


MAY 2024

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May is Mental Health Awareness Month! We will be learning about how we can take care of our own mental health while supporting each other, and hopefully sparking some meaningful conversations while sharing resources. The National Alliance of Mental Illness encourages us to Take a Moment this month to focus on self-care. This campaign also champions the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame.</p>			<p>10:30 Balloon Tennis -CR 11:15 Health Tips - CR 2:00 Ambassador's Meeting 3:00 Calendar Planning-CR 5:30 Bingo Night - CR</p>	<p>10:30 Art for All Ages - CR 2:00 Stronger-U Stretch -CR 2:30 Crafting Group -CR 5:30 Left-Center-Right Game -CR</p> 	<p>10:30 Stronger-U Movement -CR 11:00 Reminiscence - CR 2:00 Wind Down Social - CR 3:00 Dart Game - CR 6:00 Movie: "Fever Pitch"-Lounge</p>	<p>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: "Grease"- Lounge</p>
<p>9:30 Eastlake Church Service - LH 11:00 Cinco de Mayo Fiesta (Lunch) 11:30 Catholic Mass-LH 2:00 Cardio Drumming - CR 3:00 Garden Club - Patio 5:30 Loteria (Mex. Bingo)- CR</p>	<p>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</p>	<p>10:00 SD History Museum Trip 10:30 Stronger-U Strength -CR 11:00 Craft w/ M. Moments kids - CR 2:00 Resident Open Forum- CR 3:00 May Tidbits - CR 6:00 Movie: "Stand By Me" - L</p>	<p>10:00 Walking Club: Embarcadero 10:30 Balloon Tennis -CR 11:15 "Mind Blowing 'bout Mom" - CR 2:00 "How to Manage Mental Health" - CR 5:30 Bingo Night - CR</p>	<p>10:00 Shopping: Goodwill 10:30 Stronger-U Stretch - Lounge 11:00 Cranium Crunches Trivia - CR 2:00 Karaoke w/ Minnie - Lobby 3:00 Bible Study w/ Carl - CR 5:30 Left-Center-Right Game - Lounge</p>	<p>10:30 Stronger-U Movement w/ Mayra - Lounge 11:00 Random Trivia - CR 2:00 Wind Down Social - Patio 3:15 PET Visit- Patio 6:00 Movie: "Legends of the Fall"-Lounge</p>	<p>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: "Hope Floats"- Lounge</p>
<p>9:30 Eastlake Church Service - LH 11:00 Mother's Day Luncheon - DR 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Mother's Day Tea Social - Lobby 5:30 Loteria (Mex. Bingo)- CR</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 1:30 Bracelet Making w/ Priscilla & Yvonne - CR 3:00 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>10:00 Walking Club: Tidelands Park 10:30 Stronger-U Strength -CR 11:00 Fall Prevention w/ Age Strong-CR 2:00 Taking Control of your Mental Health - CR 6:00 Movie: "Romeo & Juliet"- Lounge</p>	<p>10:00 Shopping: H. St. Walmart 10:30 Balloon Tennis -CR 11:15 Memory Juggler - CR 2:00 Birthday Bash w/ Raymond - Lobby 3:00 Trivia "To Go" - Lobby 5:30 Bingo Night - CR</p>	<p>10:00 \$\$\$ Trip to Living Coast Discovery Center 10:30 Stronger-U Stretch -CR 11:00 Funniest Animal Video 2024 - CR 2:00 Head Banz Game -CR 2:30 UNO/ SKIP BO -CR 5:30 Left-Center-Right Game -CR 7:00 Armchair Astronomy: Star Trails -LH</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 11:00 Wackie Wordsies - CR 2:00 Wind Down Social - CR 3:00 Corn Hole Challenge - CR 6:00 Movie: "Bride Wars" -Lounge</p>	<p>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 Karate Kid"- Lounge</p>
<p>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</p>	<p>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 5:15 Double Take Entertainment - Lobby</p>	<p>10:00 Shopping: CVS/Trader Joe/ Sprouts/TJ Max 10:30 Stronger-U Strength -CR 11:00 Miracle Moments Kids Visit-CR 2:00 Meet & Greet Newcomers Social- CR 3:00 New Resident Orientation - CR 6:00 Movie: "Man On Fire" - Lounge</p>	<p>10:00 Scenic Drive: La Jolla 10:30 Balloon Tennis -CR 11:15 Matching Game - CR 2:00 BINGO BAZAAR - CR 2:00 Drum Circle - Club Paradise 5:30 Bingo Night - CR</p>	<p>10:00 Walking Club: J. St. Boat Lounge 10:30 Stronger-U Stretch -CR 11:00 Head Banz Game - CR 2:00 Cooking w/ Minnie - CR 3:00 Food Tasting/ Feedback - CR 5:30 Left-Center-Right Game -CR</p>	<p>10:30 Mother & Daughter Dou - Lobby 2:00 Stronger-U Movement w/ Mayra-CR 2:30 Wind Down Social - CR 6:00 Movie: "The New World"-Lounge 6:30 Jewish Shabbat Service -HC</p>	<p>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: "Safe Heaven"- Lounge</p>
<p>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</p>	<p>10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 1:30 Art Painting w/ Priscilla/ Yvonne - CR 3:00 Bingo w/ Barbara - CR 5:30 Rummikub / Dominoes w/ Loretta-CR</p>	<p>10:30 Stronger-U Strength -CR 11:00 \$\$ Lunch Bunch: Filippi's Italian Rest. 11:00 Jeopardy challenge - CR 2:00 UNO/ SKIP BO -CR 3:00 Resident Council Meeting- CR 6:00 Movie: "Meet The Browns"</p>	<p>10:00 Shopping: NC Walmart 10:30 Balloon Tennis -CR 2:00 Travel Log w/ Hernan - CR 3:15 Bingo w/ Mayra - CR 6:00 Movie: "You've Got Mail" - L</p>	<p>10:00 Scenic Drive: Mission Bay 10:30 Stronger-U Stretch -CR 11:00 May Trivia 2:00 I-phone/ Apple Tech Learning- CR 5:30 Left-Center-Right Game -CR</p>	<p>10:30 Stronger-U Movement w/ Mayra-CR 11:00 "Guess Who?"/ "What am I?" - CR 2:00 Wind Down Social - CR 3:00 Pop Dart Game - CR 6:00 Movie: "Out Of Time"-Lounge</p>	