


May 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>May Culture Topic: Mental Health Awareness Month * We are focusing on this topic with the hope of reducing misconceptions surrounding mental health, encouraging open conversations, and destigmatizing seeking help. * There are factors that can have a negative impact on our mental wellbeing: prolonged stress, loneliness, and grief are some examples. As we get older, additional challenges might include illness, pain, or adapting to a new living environment. * Prioritizing our mental health is essential for a fulfilling life and can even positively impact physical health.</p>			<p>All Activities are Subject to Change.</p>		<p>9:30 Shopping: Gateway: Aldis, Hobby Lobby, Walmart, Smart & Final (L) 10:30 Art for All Ages (CR) 1:00 Stronger U Stretch w/ Mayra (CR) 2:00 Games Resident Choice (CR) 5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Cinco de Mayo Trivia (CR) 2:00 Karaoke Social (CR) 3:15 Pet Visit - Patio 6:00 Movie Night: Field of Dreams 1 hr. 45 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge 10:30 Balloon Tennis w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Taquito's & Salsa Social (CR)</p>
<p>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 Two Popes 2 hrs. 5 mins. (Club Room)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl. 11:00 Mariachi del Mar (DR) 11:30 Word Games - 1st Floor 11:30 Cinco de Mayo Themed Lunch (DR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Our Great National Parks: Gunung, Leuser, Indonesia 52 mins. (CR) 3:15 IL Shopping Spree - Plaza 5:30 Bingo Night w/Loretta (CR)</p>	<p>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 Southwestern College Guitar Ensemble Concert (LH) 3:00 Making Carne Asada Nachos (CR) 6:00 Movie Night: A Murder at Yellowstone City 2 hrs. 6 mins. (Club Room)</p>	<p>9:30 Walking Club: Shelter Island (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)</p>	<p>9:30 Scenic Drive: National City Historic Houses (L) 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)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Mother's Day Trivia (CR) 2:00 Ice Cream Social & Cornhole (CR) 6:00 Movie Night: Midway 2 hrs. 18 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Karaoke Social (CR)</p>	
<p>9:00 Anglican Service-HC 9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 11:30 Mother's Day Brunch (DR) 2:00 Walking Club: Putting Green Area (PG) 2:30 Mother's Day Entertainment by Violinist Emil Luxemburg (L) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie Night: Nonnas' 1 hr. 52 mins. (Club Room)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl. 11:00 Word Games - 1st Floor 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Pangolin: Kulu's Journey 1 hr. 30 mins. (CR) 5:30 Bingo Night w/Loretta (CR)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Sing-a-Long with Miracle Moments Kids (CR) 1:30 Shopping: Terra Nova Plaza (L) 2:00 Making Ceramic Coasters (CR) 6:00 Movie Night: The Life List 2 hr. 5 mins. (Club Room)</p>	<p>9:30 Shopping: Walmart H. Street (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)</p>	<p>9:30 Scenic Drive: Old Town San Diego (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Head Bands (CR) 2:00 Resident Spa Day (CR) 5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Fun Facts in May (CR) 2:00 Karaoke Social (CR) 6:00 Movie Night: Moana 1 hr. 43 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge 10:30 Balloon Tennis w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Ice Cream Sandwich Social & Axe Throwing (CR)</p>	
<p>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Walking Club: Putting Green Area (PG) 2:45 Chair Yoga - CR 3:00 California Note Catchers "Spring Sing" Concert (LH) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie Night: A Dog's Way Home 1 hr. 35 mins. (Club Room)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl. 11:00 Word Games - 1st Floor 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: ABBA: Against the Odds 1 hr. 30 mins. (CR) 5:30 Bingo Night w/Loretta (CR) 5:30 Double Take Performs (Lobby)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR) 11:30 May Resident's Birthday Special Luncheon (Patio) 1:30 Walking Club: Mission Bay Park (L) 2:00 Making Sugar Free Cake (CR) 6:00 Movie Night: The Walk 2 hrs. 3 mins. (Club Room)</p>	<p>9:30 Walking Club: Embarcadero Park San Diego (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)</p>	<p>9:30 Shopping: Dollar Tree (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Senior Trivia Challenge (CR) 5:30 Left-Center-Right (CR) 6:00 Visionary Dance Theater Group Presents: The Wiz (LH)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Memorial Day Trivia (CR) 2:00 Red, White & Blue Popsicle Social & Games (CR) 6:00 Movie Night: Moana 2, 1 hr. 40 mins. (CR) 6:30 Jewish Shabbat Service- HC</p>	<p>9:00 Adventist Service - Lounge 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Karaoke Social (CR)</p>	
<p>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: The Room Next Door 1 hr. 46 mins. (Club Room)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 1st Fl. 11:00 Word Games - 1st Floor 11:30 Memorial Day Cookout (Patio) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: A Life on Our Planet 1 hr. 23 mins. (CR) 5:30 Bingo Night w/Loretta (CR)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Lunch at Murrieta's in Bonita (L) 11:00 Mix & Mingle w/ Miracle Moments Kids (CR) 2:00 Meet & Greet New Residents - CR 6:00 Movie Night: Maestro 2 hrs. 11 mins. (Club Room)</p>	<p>9:30 Day Trip to Viejas Outlets & Casino (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Travel Log w/ Hernan - CR 3:30 BINGO BAZAAR (CR) 5:00 Sound Therapy (CP) 5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Scenic Drive: North Torrey Pines State Beach (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Senior Trivia Challenge (CR) 5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Karaoke Social (CR) 6:00 Movie Night: Jewel Thief 1 hr. 57 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge 10:30 Balloon Tennis w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 2:00 Cupcake Social & Cornhole (CR)</p>	