


# March 2025

## Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All Activities are Subject to Change</b></p> 						<p>9:00 Adventist Service - Lounge (CR) 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Ice Cream Social &amp; Games (CR)</p>
<p>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:00 Walking Club: Putting Green Area (PG) 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 3rd Fl. 11:00 Word Games - 1st Floor 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Dancing with Birds 51 mins. (CR) 3:15 IL Shopping Spree - Plaza 5:30 Bingo Night w/Loretta (CR)</p>	<p>12:30 Special Themed Mardi Gras Lunch (DR) 9:30 Shopping: Walgreens &amp; Vallarta (L) 10:30 Stronger-U Strength w/ Mayra (CR) 2:00 Resident Open Forum (CR) 3:00 Seashell Frame Art Project CR 6:00 Movie Night: Conclave 2 hrs. (LH)</p>	<p>9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (L) 10:30 Balloon Tennis (CR) 11:00 Ash Wednesday Service (LH) 11:00 Senior Trivia Challenge (CR) 2:00 Ambassador's Meeting 2:30 Calendar Planning-CR 5:30 Bingo Night w/ Mayra (CR)</p>	<p>10:00 Games Resident Choice (CR) 11:00 Art for All Ages (CR) 2:00 Stronger U Stretch w/ Mayra (CR) 5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger-U Movement w/ Mayra (CR) 11:00 Mardi Gras Trivia (CR) 2:00 Peanut Butter Cookie Social:National Peanut Butter Lovers Day (Cafe) 3:15 Pet Visit - Patio 6:00 Movie Night: Heart of Champions 1 hr. 59 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Ice Cream Sandwich Social &amp; Games (CR)</p>
<p>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 1:00 Walking Club: Putting Green Area (PG) 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 3rd Fl. 11:00 Word Games - 1st Floor 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Surviving Paradise: A Family Tale 1 hr. 19 mins. (CR) 5:30 Bingo Night w/Loretta (CR)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Sing-a-Long with Miracle Moments Kids (CR) 1:30 Shopping: Walmart H. Street (L) 2:00 Making St. Patrick's Day Cookies (CR) 6:00 Movie Night: Wicked 2 hrs. 40 mins. (LH)</p>	<p>9:30 Scenic Drive: Balboa Park (L) 10:00 Road Runner Sports Footwear Shoe Fitting &amp; Sale (Plaza AD) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Games Resident Choice CR 5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Scenic Drive: Seaport Village (L) 11:00 Stronger U Stretch w/ Mayra (CR) 2:00 Cornhole (CR) 3:00 Bible Study w/ Carl - CR 5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger-U Movement w/ Mayra (CR) 11:00 St. Patrick's Day Trivia (CR) 2:00 Pound Cake Social: National Pound Cake Day (Cafe) 6:00 Movie Night: The Age of Adaline 1 hr. 52 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Popsicle Social (CR)</p>
<p>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:00 Walking Club: Putting Green Area (PG) 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 3rd Fl. 11:00 Word Games - 1st Floor 11:30 Special Themed St. Patrick's Day Lunch (DR) 2:00 Rose Academy of Irish Dance Performance (LH) 3:00 Documentary: Chasing Coral 1 hr. 29 mins. (CR) 5:30 Bingo Night w/Loretta (CR)</p>	<p>10:30 Stronger-U Strength w/ Mayra (CR) 1:30 Walking Club: Tideland Park (L) 2:00 Making Irish Soda Bread (CR) 6:00 Movie Night: Lion 1 hr. 58 mins. (Club Room)</p>	<p>9:30 Scenic Drive: Mount Soledad (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 BIRTHDAY BASH w/ Raymond-Lobby 5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Walking Club: Lake Murray (L) 11:00 Head Bands (CR) 11:00 Stronger U Stretch w/ Mayra (CR) 2:00 Spa Day (CR) 5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger-U Movement w/ Mayra (CR) 11:00 Fun Facts in March (CR) 2:00 Chips &amp; Dip Social: National Chip &amp; Dip Day (Cafe) 6:00 Movie Night: The Wonderful Story of Henry 1 hr. 39 mins. (Club Room)</p>	<p>9:00 Adventist Service - Lounge 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Ice Cream Cone Social (CR)</p>
<p>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 12:00 Anglican Service-HC 1:00 Walking Club: Putting Green Area (PG) 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 3rd Fl. 11:00 Word Games - 1st Floor 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Dolly Parton: A MusicCares Tribute CR 5:00 Bingo Night w/Loretta (CR)</p>	<p>9:30 Stronger-U Strength w/ Mayra (CR) 10:00 Resident Council Meeting- CR 11:00 Mix &amp; Mingle w/ Miracle Moments Kids - CR 11:30 Lunch at Golden House Chinese Restaurant (L) 2:00 Meet &amp; Greet New Residents - CR 6:00 Movie Night: Downton Abbey 2 hrs. 2 mins. (Club Room)</p>	<p>10:00 Walking Club: Rohr Park (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 3:30 BINGO BAZAAR (CR) 5:30 Bingo Night w/ Mayra (CR)</p>	<p>9:30 Scenic Drive: Harbor Island (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Senior Trivia Challenge (CR) 2:00 Sing-a-Long w/ Susie Q (CR) 5:30 Left-Center-Right (CR)</p>	<p>10:30 Stronger-U Movement w/ Mayra (CR) 11:00 Spring Trivia (CR) 2:00 Cheese Cake Social: National Cheese Cake Day (Cafe) 6:00 Movie Night: NYAD 2 hrs. 1 min. (Club Room) 6:30 Jewish Shabbat Service- HC</p>	<p>9:00 Adventist Service - Lounge 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Ice Cream Drumstick Social (CR)</p>
<p>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:00 Walking Club: Putting Green Area (PG) 2:00 Chair Yoga - CR 2:45 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR)</p>	<p>10:30 Stronger-U: Balance Exercise w/ Claudia - 3rd Fl. 11:00 Word Games - 1st Floor 3:00 Documentary: " " - CR 5:30 Bingo Night w/Loretta (CR)</p>	<p><b>March Culture Topic: Move More in March</b>            * Exercise stimulates brain chemicals that can leave your feeling happier and more relaxed.            * Regular exercise can enhance the body's immune response, making it more effective at fighting off infections.            * Being physically active can help you fall asleep faster and deepen your sleep.            * Exercise can improve your memory and brain function in all phases of life.            * Engaging in regular physical activity is associated with a longer lifespan and can reduce the risk of diabetes and stroke.</p>			<p><b>Move More Madness Challenge:</b> 15 Classes/Workouts in 30 Days!</p> <p>Complete 15 Cedars Fitness classes or workouts in 30 Days and receive a prize! Challenge starts March 1st. See Vitality Assistants for more information.</p> 