

APRIL 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activity programs are subject to change. 	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 1:30 Egg Hunting (Extended)- Patio 2:00 Games with Miracle Moments kids - Patio 3:15 Bingo w/ Barbara - CR 5:30 Rummikub/ Dominoes w/ Loretta - CR	10:00 Scenic Drive: Old Town SD 10:30 Stronger-U Strength -CR 11:00 Blue Zone Challenge (Stay Healthier)- CR 2:00 Resident Open Forum- CR 2:30 UNO/ SKIP BO -CR 6:00 Movie: "Life As We Know It" - Lounge	10:00 Walking Club: Embarcadero 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Ambassador's Meeting 3:00 Calendar Planning-CR 5:30 Bingo Night - CR	10:00 Walking Club: Mission Bay 10:30 Spring Craft - CR 2:00 Men's Group w/ Justin - Lounge 2:00 Stronger-U Stretch -CR 2:30 Glee Club w/ Etta-Belle Rose (Pianist) -CR 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 11:00 Matching Game - CR 2:00 Wind Down Social - CR 3:00 Popdart Game - CR 6:00 Movie: "A Star Is Born" - Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 B-I-N-G-O Mania - CR 6:00 Movie: "Traffik"- Lounge
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Cardio Drumming - CR 2:45 Flower Arrangement- CR 3:30 Garden Club - Patio 5:30 Loteria (Mex. Bingo)- CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Dentist Mobile/Hygienist - CR 3:00 Bracelet Making w/ Priscilla (Volunteer) - CR 3:15 IL Shopping Spree - Plaza 5:30 Bingo Night w/ Loretta-CR	10:00 Walking Club: Plaza Bonita Mall 10:30 Stronger-U Strength -CR 11:00 Craft with Miracle Moments Kids - CR 2:00 "Grit with Grace" (Role Playing) - CR 2:30 UNO/ SKIP BO -CR 6:00 Movie: "My Sister's Keeper" - Lounge	10:00 Shopping: H. St. Walmart 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 All Staff Meeting - LH 3:00 Glee Club with Etta-Belle (Pianist) - CR 5:30 Bingo Night - CR	10:00 \$\$\$ Trip to Living Coast Discovery Center - CV 10:30 Stronger-U Stretch -CR 11:00 EZ Trivia - CR 2:00 "Heads Up" Memory Game - CR 3:00 Bible Study w/ Carl - Lounge 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 11:00 Remember when ... (year) - CR 2:00 Wind Down Social - CR 3:15 PET Visit- Patio 6:00 Movie: "Feel The Beat"-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 B-I-N-G-O Mania - CR 6:00 Movie: "The Family That Preys"- Lounge
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Cardio Drumming - CR 2:45 Flower Arrangement- CR 5:30 Loteria (Mex. Bingo)- CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:15 Travel Log w/ Hernan - CR 5:15 Double Take Entertainment - Lobby	10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max 10:30 Stronger-U Strength -CR 11:00 Blue Zone: Week 1-2 - CR 2:00 Men's Group w/ Cory - Lounge 2:30 Scavenger Hunt - Cedars 3:00 UNO/ SKIP BO -CR 6:00 Movie: "Max" (Dog) - Lounge	10:00 Shopping: Wallgreens/ Vallarta (Grocery/ bakery) 10:30 Balloon Tennis -CR 11:00 MadGab Challenge - CR 2:00 Meet & Greet New Residents - CR 3:00 New Residents Orientation 5:30 Bingo Night - CR	10:00 Shopping: NC Walmart 10:30 Stronger-U Stretch -CR 11:00 Mind Juggler - CR 2:00 Birthday Bash w/ Raymond-Lobby 3:00 Finish the Line... - Lobby 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 11:00 Wackie Wordies - CR 2:00 Wind Down Social - CR 3:00 Corn Hole Challenge - CR 6:00 Movie: "A Week Away"-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 B-I-N-G-O Mania - CR 6:00 Movie: "Tammy"- Lounge
9:30 Eastlake Church Service - LH 10:15 Eucharistic Communion-In-room 10:50 Catholic Confession -HC 11:30 Catholic Mass-LH 2:00 Cardio Drumming - CR 2:45 Flower Arrangement- CR 5:30 Loteria (Mex. Bingo)- CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:00 Treasure Hunt - Cedars building 5:30 Rummikub / Dominoes w/ Loretta-CR	10:00 Walking Club: J. St. Boat Launch 10:30 Stronger-U Strength -CR 11:00 Mix & Mingle w/ Miracle Moments Kids - CR 1:30 Clean-up Tuesday - Outdoor 2:00 Cooking Session w/ Loretta & Mayra-CR 3:00 Food Tasting/ Feedback - CR 6:00 Movie: "The Longest Ride" - Lounge	10:00 Scenic Drive: La Jolla 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 I-phone/ Apple Tech Learning- CR 3:30 Bingo BAZAAR - CR 5:30 Bingo Night - CR	10:30 Stronger-U Stretch -CR 11:00 "Tickle My Bone" (Got Jokes to share?) - CR 11:00 \$\$\$ Lunch Bunch: Marie Callender's 2:00 Drum Circle - Plaza 2:00 Piano Music/ Sing-along w/ Glenn - CR 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 2:00 Wind Down Social - CR 3:00 Ball/ Ring Toss 6:00 Movie: "The Vow"-Lounge 6:30 Jewish Shabbat Service -HC 7:00 Glenview Academy Handbell & Choir Concert -LH	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 B-I-N-G-O Mania - CR 6:00 Movie: "Why Did I Get Married?"- Lounge
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Cardio Drumming - CR 2:45 Flower Arrangement- CR 3:30 Garden Club - Patio 5:30 Loteria (Mex. Bingo)- CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Art Painting w/ Priscilla - CR 3:15 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR	10:30 Stronger-U Strength -CR 11:00 Blue Zoe Challenge (Week 3-4)- CR 1:30 Game Day - Plaza 2:00 UNO/ SKIP BO -CR 3:00 Resident Council Meeting- CR 6:00 Movie: "Our Family Wedding" - Lounge	April Focus: GENERATIONS VALUES Our Values are the unique ways we make it happen every day. At our core, we are a family caring for families. We put people first. We love to learn and stay curious, at every stage of life. We are determined people who bring grit with grace. We cherish the business through accountability. And we have fun doing it!			Please see second page for more information including Plaza Vitality Programs. 