

July 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Activities are Subject to Change.</div>		<div>9:30 Scenic Drive: Coronado (L) 1</div> <div>10:30 Stronger-U Strength w/ Mayra (CR)</div> <div>1:00 Resident Open Forum (CR)</div> <div>2:00 Making Deviled Eggs (CR)</div> <div>6:00 Movie: Hitchcock 1 hr. 38 mins. (Club Room)</div>	<div>9:30 Shopping at Village Walk Eastlake (L) 2</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>2:00 Ambassador's Meeting</div> <div>2:30 Calendar Planning (CR)</div> <div>5:30 Bingo Night w/ Mayra (CR)</div>	<div>9:30 Scenic Drive: Mt. Soledad (L) 3</div> <div>10:30 Art for All Ages (CR)</div> <div>2:00 Stronger U Stretch w/ Mayra (CR)</div> <div>3:00 Games Resident Choice (CR)</div> <div>5:30 Left-Center-Right (CR)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 4</div> <div>11:00 4th of July Trivia (CR)</div> <div>11:30 4th of July Cookout (Patio)</div> <div>2:00 Karaoke Patriotic Social (Cafe)</div> <div>3:15 Pet Visit - Patio</div> <div>6:00 Movie: The Intern 2 hr. 1 min. (Club Room)</div>	<div>9:00 Adventist Service - Lounge 5</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 - Lounge</div> <div>2:00 Strawberry Sundae Social (Patio)</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 6</div> <div>11:30 Catholic Mass-LH</div> <div>2:00 Walking Club: Putting Green Area (PG)</div> <div>2:45 Chair Yoga - CR</div> <div>3:30 Flower Arrangement - CR</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 Movie: Rooster Cogburn 1 hr. 47 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR) 7</div> <div>11:00 Word Games (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (CR)</div> <div>3:00 Documentary: Titan 1 hr. 51 mins. (Club Room)</div> <div>3:15 IL Shopping Spree - Plaza</div> <div>5:30 Bingo Night w/Loretta (CR)</div>	<div>10:30 Stronger-U Strength w/ Mayra (CR) 8</div> <div>11:00 Sing-a-Long with Miracle Moments Kids (CR)</div> <div>1:00 Shopping: Walmart H. Street (L)</div> <div>2:00 Making Summer Suncatchers (CR)</div> <div>6:00 Movie: The Six Triple Eight 2 hrs. 12 mins. (Club Room)</div>	<div>9:30 Scenic Drive: Shelter Island (L) 9</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>5:00 Sound Therapy (CP)</div> <div>5:30 Bingo Night w/ Mayra (CR)</div>	<div>9:30 Shopping: Dollar Tree (L) 10</div> <div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>2:00 Cornhole (CR)</div> <div>2:30 Resident Spa Day (2nd Fl. Parlor)</div> <div>5:30 Left-Center-Right (CR)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 11</div> <div>11:00 Fun Facts in July (CR)</div> <div>2:00 Watermelon Social (Patio)</div> <div>3:30 Senior Trivia Challenge (CR)</div> <div>6:00 Movie: A Star is Born (2018) 2 hrs. 21 mins. (Club Room)</div>	<div>9:00 Adventist Service - Lounge 12</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 - Lounge</div> <div>2:00 Karaoke Social (Cafe)</div> <div>3:30 Jewelry Making w/ Marilyn (CR)</div> <div>5:30 Bingo Night w/ Marilyn (CR)</div>
<div>9:00 Anglican Service-HC 13</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>2:45 Chair Yoga - CR</div> <div>3:30 Flower Arrangement - CR</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 Movie: Semi-Soeter 1 hr. 32 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR) 14</div> <div>11:00 Word Games (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (CR)</div> <div>3:00 Documentary: Black Holes: The Edge of All We Know 1 hr. 39 mins. (Club Room)</div> <div>5:30 Bingo Night w/Loretta (CR)</div>	<div>9:30 Balboa Park FREE Museum Outing (L) 15</div> <div>10:30 Stronger-U Strength w/ Mayra (CR)</div> <div>11:30 July Resident's Birthday Special Luncheon (Patio)</div> <div>2:00 Making Cilantro, Black Bean & Corn Salsa (CR)</div> <div>6:00 Movie: 80 for Brady 1 hr. 39 mins. (Club Room)</div>	<div>10:30 Balloon Tennis (CR) 16</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>2:00 BIRTHDAY BASH w/ Raymond-Lobby</div> <div>3:30 Bingo Night w/ Loretta (CR)</div> <div>5:30 Balboa Park Twilight in the Park FREE Concert: Pomerado Community Band (L)</div>	<div>9:30 Walking