




JUNE 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
JUNE CULTURE TOPIC: "PLAY" The Benefits of Play for Adults		<ul style="list-style-type: none">- Improves our connection to others. Sharing laughter and fun can foster empathy, compassion and trust.- Keeps us feeling young and energetic. Play can even boost your resistance to disease!- Keeps our brains healthy. Engaging in intellectually challenging games can prevent memory problems and improve brain function.			VITALITY PROGRAMS ARE SUBJECT TO CHANGE.	 Shavuot begins in June 11th	9:00 Adventist Service-Lounge 1 10:30 Balloon Tennis-CR 1:00 Jewish Service- Lounge 2:15 B-I-N-G-O Mania - CR 6:00 Movie Night - Lounge
2 9:30 Eastlake Church Service - LH 9:30 Sailing Trip - Shelter Island 11:30 Catholic Mass-LH 2:00 Chair Yoga - CR 2:45 Flower Arrangement- CR 5:30 Loteria (Mex. Bingo)- CR	3 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:15 IL Shopping Spree - Plaza 5:30 Rummikub / Dominoes w/ Loretta-CR	4 10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max 10:30 Bridge Group - Cafe 10:30 Stronger-U Strength -CR 11:00 Documentary: "The World in 2050" -CR 2:00 Resident Open Forum- CR 3:00 Jewelry Making - CR 6:00 Movie Night - Lounge	5 10:00 Walking Club: Embarcadero 10:30 Balloon Tennis -CR 11:00 June Tidbits - CR 2:00 Sound Therapy - CR 3:00 Calendar Planning-CR 5:30 Bingo Night - CR	6 10:00 Scenic Drive: Chula Vista Historic Site 10:30 Bridge Group - Cafe 10:30 Stronger-U Stretch -CR 11:00 What's your horoscope say? -CR 2:00 GLEE Club - CR 3:00 "Dance w/ Me" - CR 5:30 Left-Center-Right Game -CR		7 10:30 Stronger-U Movement w/ Mayra-CR 11:00 "Laughing Matters"- CR 2:00 Wind Down Social - CR 3:00 Dart Game - CR 6:00 Movie Night	8 9:00 Adventist Service - Lounge 10:30 Balloon Tennis -CR 1:00 Jewish Service - Lounge 2:15 B-I-N-G-O Mania - CR 6:00 Movie Night - Lounge
9 9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Chair Yoga - CR 2:45 Flower Arrangement- CR 5:30 Loteria (Mex. Bingo)- CR	10 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:00 Bandana Making - CR 5:30 Rummikub / Dominoes w/ Loretta-CR	11 10:00 Walking Club: Tidelands Park 10:30 Bridge Group - Cafe 11:00 Craft w/ M. Moments Kids - CR 2:00 Documentary: "Buried Secret of the Bible" - CR 3:00 What Is Shavuot? - CR 6:00 Movie Night - Lounge	12 10:00 Shopping: H. St. Walmart 10:30 Balloon Tennis -CR 11:00 Health Tips - CR 2:00 Ambassador Meeting - CR 3:00 Scent Creation w/ Minnie - CR 5:30 Bingo Night - CR	13 10:00 Trip to Miniature Craftmanship Museum- Carlsbad 10:30 Bridge Group - Cafe 10:30 Stronger-U Stretch -CR 2:00 USA Historical Flag/ How to Fold a Flag - CR 3:00 Bible Study w/ Carl - CR 5:30 Left-Center-Right Game -CR	14 10:30 Stronger-U Movement w/ Mayra-CR 11:00 "Laughing Matters"- CR 2:00 Wind Down Social - CR 3:15 PET Visit- Patio 6:00 Movie Night <div>Flag Day</div>	15 9:00 Adventist Service - Lounge 10:30 Balloon Tennis -CR 1:00 Jewish Service - Lounge 2:15 B-I-N-G-O Mania - CR 6:00 Movie Night - Lounge	
