

June 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Silver Gate Yacht Club Regatta Boat Trip (L) 9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Walking Club: Putting Green Area (PG) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie Night: The Zookeepers Wife 2 hrs. 7 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Puff - Wonders of the Reef 1 hr. 2 mins. (Club Room) 3:15 IL Shopping Spree - Plaza 5:30 Bingo Night w/Loretta (CR)	9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (L) 10:30 Stronger-U Strength w/ Mayra (CR) 1:00 Resident Open Forum (CR) 2:00 Making BBQ Pulled Pork Sandwiches (CR) 6:00 Movie Night: Spotlight 2 hrs. 8 mins. (Club Room)	9:30 Scenic Drive: Mt. Soledad (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Ambassador's Meeting 2:30 Calendar Planning (CR) 5:30 Bingo Night w/ Mayra (CR)	9:30 Arts & Crafts w/ Claudia (CR) 11:00 Stronger U Stretch w/ Mayra (CR) 2:00 Games Resident Choice (CR) 5:30 Left-Center-Right (CR)	10:30 Stronger U Movement w/ Mayra (CR) 11:00 Flag Day Trivia (CR) 2:00 Karaoke Social (CR) 3:15 Pet Visit - Patio 6:00 Movie Night: The Body Gueard 2 hrs. 9 mins. (Club Room)	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Root Beer Float & Outdoor Games Social (Patio)
9:00 Anglican Service-HC 9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Shem Suasi Piano Recital (LH) 2:00 Walking Club: Putting Green Area (PG) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie Night: Sully 1 hr. 36 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Kangaroo Valley 1 hr. 16 mins. (Club Room) 5:30 Bingo Night w/Loretta (CR)	10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Sing-a-Long with Miracle Moments Kids (CR) 1:00 Shopping: NC Walmart (L) 2:00 Making Father's Day Cards (CR) 6:00 Movie Night: A Few Good Men 2 hrs. 18 mins. (Club Room)	9:30 Walking Club: Tidelands Park Coronado (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Games: Resident Choice (CR) 5:00 Sound Therapy (CP) 5:30 Bingo Night w/ Mayra (CR)	9:30 Scenic Drive: Balboa Park 11:00 Stronger U Stretch w/ Mayra (CR) 2:00 Cornhole (CR) 3:00 Bible Study w/ Carl - CR 5:30 Left-Center-Right (CR)	10:30 Stronger U Movement w/ Mayra (CR) 11:00 Father's Day Trivia (CR) 2:00 Ice Cream Social & Cornhole (Patio) 6:00 Movie Night: Misery 1 hr. 47 mins. (Club Room)	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Balloon Tennis w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Karaoke Social (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 11:30 Father's Day Cookout (Patio) 2:00 HollyGrinns Jazz Trio Concert (LH) 2:00 Walking Club: Putting Green Area (PG) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie Night: Calendar Girls 1 hr. 48 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Mission Blue 1 hr. 34 mins.(Club Room) 5:15 Double Take Performs (L)) 6:00 Bingo Night w/Loretta (CR)	10:30 Stronger-U Strength w/ Mayra (CR) 11:30 June Resident's Birthday Special Luncheon Music by "Single Fin" (Patio) 1:00 Walking Club: Sweetwater Park CV (L) 2:00 Making Cake Pops (CR) 6:00 Movie Night: Private Benjamin 1 hr. 49 mins. (Club Room)	9:30 Shopping: Walmart H. Street (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 BIRTHDAY BASH w/ Raymond-Lobby 5:30 Bingo Night w/ Mayra (CR)	9:30 Scenic Drive: Coronado 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Head Bands (CR) 2:00 Resident Spa Day (3rd Fl. Parlor) 5:30 Left-Center-Right (CR)	10:30 Stronger U Movement w/ Mayra (CR) 11:00 Fun Facts in June (CR) 2:00 Karaoke Social (CR) 6:00 Movie Night: Captain Phillips 2 hrs. 23 mins. (Club Room)	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Strawberry Shortcake & Outdoor Games Social (Patio)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Walking Club: Putting Green Area (PG) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie Night: Ray 2 hrs. 53 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Horizon 50 mins. (Club Room) 5:30 Bingo Night w/Loretta (CR)	9:00 Stronger-U Strength w/ Mayra (CR) 10:00 Resident Council Meeting (CR) 11:00 Mix & Mingle w/ Miracle Moments Kids (CR) 11:30 Lunch at Market on 8th St. (L) 2:00 Meet & Greet New Residents (CR) 6:00 Movie Night: The Green Mile 3 hrs. 8 mins. (Club Room)	9:30 Walking Club: Imperial Beach (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Travel Log w/ Hernan - CR 3:30 BINGO BAZAAR (CR) 5:30 Bingo Night w/ Mayra (CR)	9:30 Shopping: Dollar Tree (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Senior Trivia Challenge (CR) 2:00 Resident Spa Day (3rd Fl. Parlor) 5:30 Left-Center-Right (CR)	10:30 Stronger U Movement w/ Mayra (CR) 11:00 Senior Trivia Challenge (CR) 6:00 Movie Night: U-571 1 hr. 57 mins. (Club Room) 6:30 Jewish Shabbat Service-HC	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Balloon Tennis w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Karaoke Social (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:00 SD Zoo Ambassador Wildlife Visits (CR) 2:00 Walking Club: Putting Green Area (PG) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie Night: While You Were Sleeping 2 hrs. 12 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Night on Earth: Shot in the Dark 59 mins (Club Room) 5:30 Bingo Night w/Loretta (CR)	<div><div>HAPPY</div><div>Father's</div><div>DAY</div></div>	<div>June Culture Topic: Alzheimer's & Brain Health Month</div> <div>* June is Alzheimer's & Brain Month, a global initiative that aims to raise awareness, inspire action, and encourage conversation about Alzheimer's disease and other forms of dementia. The month gives us an opportunity to learn about the impact of these conditions, how to support those affected, and ways to promote brain health.</div> <div>Ideas to Keep Our Brains Healthy:</div> <div>* Sleep! Aim for seven hours a night. Avoid alcohol, caffeine, and screens before bedtime.</div> <div>* Exercise increased blood flow to the brain. Try walking, dancing, or gardening.</div> <div>* Stay social. Connecting with others is healthy for our brains.</div> <div>* Challenge your brain by learning new things.</div>			