


AUGUST 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>All Vitality Programs are subject to change.</p></div>	<p>August Culture Topic: FOOD AS FUEL</p> <p>*Eat more plants! strive to add more fruit or vegetable to every meal during the day.</p> <p>*Hydrate yourself w/ water.</p> <p>Avoid sodas, sports drinks and</p>	<p>juice- they add sugar without nutrients.</p> <p>*Reduce your intake of meat.</p> <p>Add beans and legumes to your diet each day for protein and fiber.</p> <p>*Add some "super foods: to your diet: Leafy green, nuts, olive oil,</p>	<p>barley, or whole grain oats</p> <p>Eat whole foods as much as possible.</p> <p>* Eat mindfully</p> <p>Eat slowly to savor your food.</p> <p>Stop eating when 80% full.</p>	<p>9:30 Bridge Club - Cafe 1</p> <p>10:30 Crafting Group -CR</p> <p>10:30 Scenic Drive: Cabrillo</p> <p>1:30 Movie Matinee & Popcorn: "The Aviator"- CR</p> <p>2:30 Pampered Hands - CR</p> <p>5:30 Left-Center-Right Game -CR</p> <p>Airforce Day</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 2</p> <p>11:00 Matching Game -CR</p> <p>2:00 Wind Down Social - CR</p> <p>3:00 Pop Dart Game - CR</p> <p>6:00 Movie Night: "Dolphin" - CR</p>	<p>9:00 Adventist Service - Lounge 3</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>3:00 Wonders of Color - CR</p> <p>6:00 Movie Night : "The Butler" -CR</p>
<p>9:30 Eastlake Church Service - LH 4</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement- CR</p> <p>3:30 Garden Club - Patio</p> <p>5:30 Arts & Craft w/ Claudia - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 5</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:15 IL Shopping Spree - Plaza</p> <p>5:15 Double Take Entertainment - Lobby</p>	<p>9:30 Bridge Club - Cafe 6</p> <p>10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 August Tidbits - CR</p> <p>2:00 Resident Open Forum- CR</p> <p>3:00 Jewelry Making - CR</p> <p>6:00 Movie Night: "For Love of the Game" - CR</p>	<p>10:00 Walking Club: Tidelands 7</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 What's Missing? Game - CR</p> <p>2:00 Ambassador's Meeting</p> <p>3:00 Calendar Planning-CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>9:30 Bridge Club - Cafe 8</p> <p>10:00 Scenic Drive: Mission Bay</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Finish the Line... - CR</p> <p>2:00 Glee Club Rehearsal - CR</p> <p>3:00 Bible Study w/ Carl - CR</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 9</p> <p>11:00 "Antonyms and Synonyms" challenge - CR</p> <p>2:00 Wind Down Social with Smore's - Patio</p> <p>3:15 PET Visit- Patio</p> <p>6:00 Movie Night: "Book Club, The Next Chapter" - CR</p> <p>Book Lovers Day</p>	<p>9:00 Adventist Service - Lounge 10</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>3:00 "A Taste of Smores!" - CR</p> <p>6:00 Movie Night: "Failure to Launch - CR</p> <p>Smores Day</p>
<p>9:30 Eastlake Church Service - LH 11</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement - CR</p> <p>5:30 Loteria w/ Claudia - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 12</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:00 Discussion: "How to improve your chances of feeling good and staying healthy."