


April 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April Culture Topic: Generations Values What are Generations Values? * We put people first. * We love to learn and stay curious, at every stage of life. * We are determined people who bring grit with grace. * We cherish the business through accountability. * We love to have fun together!			9:30 Walking Club: Shelter Island (L) 1 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Parkinson's Support Group (Plaza Library) 2:30 Calendar Planning (CR) 3:30 Book Group (Library) 3:30 Resident Spa Day (CR) 5:30 Game Night (CR)	9:30 Shopping: Target Plaza Bonita (L) 2 10:30 Art for All Ages (CR) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)	10:00 Stronger U Movement (CR) 3 10:30 Easter Trivia (cr) 3:15 Pet Visit (Patio) 4:30 Bingo Night (CR) 6:00 Movie: Nuremberg 2 hrs. 28 mins. (Club Room)	9:00 Adventist Service (Club Room) 4 9:30 Abiding Place Ministry Service (CR) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:00 Ice Cream Social (Cafe) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 5 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:15 Pictures w/ the Easter Bunny (L) 11:30 Catholic Mass-LH 1:00 Chair Yoga (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Season 1 Man on the Inside Ep. 1-4 1 hr. & 51 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 6 11:00 Bingo (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Pamela 1 hr. 54 mins.(Club Room) 3:15 IL Shopping Spree - Plaza 6:30 Starlyte Duo & Mocktails (L)	9:30 Walking Club: Balboa Park (L) 7 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 2:00 Making Shrimp Tacos (CR) 3:30 Jewelry Making (CR) 6:00 Movie: Quigley Down Under 2 hrs. (Club Room)	9:30 Shopping : NC Walmart (L) 8 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Fiesta Market (TCA) 3:30 Book Group (Library) 5:00 Sound Therapy (CP) 5:30 Game Night (CR) 6:30 Cash Bingo Staff Appreciation Fundraiser (AD)	9:30 Scenic Drive: Coronado (L) 9 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Gardening (Patio) 5:30 Left-Center-Right (CR)	10:00 Stronger U Movement (CR) 10 10:30 Head Bands Game (CR) 2:00 Sugar Cookie Social (Cafe) 4:30 Bingo Night (CR) 6:00 Movie: Something to Talk About 1hr 45mins. (Club room)	9:00 Adventist Service (Club Room) 11 9:30 Abiding Place Ministry Service (CR) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 12 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass-LH 12:30 Christian Prayer Service (Cafe) 1:00 Chair Yoga (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Season 1 Man on the Inside Ep. 5-8 2 hrs. 2 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 13 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: The Light We Carry 1 hr. 21 mins. (Club Room) 6:30 Keyboard Karaoke & Mocktails w/ Glenn (L)	9:30 Breakfast at Aunt Emma's (L) 14 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 3:30 Bingo (CR) 6:00 Oscar Nominated Movie: Sinners 2 hrs. 18 mins. (Club Room)	3:30 Resident Spa Day (CR) 15 9:30 Walking Club: Imperial Beach Pier (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 BIRTHDAY BASH w/ Raymond-Lobby 2:00 Parkinson's Support Group (Plaza Library) 3:30 Book Group (Library) 5:30 Game Night (CR)	9:30 Shopping: Dollar Tree (L) 16 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)	10:00 Stronger U Movement (CR) 17 10:30 April Trivia (cr) 2:00 Jewelry Making (CR) 3:30 Bingo Night (CR) 5:00 Happy Hour w/ Double Take (L) 6:00 Movie: Train Dreams 1hr 42mins. (club room)	9:00 Adventist Service (Club Room) 18 9:30 Abiding Place Ministry Service (CR) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:00 Spring Cupcake Social (Cafe) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 19 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass-LH 1:00 Chair Yoga (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Season 2 Man on the Inside Ep. 1-4 2 hrs. 5 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 20 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Butterfly in the Sky 1 hr. 27 mins. (Club Room) 5:00 Bingo Night (CR)	9:30 Shopping: Village Walk & Kohl's (L) 21 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 11:30 April Resident's Birthday Special Luncheon (Patio) 2:00 Making Bacon wrapped Shrimp (CR) 6:00 Oscar Nominated Movie: Weapons 2 hrs. 8 mins. (Club Room)	9:30 Scenic Drive: Fiesta Island (L) 22 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 1:30 Travel Log w/ Hernan - CR 2:00 Fiesta Market (TCA) 3:30 BINGO BAZAAR (CR) 3:30 Book Group (Library) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	11:00 Stronger-U Stretch (CR) 23 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 1:30 Shopping: Walmart H. Street (L) 2:00 Gardening (patio) 5:30 Left-Center-Right (CR)	10:00 Stronger U Movement (CR) 24 10:30 Head Bands Game (CR) 2:00 Banana Split Social (Cafe) 4:30 Bingo Night (CR) 6:00 Movie: Barbarosa 1hr 30 mins (club room)	9:00 Adventist Service (Club Room) 25 9:30 Abiding Place Ministry Service (CR) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 3:30 Bingo (CR)
9:30 Eastlake Church Service - LH 26 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass-LH 1:00 Chair Yoga (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Season 2 Mano on the Inside Ep. 5-8 2 hrs. 13 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 27 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: The Black Godfather 1 hr. 58 mins. (Club Room) 5:00 Bingo Night (CR)	10:00 Resident Council Meeting (CR) 28 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Meet & Greet New Residents (CR) 2:00 Making Flower & Succulent Plant Blocks (CR) 3:30 Bingo (CR) 6:00 Movie: The Choral 1 hr. 53 mins. (Club Room)	10:30 Balloon Tennis (CR) 29 11:00 Senior Trivia Challenge (CR) 3:30 Book Group (Library) 5:30 Game Night (CR) 9:30 Shopping: Terra Nova (L)	9:30 Scenic Drive: Fort Rosecrans (L) 30 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Gardening (patio) 5:30 Left-Center-Right (CR)	<h3>Activities are Subject to Change.</h3>	