

December 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Vitality Programs are Subject to Change.</div>	<div>10:30 Cardio Drumming w/ Claudia (CR)</div> <div>11:00 Bingo (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (Club Room)</div> <div>3:00 Documentary: Lucy and Desi 1 hr. 42 mins. (Club Room)</div> <div>3:15 IL Shopping Spree - Plaza</div> <div>5:15 Mock Cocktails & Starlyte Duo Performs (L)</div>	<div>9:30 Scenic Drive: Sunset Cliffs (L)</div> <div>10:30 Stronger-U Strength w/ Mayra (CR)</div> <div>11:00 Head Bands Game (CR)</div> <div>1:00 Resident Open Forum (CR)</div> <div>2:00 Making Peppermint Bark Brownies (CR)</div> <div>3:30 Jewelry Making (CR)</div> <div>6:00 Movie: National Lampoon's Christmas Vacation 1 hr. 37 mins. (Club Room)</div>	<div>9:30 Walking Club: Embarcadero Park (L)</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>2:00 Fiesta Street Market (TCA)</div> <div>2:00 Parkinson's Support Group (Plaza Library)</div> <div>2:30 Calendar Planning (CR)</div> <div>3:00 Script-in-Hand Players Perform (LH)</div> <div>5:30 Bingo Night w/ Mayra (CR)</div>	<div>9:30 Shopping: Village Walk & Kohl's (L)</div> <div>10:00 Resident & Staff Tree Decorating Party (L)</div> <div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>2:00 Men's Group (Patio)</div> <div>3:30 Games: Resident Choice (CR)</div> <div>5:30 Left-Center-Right (CR)</div>	<div>10:00 Stronger U Movement w/ Mayra (CR)</div> <div>11:00 December Trivia (CR)</div> <div>2:00 Gingerbread Cookie & Warm Cider Social (Cafe)</div> <div>3:15 Pet Visit - Patio</div> <div>6:00 Movie: A Christmas Carol 1 hr. 36 mins. (Club Room)</div>	<div>9:00 Adventist Service (Club Room)</div> <div>9:30 Abiding Place Ministry Service (CR)</div> <div>10:30 Strong U Cardio w/ Mayra (CR)</div> <div>11:00 Saturday Hot Topics (CR)</div> <div>1:00 Jewish Service (Club Room)</div> <div>3:30 Jewelry Making w/ Marilyn (CR)</div> <div>5:30 Bingo Night w/ Marilyn (CR)</div>
<div>9:30 Eastlake Church Service - LH</div> <div>10:30 Eastlake Church Christmas Gathering (Plaza AD)</div> <div>11:30 Catholic Mass-LH</div> <div>1:00 Shopping: Plaza Bonita Mall (L)</div> <div>2:00 Walking Club: Putting Green Area (PG)</div> <div>3:30 Flower Arrangement - CR</div> <div>3:30 Note Catcher's Holiday Concert (LH)</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 How the Grinch Stole Christmas 1 hr. 44 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR)</div> <div>11:00 Word Games (CR)</div> <div>1:30 San Diego Academy Hand Bell Concert (LH)</div> <div>2:00 Sing-a-Long w/ Loretta (Club Room)</div> <div>3:00 Documentary: Finding Noah 1 hr. 37 mins. (Club Room)</div> <div>3:00 PV Men's Discussion Group (Plaza Library)</div> <div>5:00 Bingo (CR)</div> <div>6:30 Mock Cocktails & Keyboard Karaoke w/ Glenn (L)</div>	<div>10:30 Stronger U Strength w/ Mayra (CR)</div> <div>11:00 Holiday Craft Project w/ Miracle Moments Kids (CR)</div> <div>1:30 Shopping: Walmart H. Street (L)</div> <div>2:00 Painting Winter Gnomes (CR)</div> <div>6:00 Movie: The Santa Clause 1 hr. 37 mins (Club Room)</div> <div>7:00 San Diego City Guard Band Holiday Concert (LH)</div>	<div>9:30 Shopping: Target</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>12:00 December Night: Christmas at the Plaza Craft Fair (Plaza)</div> <div>1:00 Kidz Kraft Korner (BR)</div> <div>2:00 Fiesta Street Market (TCA)</div> <div>2:00 Pictures with Santa (Plaza)</div> <div>5:00 Sound Therapy (CP)</div> <div>5:30 Bingo Night w/ Mayra (CR)</div>	<div>10:00 Arts & Crafts Residents Choice (CR)</div> <div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>2:00 Resident Spa Day (Library)</div> <div>3:30 Games: Resident Choice (CR)</div> <div>5:30 Left-Center-Right (CR)</div>	<div>10:00 Stronger U Movement w/ Mayra (CR)</div> <div>11:00 Winter Trivia (CR)</div> <div>2:00 Bingo w/ Marilyn (CR)</div> <div>3:00 Christmas Games (CR)</div> <div>6:00 Movie: The Christmas Candle 1 hr. 40 mins. (Club Room)</div> <div>7:00 Blue Christmas (HC)</div>	<div>9:00 Adventist Service (Club Room)</div> <div>9:30 Abiding Place Ministry Service (CR)</div> <div>10:30 Strong U Cardio w/ Mayra (CR)</div> <div>11:00 Saturday Hot Topics (CR)</div> <div>1:00 Jewish Service (Club Room)</div> <div>2:00 Adventist Service w/ Pastor Sosa (CR)</div> <div>2:00 PV CHorale Christmas Concert (LH)</div> <div>3:30 Jewelry Making w/ Marilyn (CR)</div> <div>5:30 Bingo Night w/ Marilyn (CR)</div>
<div>9:30 Eastlake Church Service - LH</div> <div>11:30 Catholic Mass-LH</div> <div>1:00 Walking Club: Tideland Park Coronado</div> <div>3:30 Flower Arrangement - CR</div> <div>4:00 San Diego British Brass Band (LH)</div> <div>4:30 1st Day of Hanukkah lighting of the Menorah (Lobby)</div> <div>5:00 Holiday Light tour Christmas Tree Circle Chula Vista (L)</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 Movie: The Polar Express 1 hr. 40 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR)</div> <div>11:00 Bingo (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (Club Room)</div> <div>3:00 Documentary: Stevie Nicks: Through the Looking Glass 2 hrs. (Club Room)</div> <div>4:30 2nd Day of Hanukkah Lighting of the Menorah (L)</div> <div>5:15 Double Take Performs (L)</div>	<div>10:30 Stronger-U Strength w/ Mayra (CR)</div> <div>11:00 Lunch at 8th Street Market (L)</div> <div>11:30 August Resident's Birthday Special Luncheon (Patio)</div> <div>2:00 Making Mexican Hot Chocolate Balls (CR)</div> <div>4:30 3rd Day of Hanukkah Lighting of the Menorah (L)</div> <div>6:00 Movie: A Christmas Story 1 hr. & 34 mins. (Club Room)</div>	<div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>1:30 Scenic Drive: National City Historic Homes (L)</div> <div>2:00 BIRTHDAY BASH w/ Raymond-Lobby</div> <div>2:00 Fiesta Street Market (TCA)</div> <div>2:00 Parkinson's Support Group (Plaza Library)</div> <div>2:00 San Diego Ballet Mini Nutcracker Performance (LH)</div> <div>4:30 4th Day of Hanukkah Lighting of the Menorah (L)</div> <div>5:30 Bingo Night w/ Mayra (CR)</div>	<div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>11:30 Head Bands (CR)</div> <div>1:30 San Diego Zoo Ambassador Visits (CR)</div> <div>2:00 Men's Group (Patio)</div> <div>3:30 Games: Resident Choice (CR)</div> <div>4:30 5th Day of Hanukkah Lighting of the Menorah (L)</div> <div>5:00 Holiday Light tour Christmas Tree Circle Chula Vista (L)</div>	<div>10:00 Stronger U Movement w/ Mayra (CR)</div> <div>11:00 Christmas Trivia (CR)</div> <div>3:00 Cornhole Game (Cafe)</div> <div>4:30 6th Day of Hanukkah Lighting of the Menorah (L)</div> <div>6:00 Movie: It's a Wonderful Life 2 hrs. 10 mins. (Club Room)</div>	<div>9:00 Adventist Service (Club Room)</div> <div>9:30 Abiding Place Ministry Service (CR)</div> <div>10:30 Strong U Cardio w/ Mayra (CR)</div> <div>11:00 Saturday Hot Topics (CR)</div> <div>1:00 Jewish Service (Club Room)</div> <div>2:00 Games: Resident Choice (Cafe)</div> <div>3:30 Jewelry Making w/ Marilyn (CR)</div> <div>4:00 Voices of Mary Carolers (Plaza Appetites)</div> <div>5:30 Bingo Night w/ Marilyn (CR)</div>