</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe 13</p> <p>10:00 Trip to Viejas Outlet</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Craft with Miracle Moments Kids - CR</p> <p>2:00 Singing the tune w/ Susie Q - CR</p> <p>3:00 UNO/ Skip BO</p> <p>6:00 Movie Night : "Rudy" - CR</p>	<p>10:00 Shopping: H. St. Walmart 14</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Health Tips - CR</p> <p>2:00 Meet & Greet Newcomers Social- CR</p> <p>3:00 New Resident Orientation - CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>9:30 Bridge Club - Cafe 15</p> <p>10:00 Scenic Drive: Silver Strand</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 X-word Puzzle - CR</p> <p>2:00 Glee Club Rehearsal - CR</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 16</p> <p>11:00 Wackie Wordies - CR</p> <p>2:00 Wind Down Social - CR</p> <p>3:00 Corn Hole Challenge - CR</p> <p>6:00 Movie Night: "Gone with the Wind Part 1"- CR</p>	<p>9:00 Adventist Service - Lounge 17</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>3:00 Wonders of Color - CR</p> <p>6:00 Movie Night: "Gone with the Wind Part 2"-CR</p>
<p>9:30 Eastlake Church Service - LH 18</p> <p>10:15 Eucharistic Communion-In-room</p> <p>10:50 Catholic Confession -HC</p> <p>11:30 Catholic Mass-LH</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement - CR</p> <p>5:30 Arts & Craft w/ Claudia - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 19</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:15 History Lady (August Edition)- CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe 20</p> <p>10:00 Walking Club: Shelter Island</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Jeopardy - CR</p> <p>2:00 Cooking Class - CR</p> <p>3:00 Food Tasting & Feedback - CR</p> <p>6:00 Movie Night: "RV" - CR</p>	<p>10:00 Shopping: NC Walmart 21</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Matching Game - CR</p> <p>2:00 BIRTHDAY BASH w/ Raymond-Lobby</p> <p>3:00 SENIOR CITIZEN DAY Competition - LOBBY</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>9:30 Bridge Club - Cafe 22</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Memory Juggler - CR</p> <p>2:00 Domino/ Rummikub - CR</p> <p>2:00 Drum Circle - CP</p> <p>6:30 Concert at Balboa: Navy Band Southwest</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 23</p> <p>11:00 "Guess the year..." - CR</p> <p>2:00 Wind Down Social - CR</p> <p>3:00 Axe Throwing Game - CR</p> <p>6:00 Movie Night: "We Bought the Zoo"-CR</p>	<p>9:00 Adventist Service - Lounge 24</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>3:00 Wonders of Color - CR</p> <p>6:00 Movie Night: "Zookeeper"- CR</p>
<p>9:30 Eastlake Church Service - LH 25</p> <p>11:30 Catholic Mass-LH</p> <p>12:00 Anglican Service-HC</p> <p>2:00 Chair Yoga - CR</p> <p>2:45 Flower Arrangement - CR</p> <p>3:30 Garden Club - Patio</p> <p>5:30 Loteria w/ Claudia - CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 26</p> <p>11:00 Word Game - 1st Fl.</p> <p>2:00 Bingo w/ Barbara - CR</p> <p>3:00 Chair Travel w/ Minnie - CR</p> <p>5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>9:30 Bridge Club - Cafe 27</p> <p>10:00 Shopping: Dollar Store 4th St.</p> <p>10:30 Stronger-U Strength - CR</p> <p>11:00 Mix & Mingle w/ Miracle Moments Kids - CR</p> <p>3:00 Resident Council Meeting- CR</p> <p>6:00 Movie Night: "Definitely Maybe"</p>	<p>10:00 Scenic Drive: Little Italy 28</p> <p>10:30 Balloon Tennis -CR</p> <p>11:00 Who am I?- CR</p> <p>2:00 "THE FOODS THAT CAN IMPROVE BRAIN FUNCTION" (Youtube)- CR</p> <p>3:00 BINGO BAZAAR - CR</p> <p>5:30 Bingo Night w/ Mayra - CR</p>	<p>9:30 Bridge Club - Cafe 29</p> <p>10:30 Stronger-U Stretch -CR</p> <p>11:00 Lunch Bunch: "Red Lobster"</p> <p>11:00 Wackie Wordies - CR</p> <p>2:00 UNO/ Skip BO</p> <p>3:00 Ways to Improve Memory CR</p> <p>5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 30</p> <p>11:00 August Trivia</p> <p>2:00 Wind Down Social - CR</p> <p>3:00 TIC-TAC-TOE</p> <p>6:00 Movie Night: "As Good As It Gets"</p>	<p>9:00 Adventist Service - Lounge 31</p> <p>10:30 Balloon Tennis -CR</p> <p>1:00 Jewish Service - Lounge</p> <p>2:00 B-I-N-G-O Mania - CR</p> <p>3:00 Wonders of Color - CR</p> <p>6:00 Movie Night: "Marmaduke - CR</p>