16 9:30 Eastlake Church Service - LH 10:15 Eucharistic Communion-In-room 10:50 Catholic Confession -HC 11:30 Catholic Mass-LH 11:30 Father's Day Luncheon - DR 2:00 Father's Day Celebration w/ Milana- Lobby 5:30 Loteria (Mex. Bingo)- CR	17 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:15 History Lady (Video)- CR 5:30 Rummikub / Dominoes w/ Loretta-CR	18 10:00 Trip to Japanese Garden-Balboa Park 10:30 Bridge Group - Cafe 10:30 Stronger-U Strength - CR 11:00 Documentary: "Top 5 Unsolved Mysteries of 2022" - CR 2:00 Meet & Greet Newcomers Social- CR 3:00 New Resident Orientation - CR 6:00 Movie Night - Lounge	19 10:00 Scenic Drive: Mission Bay 10:30 Balloon Tennis -CR 11:00 Matching Game - CR 2:00 BIRTHDAY BASH w/ Raymond-Lobby 3:00 Trivia "To Go" - Lobby 5:30 Bingo Night - CR	20 10:00 Scenic Drive: La Jolla 10:30 Bridge Group - Cafe 10:30 Stronger-U Stretch -CR 11:00 X-word Puzzle - CR 2:00 GLEE Club - CR 3:00 Let's Play "Hungry Hippo"- CR 5:30 Left-Center-Right Game -CR	21 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 Night	22 9:00 Adventist Service - Lounge 10:30 Balloon Tennis -CR 1:00 Jewish Service - Lounge 2:15 B-I-N-G-O Mania - CR 6:00 Movie Night - Lounge	
23 9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Chair Yoga - CR 2:45 Flower Arrangement- CR 5:30 Loteria (Mex. Bingo)- CR	24 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:00 Chair Travel - CR 5:15 Double Take Entertainment - Lobby	25 10:30 Bridge Group - Cafe 10:30 Stronger-U Strength - CR 11:00 \$\$ Lunch Bunch: "Chinese Buffet" 11:00 Mix & Mingle w/ Miracle Moments Kids - CR 1:30 Arts & Craft - CR 3:00 Resident Council Meeting- CR 6:00 Movie Night - Lounge	26 10:30 Balloon Tennis -CR 11:00 Who am I?- CR 2:00 Drum Circle - Plaza 2:00 UNO/ SKIP BO -CR 3:00 BINGO BAZAAR - CR 5:30 "Twilight in the Park"	27 10:00 Shopping: NC Walmart 10:30 Bridge Group - Cafe 10:30 Stronger-U Stretch -CR 11:00 Memory Juggler - CR 2:00 GLEE Club - CR 3:00 Table Horse Race - CR 5:30 Left-Center-Right Game -CR	28 10:30 Stronger-U Movement w/ Mayra-CR 11:00 Wackie Wordies - CR 2:00 Wind Down Social - CR 3:00 Axe Throwing Game - CR 6:00 Movie Night	29 9:00 Adventist Service - Lounge 10:30 Balloon Tennis -CR 1:00 Jewish Service - Lounge 2:15 B-I-N-G-O Mania - CR 6:00 Movie Night - Lounge	
30 9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Chair Yoga - CR 2:45 Flower Arrangement- CR 3:30 Garden Club - Patio 5:30 Loteria (Mex. Bingo)- CR	Did you know that play is just as important for adults as it is for children? Somewhere between childhood and adulthood, we tend to stop playing. The responsibilities of work, family and our hectic lives may make us forget to have fun just for the sake of it. The development of technology (and all those TV channels and apps!) make it easy to spend our leisure time on the sofa looking at a screen. While play is crucial for a child’s development, it’s important to know that engaging in fun, rejuvenating play can be an important source of relaxation and stimulation for grown-ups. It’s never too late to rediscover your playful, humorous self. Join us for some good old–fashioned fun this month!				 FLAG DAY –June 14th	 June 16TH	