

JULY 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July Culture Topic: Bringing Generations Together * Our mission is our reason for being and the touchstone we turn to for inspiration while caring for families, residents, and each other. * Bringing people together from different generations allows sharing of wisdom, skills, and life lessons. * Intergenerational friendships contribute to stronger and more connected communities. * Spending time with people from different age groups encourages empathy and understanding. This leads to more compassionate and inclusive communities.			9:30 Shopping: Target Plaza Bonita (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) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	9:30 Walking Club: IB Pier(L) 10:30 Art for All Ages (CR) 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) 11:00 Trivia(CR) 1:00 Matinee: You, Me and Tuscany 1 hr. 45 mins. (Club Room) 1:30 Ice Cream Social (Cafe) 4:30 Bingo Night (CR) 6:00 Movie: You. Me and Tuscany 1h 45m (Club Room)	10:30 Drum Circle(CR) 11:00 4th of July Trivia(CR) 11:30 4th of July BBQ(Cafe) 1:00 Jewish Service(Club Room) 3:30 4th of July 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: The Boroughs Ep.1 50m(Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Bingo (CR) 11:00 Word Games (CR) 1:30 Karaoke w/ Michelle (Club Room) 3:00 Movie: The Boroughs Ep.2 50m (Club Room) 6:30 Starlyte Duo & Mocktails (L)	9:30 Scenic Drive: La Jolla Cove(L) 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 1:00 Making Lumpias (CR) 1:00 Matinee: Michael 2h 7m(Club Room) 3:30 Jewelry Making (CR) 6:00 Movie: Michael 2h 7m(Club Room)	9:30 Shopping : NC Walmart (L) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 3:30 Book Club(Library) 5:00 Sound Therapy (CP) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	9:30 Walking Club: Ferry Landing Coronado(L) 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) 11:00 Trivia(CR) 1:00 Matinee: Fast Charlie 1 hr. 30 mins. (Club Room) 1:30 Jewelry Making (CR) 4:30 Bingo Night (CR) 6:00 Movie: Fast Charlie 1h 30m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 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: The Boroughs Ep.3 45m (Club Room)	10:30 Drum Circle (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Movie: The Boroughs Ep.450m (Club Room) 6:30 Keyboard Karaoke & Mocktails w/ Glenn (L)	10:30 Lunch: DZ Atkins(L) 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 1:00 Matinee: Office Romance 1 hr. 55 mins. (Club Room) 3:30 Jewelry Making (CR) 6:00 Movie:Office Romance 1h 55m (Club Room)	9:30 Shopping: Dollar Tree (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) 5:30 Game Night (CR) 5:30 Twilight in Balboa The Pomerado Community Band(L)	9:30 Walking Club: Embarcadero Park SD(L) 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) 11:00 Trivia(CR) 1:00 Matinee: War Machine 1 hr. 49 mins. (Club Room) 1:30 Cookie social (Cafe) 4:30 Bingo Night (CR) 5:00 Happy Hour w/ Double Take (L) 6:00 Movie: War Machine 1h 49m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Drum Circle (CR) 11:00 Saturday Hot Topics (CR) 3:30 Loteria 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: The Boroughs Ep.5 50m (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 1:30 Karaoke w/ Michelle (Club Room) 3:00 Movie: The Boroughs Ep.6 (Club Room) 5:00 Bingo Night (CR) 6:30 Meditation for Beginners (Club Room)	9:30 Balboa Park Free Museum day SD museum of Art(L) 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 11:30 July Resident's Birthday Special Luncheon(Patio) 1:00 Making Nachos(CR) 1:00 Matinee: Over Your Dead Body 1 hr. 45 mins. (Club Room) 3:30 Jewelry Making (CR) 6:00 Movie:Over Your Dead Body 1h 45m (Club Room)	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 3:30 BINGO BAZAAR (CR) 5:00 Sound Therapy (CP) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	10:00 Picnic at Tidelands Park Coronado(L) 11:00 Stronger-U Stretch (CR) 11:30 Christmas in July BBQ & Games(TCA) 11:30 Head Bands Game (CR) 2:30 Resident Spa Day (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee: Superman 2 hr. 9 mins. (Club Room) 1:30 Jewelry Making (CR) 4:30 Bingo Night (CR) 6:00 Movie:Superman 2h9m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 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: The Boroughs Ep.7 50m (Club Room)	10:30 Drum Circle (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Movie: The Boroughs Ep.8 50m (Club Room) 5:00 Bingo Night (CR) 6:30 Meditation for Beginners (Club Room)	10:00 Resident Council Meeting (CR) 10:30 StrongerU Strength (CR) 11:00 Head Bands Game (CR) 1:00 Matinee: Voicemail for Isabelle 1 hr. 58 mins. (Club Room) 1:00 Meet & Greet New Residents (CR) 3:30 Jewelry Making (CR) 6:00 Movie: Voicemails For Isabelle 1h 58m (Club Room)	9:30 Scenic Drive: Coronado (L) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:30 Bingo (CR) 5:30 Game Night (CR) 6:30 Meditation for Beginners (Club Room)	9:30 Shopping: Walmart Hst CV(L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:30 Gardening (Patio) 3:30 Bingo (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee: The Drama 1 hr. 34 mins. (Club Room) 1:30 Cooking Vegetable Tamales w/ Eunice (CR) 4:30 Bingo Night (CR) 6:00 Movie: The Drama 1h 45m (Club Room)	Activities are Subject to Change