

DECEMBER 2023

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This month's focus...Tending to Our Spiritual Selves Remember, we are not human beings having a spiritual experience. We are spiritual beings having a human experience. –Stephen Covey		Four Ways to Tend to Your Spiritual Wellness 1. Connect with a faith community where you feel valued and supported. 2. Volunteer and help others. 3. Practice meditation and mindfulness. 4. Spend quiet time in nature.			10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Tea Social - CR 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 1:15 NFL GAME - Lounge 2:00 Cardio Drumming - CR 3:00 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:15 X'mas Tree Decorating- CR 5:15 Double Take Entertainment - Lobby	10:00 Scenic Drive: Harbor Drive 10:30 Stronger-U Strength -CR 11:00 December Tidbits- CR 2:00 Resident Open Forum-CR 3:00 Talent Show Rehearsal - CR 6:00 Movie: Mystery/ Action - Lounge	10:00 Virtual Reality (1:1) 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Ambassador's Meeting-Lounge 3:00 Calendar Planning- Lounge 6:00 Holiday Lights Tour	10:00 Shopping: 99 Cents Store 10:30 Stronger-U Stretch -CR 11:00 Secret Spiritual Quotes-CR 1:00 Learning Scrabble - Cafe 2:00 Talent Show Rehearsal - CR 7:00 Armchair Astronomy: Cassini at Lapetus "2Faced Moon"-LH	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Tea Social - CR 3:15 PET Visit- CR 5:45 1st Day Hanukkah Candle Lighting-2nd Fl. 6:00 Movie: Musical/ Comedy-Lounge 6:30 Jewish Shabbat Service- HC	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 5:45 2nd Day Hanukkah Candle Lighting-2nd Fl 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 1:15 NFL GAME - Lounge 2:00 CA Note Catchers: Holiday Glow-LH 3:30 Flower Arrangement- CR 5:30 Holiday Lights Parade 5:45 3rd Day Hanukkah Candle Lighting-2nd Fl.	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo w/ Barbara - CR 3:15 Talent Show Rehearsal - CR 5:30 Rummikub / Dominoes w/ Loretta-CR 5:45 4th Day Hanukkah Candle Lighting - 2nd Fl.	10:30 \$\$ Lunch Bunch: Applebee's Restaurant 10:30 Stronger-U Strength -CR 2:00 UNO/ SKIP BO -CR 3:00 Talent Show Rehearsal - CR 5:45 5th Day Hanukkah Candle Lighting - 2nd Fl. 6:00 Movie: Mystery/ Action - Lounge 7:00 SD City Guard Band Holiday Show-LH	10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 All Staff Meeting - LH 3:00 Talent Show Rehearsal - CR 5:45 6th Day Hanukkah Candle Lighting- 2nd Fl. 6:00 Holiday Lights Tour 7:00 Pacific Coast Choral Holiday Show-LH	10:30 Stronger-U Stretch -CR 1:00 Learning Scrabble - Cafe 2:00 PM Shopping: H. St. Walmart 2:00 Talent Show Rehearsal - CR 3:00 Bible Study w/ Larry- Lounge 5:45 7th Day Hanukkah Candle Lighting-2nd Fl. 6:00 Holiday Lights Trip-Grp. 1	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Tea Social - CR 5:45 8th Day Hanukkah Candle Lighting-2nd Fl. 6:00 Movie: Musical/ Comedy-Lounge 7:00 Blue Christmas Service- HC	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 3:00 PV Chorus Christmas Concert-LH 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 10:15 Eucharistic Communion-In-room 10:50 Catholic Confession -HC 11:15 Catholic Mass-LH 1:15 NFL GAME - Lounge 2:00 Cardio Drumming - CR 3:00 British Brass Band-LH 3:00 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 1:30 Plaza & Cedars Show Rehearsal-LH 2:00 Bingo w/ Barbara - CR 3:15 Travel Log w/ Hernan - CR 5:30 Rummikub / Dominoes w/ Loretta-CR	10:00 Scenic Drive: Mt. Soledad 10:30 Stronger-U Strength -CR 11:00 Dress/ Make-Up Rehearsal-CR 2:00 Plaza & Cedars Talent Show- LH 6:00 Movie: Mystery/ Action - Lounge 7:00 PV Holiday Sing-along - Plaza	10:00 Shopping: Goodwill Store 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Cookie Decorating - Lobby 2:30 Refreshment: Hot Apple Cider/ Cookies - Lobby 5:30 Left-Center-Right Game -CR	10:00 Shopping: CVS/Trader Joe/Sprouts/TJ Max 10:00 Virtual Reality (1:1) 10:30 Stronger-U Stretch -CR 2:00 Holiday Gathering/ Sing-along/ Games- CR 2:30 Meet & Greet New Residents - CR 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Tea Social - CR 6:00 Movie: Musical/ Comedy-Lounge 6:30 Jewish Shabbat Service-HC	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 1:15 NFL GAME - Lounge 2:00 Cardio Drumming - CR 3:00 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	10:30 Stronger-U Exercise - CR 11:00 Word Game - CR 1:00 Holiday Luncheon-DR 2:00 SANTA Visits -2nd Fl. 6:00 Movie Night: See posting	10:00 AM Shopping: H. St. Walmart 10:30 Stronger-U Strength -CR 2:00 UNO/ SKIP BO -CR 3:00 Resident Council Meeting (Election)- CR 6:00 Movie: Mystery/ Action - Lounge	10:00 Scenic Drive: Balboa Park 10:30 Balloon Tennis -CR 11:00 Trivia Challenge-CR 2:00 Birthday Bash w/ Raymond-Lobby 2:00 Trivia -to-Go - Lobby 5:30 Bingo with Mayra - CR	10:00 Scenic Drive: La Jolla 10:30 Stronger-U Stretch -CR 1:00 Learning Scrabble - Cafe 2:00 Drum Circle - Plaza 2:30 Arts & Craft projects - CR 5:30 Left-Center-Right Game -CR	10:30 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Tea Social - CR 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 10:30 Balloon Tennis-CR 1:00 Jewish Service- CR 2:15 Bingo Mania - CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service - LH 11:15 Catholic Mass-LH 1:15 NFL GAME - Lounge 2:00 Cardio Drumming - CR 3:00 Flower Arrangement- CR 5:30 UNO/ SKIP - BO - CR	All Vitality Programs are subject to change.					