination while maintaining composure and kindness. * Cherish the Business: We value our relationships with residents, suppliers, and partners. We prioritize the financial health of the business by making informed decisions to ensure long-term sustainability and growth. * Have Fun: We believe there is room for fun at work and home every single day! Making time to be silly and laugh with each other is the foundation for being the place we want to work and live. 		