


May 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May Culture Topic: Mental Health Awareness * 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>						
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 Documentary : The Dinosaurs Ep.1-2 48 mins (Club room)	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: Puff - Wonders of the Reef 1 hr. 2 mins. (Club Room) 3:15 IL Shopping Spree - Plaza 6:30 Starlyte Duo & Mocktails (L)	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 Churro's(CR) 6:00 Movie: Persuasion 1hr 49 min (Club Room) 6:30 Starlyte Duo & Mocktails (L)	9:30 Walking Club: Rohr 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 Resident Spa Day (CR) 5:30 Game Night (CR)	9:30 Scenic Drive: Coronado (L) 10:30 Art for All Ages (CR) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 10:30 Head Bands Game (CR) 11:00 Veteran's Picture Day (Lobby) 4:30 Bingo Night (CR) 6:00 Movie: Mommie Dearest 2hrs 9mins (Club room)	9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 3:30 Bingo (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: Parenthood 2 hrs 3 mins (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Mysteries of the Terra Cotta Warriors 1hr 17mins (Club Room) 6:30 Keyboard Karaoke & Mocktails w/ Glenn (L)	10:30 Lunch: Casa De Pico (L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 2:00 Making Mother's Day Flower Arrangements(CR) 3:30 Bingo (CR) 6:00 Movie: The Adam Project 1hr 46 mins (Club Room)	9:30 Jst Boat Launch (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 12:00 Lysa From Intoxicakes 3:30 Book Group (Library) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	9:30 Shopping: Dollar Tree (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 Farkle (CR)	10:00 Stronger U Movement (CR) 10:30 Mother's Day Trivia (CR) 2:00 Jewelry Making (CR) 3:30 Bingo Night (CR) 5:00 Happy Hour w/ Double Take (L) 6:00 Movie: Mother of the Bride 1hr 30 mins (club room)	9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 3:30 Bingo (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 Documentary: The Dinosaurs Ep.3 44 mins (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Secrets lives of Orangutans 1hr 19mins(Club Room) 5:00 Bingo Night (CR)	9:30 Scenic Drive: Imperial Beach(L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 11:30 August Resident's Birthday Special Luncheon (Patio) 2:00 Making Kebabs (CR) 6:00 Movie: The Last Word 1hr 48 min (Club Room)	9:30 Walking Club: Pepper Park(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 Resident Spa Day (CR) 5:30 Game Night (CR)	9:30 Shopping: Terra Nova (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Farkle (CR) 6:00 Kidz Danz Kompany (LH)	10:00 Stronger U Movement (CR) 10:30 Head Bands Game (CR) 2:00 Cooking Mexican Squash (CR) 4:30 Bingo Night (CR) 6:00 Movie: Going in Style 1hr 36 mins (club room)	9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 3:30 Bingo (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 Documentary: The Dinosaurs Ep.4 44 mins (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary:Dancing with the Birds 51 mins(Club Room) 5:00 Bingo Night (CR)	10:00 Resident Council Meeting (CR) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Meet & Greet New Residents (CR) 2:00 Making Memorial Day Wreaths (CR) 3:30 Bingo (CR) 6:00 Movie: Wine Country 1hr 43 mins (Club Room)	9:30 Walking Club: Kimbal 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)	11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Bridge (Cafe) 1:30 Shopping : NC Walmart (L) 2:00 Gardening (patio) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 10:30 Head Bands Game (CR) 2:00 Jewelry Making (CR) 4:30 Bingo Night (CR) 6:00 Movie: Happy Gilmore 2 1hr 57 mins (club room)	9:00 Adventist Service (Club Room) 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service (Club Room) 3:30 Bingo (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)			<p>Activities are Subject to Change.</p>			