Club: Tidelands Park Coronado (L) 17</div> <div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>11:30 Head Bands (CR)</div> <div>2:00 Games Resident Choice (CR)</div> <div>2:30 Men's Club (Patio)</div> <div>5:30 Left-Center-Right (CR)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 18</div> <div>11:00 Summer Trivia (CR)</div> <div>2:00 Karaoke Social (Cafe)</div> <div>3:30 Cornhole (CR)</div> <div>6:00 Movie: Uncle Buck 1 hr. 39 mins. (Club Room)</div>	<div>9:00 Adventist Service - Lounge 19</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 - Lounge</div> <div>2:00 Cheese & Cracker Social (Patio)</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 20</div> <div>11:30 Catholic Mass-LH</div> <div>2:00 Walking Club: Putting Green Area (PG)</div> <div>2:45 Chair Yoga - CR</div> <div>3:30 Flower Arrangement - CR</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 Movie: The Starling 1 hr. 44 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR) 21</div> <div>11:00 Word Games (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (CR)</div> <div>3:00 Documentary: Air Force Elite Thunderbirds 1 hr. 31 mins. (Club Room)</div> <div>5:15 Double Take Performs (L))</div>	<div>10:30 Stronger-U Strength w/ Mayra (CR) 22</div> <div>11:00 Mix & Mingle w/ Miracle Moments Kids (CR)</div> <div>1:30 Shopping: Plaza Bonita (L)</div> <div>2:00 Making Wooden Bird Houses (CR)</div> <div>6:00 Movie: Wedding Planner 1 hr. 43 mins. (Club Room)</div>	<div>9:30 Walking Club: Sweetwater Park CV (L) 23</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</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>9:30 Scenic Drive: La Jolla Cove (L) 24</div> <div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>11:30 Senior Trivia Challenge (CR)</div> <div>2:00 Spa Day (2nd Fl. Parlor)</div> <div>5:30 Left-Center-Right (CR)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 25</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>2:00 Guacamole Social (Patio)</div> <div>3:30 Axe Throwing Game (CR)</div> <div>6:00 Movie: Smokey and the Bandit 1 hr. 35 mins. (Club Room)</div>	<div>9:00 Adventist Service - Lounge 26</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 - Lounge</div> <div>2:00 Karaoke Social (Cafe)</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 27</div> <div>11:30 Catholic Mass-LH</div> <div>2:00 Walking Club: Putting Green Area (PG)</div> <div>2:45 Chair Yoga - CR</div> <div>3:30 Flower Arrangement - CR</div> <div>5:30 Game Night - Resident Choice (CR)</div> <div>6:30 Movie: Dumplin' 1 hr. 50 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR) 28</div> <div>11:00 Word Games (CR)</div> <div>2:00 Sing-a-Long w/ Loretta (CR)</div> <div>3:00 Documentary: My Octopus Teacher 1 hr. 25 mins. (Club Room)</div> <div>5:30 Bingo Night w/Loretta (CR)</div>	<div>10:00 Resident Council Meeting (CR) 29</div> <div>10:30 Stronger-U Strength w/ Mayra (CR)</div> <div>11:30 Lunch at Applebee's NC (L)</div> <div>2:00 Meet & Greet New Residents (CR)</div> <div>6:00 Movie: Plane 1 hr. 47 mns. (Club Room)</div>	<div>9:30 Shopping: NC Walmart (L) 30</div> <div>10:30 Balloon Tennis (CR)</div> <div>11:00 Senior Trivia Challenge (CR)</div> <div>2:00 Games Resident Choice (CR)</div> <div>5:30 Bingo Night w/ Mayra (CR)</div>	<div>9:30 Walking Club: Rohr Park (L) 31</div> <div>11:00 Stronger U Stretch w/ Mayra (CR)</div> <div>2:00 Games Resident Choice (CR)</div> <div>2:30 Men's Club (Patio)</div> <div>5:30 Left-Center-Right (CR)</div>	<div>July Culture Topic: Bringing Generations Together</div> <div>* Our mission is our reason for being and the touchstone we turn to for inspiration while caring for families, residents, and each other.</div> <div>* Bringing people together from different generations allows sharing of wisdom, skills, and life lessons.</div> <div>* Intergenerational friendships contribute to stronger and more connected communities.</div> <div>* Spending time with people from different age groups encourages empathy and understanding. This leads to more compassionate and inclusive communities.</div>	