

March 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>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: Bucket List 1 hr. 37 mins. (Club Room)</p> <p>1</p>	<p>10:30 Cardio Drumming w/ Claudia (CR) 11:00 Bingo (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Being Gordon Ramsay Ep. 1- 51 mins. (Club Room) 3:15 IL Shopping Spree - Plaza 6:30 Starlyte Duo & Mocktails (L)</p> <p>2</p>	<p>9:30 Shopping: Target Plaza Bonita (L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 2:00 Making Irish Soda Bread (CR) 3:30 Jewelry Making (CR) 6:00 Oscar Nominated Movie: Marty Supreme 2 hrs. 29 mins. (Club Room)</p> <p>3</p>	<p>9:30 Walking Club: Sweetwater Park (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)</p> <p>4</p>	<p>9:30 Scenic Drive: Mt. Soledad (L) 10:30 Art for All Ages (CR) 11:30 Stronger-U Stretch (CR) 1:00 Bridge (Cafe) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)</p> <p>5</p>	<p>10:00 Stronger U Movement (CR) 10:30 March Trivia (CR) 2:00 Kentwood High School Choir (LH) 3:15 Pet Visit (Patio) 4:30 Bingo Night (CR) 6:00 Oscar Nominated Movie: One Battle After Another 2 hrs. 41 mins. (LH)</p> <p>6</p>	<p>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 USAF Band of the Golden West Clarinet Quartet Concert (LH) 3:30 Jewelry Making (CR) 5:00 Bingo (CR)</p> <p>7</p>	
<p>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) 1:00 PV Store Clearance Sale (Plaza Store) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: The Bear 1 hr. 33 mins. (Club Room)</p> <p>8</p>	<p>10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Being Gordon Ramsay Ep. 2- 46 mins. (Club Room) 6:30 Keyboard Karaoke & Mocktails w/ Glenn (L)</p> <p>9</p>	<p>10:30 Brunch at Farmers Table in Chula Vista (L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 11:00 Miracle Moments Kids Visit (CR) 2:00 Making St. Patrick's Day Shamrock Wreaths (CR) 3:30 Bingo (CR) 6:00 Oscar Nominated Movie: Song Sung Blue 2 hrs. 13 mins. (Club Room)</p> <p>10</p>	<p>9:30 Scenic Drive: Old Town San Diego (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)</p> <p>11</p>	<p>9:30 Shopping: Village Walk & Kohl's (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Resident Spa Day (CR) 5:30 Left-Center-Right (CR)</p> <p>12</p>	<p>10:00 Stronger U Movement (CR) 10:30 Head Bands Game (CR) 2:00 St. Patrick's Day Irish Cookie Social (Cafe) 4:30 Bingo Night (CR) 6:00 Movie: Hedda 1 hr. 48 mins. (Club Room)</p> <p>13</p>	<p>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 Sing-a-Long & Ice Cream Social w/ Charlie Higgins (Plaza Appetites Cafe) 3:30 Jewelry Making (CR) 4:30 Bingo (CR)</p> <p>14</p>	
<p>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) 1:30 Walking Club: Tidelands Park Coronado (L) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Merrily We Roll Along 2 hrs. 25 mins. (Club Room)</p> <p>15</p>	<p>10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:30 Rose Academy Irish Dancers (LH) 3:45 Documentary: Being Gordon Ramsay Ep. 3-46 mins. (Club Room) 5:00 Bingo Night (CR)</p> <p>16</p>	<p>9:30 Balboa Park FREE Museum Day Outing (L) 10:30 Stronger-U Strength (CR) 11:30 Resident's Birthday Special Luncheon (Patio) 2:00 Making Guinness Chocolate Cake (CR) 3:30 St. Patrick's Day Trivia (CR) 6:00 Oscar Nominated Movie: Hamnet 2 hrs. 6 mins. (Club Room)</p> <p>17</p>	<p>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) 3:30 Book Group (Library) 5:30 Game Night & Shamrock Shakes (CR)</p> <p>18</p>	<p>10:00 Stronger-U Stretch (CR) 10:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)</p> <p>19</p>	<p>10:00 Stronger U Movement (CR) 10:30 Spring Trivia (CR) 2:00 Jewelry Making (CR) 3:30 Bingo Night (CR) 5:00 Double Take Duo & Mocktails (L) 6:00 Movie: Nuremberg 2 hrs. 28 mins. (Club Room)</p> <p>20</p>	<p>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 Spring Cupcake Social (Cafe) 3:30 Jewelry Making (CR) 5:00 Bingo (CR)</p> <p>21</p>	
<p>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) 6:00 An Evening at the Piano w/ David Saliamonas (LH)</p> <p>22</p>	<p>10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long (Club Room) 3:00 Documentary: Being Gordon Ramsay Ep. 4- 44 mins. (Club Room) 5:00 Bingo Night (CR)</p> <p>23</p>	<p>10:00 Scenic Drive: San Ysidro Ranches (L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 2:00 Making Easter Wreaths (CR) 3:30 Bingo (CR) 6:00 Oscar Nominated Movie: Blue Moon 1 hr. 40 mins. (Club Room)</p> <p>24</p>	<p>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) 3:30 Book Group (Library) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)</p> <p>25</p>	<p>10:00 Stronger-U Stretch (CR) 10:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 1:30 Shopping: Walmart H. Street (L) 2:00 Resident Spa Day (CR) 5:30 Left-Center-Right (CR)</p> <p>26</p>	<p>10:00 Stronger U Movement (CR) 10:30 Head Bands Game (CR) 2:00 Ice Cream Social (Cafe) 4:30 Bingo Night (CR) 6:00 Movie: Not Without Hope 2 hrs. 1 min. (Club Room)</p> <p>27</p>	<p>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) 3:30 Jewelry Making (CR) 4:30 Bingo (CR)</p> <p>28</p>	
<p>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: Imperial Beach Pier (L) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Eleanor the Great 1 hr. 38 mins. (Club Room)</p> <p>29</p>	<p>10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Being Gordon Ramsay Ep. 5 & 6- 1 hr. 19 mins. (Club Room) 5:00 Bingo Night (CR)</p> <p>30</p>	<p>9:30 Scenic Drive: La Jolla Cove (L) 10:00 Resident Council Meeting (CR) 10:30 Stronger-U Strength (CR) 11:00 Making Italian Easter Bread (CR) 1:00 Meet & Greet New Residents (CR) 1:30 Dying Easter Eggs (CR) 2:00 Super Raffle Staff Appreciation Fundraiser (AD) 3:30 Jewelry Making (CR) 6:00 Oscar Nominated Movie: Sentimental Value 2 hrs. 13 mins. (Club Room)</p> <p>31</p>	<p>All Activities are Subject to Change.</p>			<p>March Culture Topic: Move More in March</p> <ul style="list-style-type: none"> * Exercise stimulates brain chemical that can leave you feeling happier and more relaxed. * Regular exercise can enhance the body's immune response, making it more effective at fighting off infections. * Being physically active can help you fall asleep faster and deepen your sleep. * Exercise can improve your memory and brain function in all phases of life. * An improved fitness level can reduced the risk of diabetes and stroke. * Engaging in regular physical activity is associated with a longer lifespan. 	