

August 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August Culture Topic: Food as Fuel * Focus on eating whole foods that are not processed: vegetables, fruits, poultry and fish, whole grains, beans and nuts. * Avoid highly processed foods: packaged sweets, sugary drinks, chips, etc. * Eat a wide variety of foods. No one food contains perfect nutrition. * Include a fruit or vegetable at every meal or snack. A diet rich in fruits and vegetables can reduce your risk for heart disease, have a positive effect on blood sugar, and help keep your appetite in check. * Make water your primary drink and sip frequently during the day.						9:30 Abiding Place Ministry Service (cafe 2nd fl.) 1 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Doc: Katrina: Come Hell or High Water EP.1(Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 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 Doc: Katrina: Come Hell or High Water EP.2 (Club Room) 2	10:30 Cardio Drumming w/ Claudia (CR) 3 11:00 Bingo (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Doc: Katrina: Come Hell or High Water EP.3 (Club Room) 3:00 IL Shopping Spree- Plaza 6:30 Starlyte Duo & Mocktails (L)	9:30 Shopping: Walgreens & Vallarta (L) 4 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 6:00 Movie: Don't Breathe 1hr 30 min(Club Room)	9:30 Walking Club: Balboa Park (L) 5 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:00 Parkinson's Support Group (Plaza Library) 2:00 Parkinson's Support Group (Plaza Library) 2:30 Calendar Planning (CR) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	9:30 Scenic Drive: Coronado (L) 6 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:30 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 7 11:00 Trivia(CR) 4:30 Bingo Night (CR) 6:00 Movie: Little Brother 1hr 40min (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 8 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Doc:Apollo 13 : Survival 1h 38min (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 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 Movie: Apollo 13 2hr 19min(Club Room) 9	10:30 Cardio Drumming w/ Claudia (CR) 10 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Movie: The Wedding Planer 1hr 43min (Club Room) 6:30 Keyboard Karaoke & Mocktails w/ Glenn (L)	10:30 Lunch: BBQ PIT (L) 11 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 6:00 Movie: Ladies First 1hr 33min (Club Room)	9:30 Scenic Drive: Mission Bay (L) 12 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 5:00 Sound Therapy (CP) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	9:30 Shopping: Target Plaza Bonita (L) 13 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 2:30 Resident Spa Day (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 14 11:00 Trivia(CR) 4:30 Bingo Night (CR) 5:00 ABBA-mazing (Lobby) 6:00 Movie: Passengers 1hr 56min (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 15 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Doc:Wonders of America's National Parks 49min(Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 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) 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Enola Homes 2hrs 4min (Club Room) 16	10:30 Cardio Drumming w/ Claudia (CR) 17 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Movie: Enola Homes 2 hrs 11mins (Club Room)	6:00 Movie: Enola Homes 3 1hr 48min (Club Room) 18 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 1:00 Shopping: Walmart Nc (L)	9:30 Shopping: Dollar Tree (L) 19 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:00 Parkinson's Support Group (Plaza Library) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	9:30 Scenic Drive: IB (CR) 20 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:30 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 21 11:00 Trivia(CR) 4:30 Bingo Night (CR) 6:00 Movie: Back In Action 1hr 54min(Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 22 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Doc:Melania 1hr 44min (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 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) 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Gone Girl 2hrs 30min (Club Room) 23	10:30 Cardio Drumming w/ Claudia (CR) 24 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Movie: Meet The Parents 1hr 45min(Club Room)	10:00 Resident Council Meeting (CR) 25 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 1:00 Meet & Greet New Residents (CR) 6:00 Movie: Meet The Fockers 1hr 55min(Club Room)	9:30 Walking Club: Jst Boat Launch (L) 26 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 3:30 BINGO BAZAAR (CR) 5:00 Sound Therapy (CP) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	11:00 Stronger-U Stretch (CR) 27 11:30 Head Bands Game (CR) 2:30 Resident Spa Day (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 28 11:00 Trivia(CR) 1:30 Cooking Vegetable Tamales w/ Eunice (CR) 4:30 Bingo Night (CR) 6:00 Movie: Little Fockers 1hr 37min (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 29 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Doc:The Blue Angels 1hr 33min (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 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) 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Fall 1hr 47 Min (Club Room) 30	10:30 Cardio Drumming w/ Claudia (CR) 31 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Movie: People We Meet On Vacation 1hr 57 min (Club Room)					Activities are Subject to Change