<div>9:30 Eastlake Church Service - LH</div> <div>11:30 Catholic Mass-LH</div> <div>2:00 Pacific Coast Choral Christmas Concert (LH)</div> <div>2:00 Walking Club: Putting Green Area (PG)</div> <div>3:30 Flower Arrangement - CR</div> <div>4:30 8th Day of Hanukkah Lighting of the Menorah (Lobby)</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 Movie: Elf 1 hr. 37 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR)</div> <div>11:00 Word Games (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (Club Room)</div> <div>3:00 Documentary: Dear Santa 1 hr. 23 mins.(Club Room)</div> <div>3:00 PV Men's Discussion Group (Plaza Library)</div> <div>5:30 Bingo Night w/ Loretta (CR)</div>	<div>10:30 Stronger-U Strength w/ Mayra (CR)</div> <div>11:00 Shopping: Dollar Tree (L)</div> <div>11:30 Caroling w/ Miracle Moments Kids (L)</div> <div>2:00 Making Holiday Picture Frames (CR)</div> <div>6:00 Movie: Miracle on 34th Street 1 hr. & 36 mns. (Club Room)</div>	<div>9:30 Scenic Drive: Coronado (L)</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>2:00 Fiesta Street Market (TCA)</div> <div>2:00 Travel Log w/ Hernan - CR</div> <div>3:30 BINGO BAZAAR (CR)</div> <div>5:00 Sound Therapy (CP)</div> <div>5:30 Bingo Night w/ Mayra (CR)</div>	<div>10:00 Christmas Trivia (CR)</div> <div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>2:00 Christmas Cookie Social (CR)</div> <div>3:00 Christmas Bingo (CR)</div> <div>Merry Christmas</div>	<div>10:00 Stronger U Movement w/ Mayra (CR)</div> <div>11:00 Kwanzaa Trivia (CR)</div> <div>2:00 Bingo w/ Marilyn (CR)</div> <div>3:00 Games: Resident Choice (CR)</div> <div>6:00 Movie: Mango 1 hr. 36 mins. (Club Room)</div>	<div>9:00 Adventist Service (Club Room)</div> <div>9:30 Abiding Place Ministry Service (CR)</div> <div>10:30 Strong U Cardio w/ Mayra (CR)</div> <div>11:00 Saturday Hot Topics (CR)</div> <div>1:00 Jewish Service (Club Room)</div> <div>2:00 Crudite Platter Social (CR)</div> <div>3:30 Jewelry Making w/ Marilyn (CR)</div> <div>5:30 Bingo Night w/ Marilyn (CR)</div>
<div>9:30 Eastlake Church Service - LH</div> <div>11:30 Catholic Mass-LH</div> <div>2:00 Walking Club: Putting Green Area (PG)</div> <div>3:30 Flower Arrangement - CR</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 Movie: Mr. Mom 1 hr. 29 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR)</div> <div>11:00 Word Games (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (Club Room)</div> <div>3:00 Documentary: Classic TV Bloopers: Uncensored 1 hr. 16 mins. (Club Room)</div> <div>5:30 Bingo Night w/Loretta (CR)</div>	<div>9:30 Shopping: Terra Nova Plaza (L)Lobby</div> <div>10:00 Resident Council Meeting (CR)</div> <div>10:30 Stronger-U Strength w/ Mayra (CR)</div> <div>11:00 Head Band Game (CR)</div> <div>1:00 Meet & Greet New Residents (CR)</div> <div>1:30 Making Pork Pozole (CR)</div> <div>6:00 Movie: Wicked 2 hrs. 40 mins. (Club Room)</div>	<div>9:30 Shopping: NC Walmart (L)</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>2:00 Fiesta Street Market (TCA)</div> <div>3:30 New Year's Eve Party (DR)</div> <div>5:30 New Years Bingo Night w/ Mayra (CR)</div>	<div></div>	<div>December Culture Topic: Spiritual Wellness</div> <div>How Can we Tend to our Spiritual Selves?</div> <div>* Spend time in meditation or prayer to deepen our connection to a higher power or purpose.</div> <div>* Get out in nature.</div> <div>* Read spiritual texts or study philosophical teachings.</div> <div>* Strive to live in alignment with our core values.</div> <div>* Practice compassion and non-judgment for others.</div> <div>* Try a yoga class, gardening and perform acts of service for others.</div>	