

# February 2026

## Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 11:30 Catholic Mass-LH 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Hidden Figures 2 hrs. 7 mins. (Club Room)	1 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Our Planet II: Deserts to Grasslands 51 mins. (Club Room) 3:15 IL Shopping Spree - Plaza 6:30 Starlyte Duo & Mocktails (L)	2 9:30 Shopping: Target Plaza Bonita (L) Lobby 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 2:00 Making Chocolate Covered Strawberries (CR) 3:30 Jewelry Making (CR) 6:00 Movie: Sarah's Oil 1 hr. 43 mins. (Club Room)	3 9:30 Scenic Drive: Shelter Island (L) 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) 5:30 Game Night (CR)	4 9:30 Walking Club: J St. Marina (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)	5 10:00 Stronger U Movement (CR) 10:30 Black History Month Trivia (CR) 2:00 Valentine Cupcake & Games Social (CR) 2:30 Girl Scout Cookies for Sale (Plaza) 3:15 Pet Visit (Patio) 4:30 Bingo Night (CR) 6:00 Movie: I, Tonya 1 hr. 51 mins. (Club Room)	6 9:00 Adventist Service (Club Room) 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) 2:30 Jewelry Making (CR) 5:00 Bingo (CR)
9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 11:30 Catholic Mass-LH 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 3:30 Super Bowl Party (Club Room) 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Selma 2 hrs. 8 mins.	8 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Our Planet II: High Seas 49 mins. (Club Room) 6:30 Keyboard Karaoke & Mocktails w/ Glenn (L)	9 9:30 FREE Air & Space Museum/Comic Con at Balboa Park (L) 10:30 Stronger-U Strength (CR) 11:00 Miracle Moments Kids Visit (CR) 2:00 Making Valentine's Day Picture Frames (CR) 3:30 Bingo (CR) 6:00 Movie: Priscilla 1 hr. 53 mins. (Club Room)	10 9:30 Scenic Drive: Harbor Island (L) 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)	11 9:30 Shopping: NC Walmart (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 2:00 Resident Spa Day (2nd Floor Parlor) 5:30 Left-Center-Right (CR)	12 10:00 Stronger U Movement (CR) 10:30 Valentine's Day Trivia (CR) 2:00 Chocolate Covered Strawberry & Games Social (CR) 4:30 Bingo Night (CR) 6:00 Movie: The Cutting Edge-1992 1 hr. 41 mins. (Club Room)	13 9:00 Adventist Service (Club Room) 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 Adventist Service w/ Pastor Sosa (CR) 2:00 San Diego MLK Choir (LH) 3:30 Valentine's Day Dinner & Dance "Blue Zone Band" (L)
9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 11:30 Catholic Mass-LH 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Harriet 2 hrs. 5 mins. (Club Room)	15 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Our Planet II: Fresh Water 49 mins. (Club Room) 5:00 Bingo Night (CR)	16 9:00 SD Safari Park FREE Day for Seniors (L) 10:30 PV Heart Association Bake Sale (Plaza) 10:30 Stronger-U Strength (CR) 11:30 February Resident's Birthday Special Luncheon (Patio) 2:00 Making Chocolate Chip Red Velvet Whoopie Pies (CR) 3:30 Chinese New Year Bingo (CR) 6:00 Movie: The Color Purple 2 hrs. 20 mins. (Club Room)	17 9:30 Scenic Drive: Seaport Village (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 11:30 Ash Wednesday Mass (LH) 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)	18 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)	19 10:00 Stronger U Movement (CR) 10:30 Mardi Gras Trivia (CR) 2:00 King's Cake & Games Social (CR) 5:00 Double Take Duo & Mocktails (L) 6:00 Movie: Cool Running-1993 1 hr. 48 mins. (Club Room)	20 9:00 Adventist Service (Club Room) 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 Girl Scout Cookies for Sale (Plaza) 2:30 Jewelry Making (CR) 5:00 Bingo (CR)
9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 11:30 Catholic Mass-LH 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: 12 Years A Slave 2 hrs. 14 mins. (Club Room)	22 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 PV Winter Olympics Opening Ceremony (L) 3:00 Documentary: Our Planet II: Forests 48 mins. (Club Room) 5:00 Bingo Night (CR)	23 10:00 Resident Council Meeting (CR) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Meet & Greet New Residents (CR) 1:30 Shopping: Walmart H. Street (L) 2:00 PV Winter Olympic "Ski Jump" Competition (DR) 3:30 Bingo (CR) 6:00 Movie: The Help 2 hrs. 26 mins. (Club Room)	24 9:30 Walking Club: Rohr Park (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 1:30 Travel Log w/ Hernan - CR 2:30 PV Winter Olympics "Curling" Competition (DR) 3:30 BINGO BAZAAR (CR) 4:00 Book Group (Library) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	25 10:30 Lunch at China China in Chula Vista (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 2:00 Resident Spa Day (2nd Floor Parlor) 3:00 PV Winter Olympic "Triathlon" Competition (DR) 5:30 Left-Center-Right (CR)	26 10:00 Stronger U Movement (CR) 10:30 Winter Olympic Trivia (CR) 2:00 PV Winter Olympics Closing & Medals Ceremony (L) 4:30 Bingo Night (CR) 6:00 Movie: Loving 2 hrs. 3 mins. (Club Room)	27 9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (CR) 10:30 Stronger- U Cardio (CR) 11:00 Momosa Brunch Employee Appreciation Fundraiser (Plaza AD) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 2:30 Jewelry Making (CR) 5:00 Bingo (CR)