

MARCH 2023

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March Focus "When it comes to health and wellbeing, regular exercise is about as close to a magic potion as you can get." - Thich Nhat Hanh	HAPPY St. Patrick's DAY 3/17/2023					
5 One-on-One Program 9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	6 One-on-One Program 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Shake & Bake w/ Minnie-CR 3:15 Bingo w/ Barbara - CR 5:30 Entertainment w/ Double Take-Lob.	7 One-on-One Program 10:30 Stronger-U Strength w/ Mayra -CR 2:00 Variety Show Rehearsal-CR 2:00 Walking Club: Rohr Park 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	8 One-on-One Program 10:00 Shopping: Walgreens 10:30 Stronger-U Cardio - CR 11:00 Health Tips-CR 2:00 Meet & Greet New Res. - CR 3:00 RESIDENT COUNCIL 5:45 Evening BINGO w/ Mayra - CR	9 One-on-One Program 10:00 Scenic Drive: Balboa Park 10:30 Stronger-U Stretch -CR 11:00 Matching Game - CR 1:00 Learning Scramble - Cafe 2:00 Bible Study w/ Carl - Lounge 5:45 Left-Center-Right Game w/ Mayra-CR	10 One-on-One Program 10:30 News & Views with Herman - CR 11:15 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Pampered Hands- CR 6:00 Movie: Musical/ Comedy-Lounge 6:30 Jewish Shabbat Service-HC	11 One-on-One Program 9:00 Adventist Service-Lounge 4th Floor 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Afternoon Matinee: "Mr. Popper's Penguins" - Lounge 2:00 Southwestern Choral Concert-LH 6:00 Movie: Country/ Family- Lounge
12 One-on-One Program 9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	13 One-on-One Program 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Documentary: Visit Ireland - CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Mayra-CR	14 One-on-One Program 10:30 Stronger-U Strength w/ Mayra -CR 11:00 Finish The Line...- CR 2:00 Variety Show Rehearsal-CR 2:00 Walking Club: Tidlands Park 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	15 One-on-One Program 10:00 Shopping: 99 Cents Store 10:30 Stronger-U Cardio - CR 11:00 Mind Jugglers - CR 2:00 Creative Writing- Art Studio 2:00 Resident Council Chat-Lobby 5:45 Evening BINGO w/ Mayra - CR	16 One-on-One Program 10:30 Stronger-U Stretch -CR 11:00 Guessing Game (Sound)-CR 1:00 Learning Scramble - Cafe 2:00 Garden Club 3:15 New Resident Orientation- Café 5:45 Left-Center-Right Game w/ Mayra-CR	17 One-on-One Program 10:30 News & Views with Herman - CR 11:15 Stronger-U Movement w/ Mayra-CR 11:30 St. Paddy's Day Theme Lunch 1:00 SCRABBLE- Cafe 2:00 Relaxing w/ Music and Lavender- CR 2:00 Rose Academy Irish Dancers-LH 6:00 Movie: Musical/ Comedy-Lounge	18 One-on-One Program 9:00 Adventist Service-Lounge 4th Floor 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Afternoon Matinee: "It's Complicated"" - Lounge 6:00 Movie: Country/ Family- Lounge
19 One-on-One Program 9:30 Eastlake Church Service-LH 10:15 Eucharistic Communion 10:50 Cath. Confession - HC 11:15 Catholic Mass-LH 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	20 One-on-One Program 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Book Club - Library 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Mayra-CR	21 One-on-One Program 10:30 Stronger-U Strength w/ Mayra -CR 11:00 Miracle Moments Visits- CR 2:00 All Staff Meeting - LH 2:00 Walking Club: Pier 29 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	22 One-on-One Program 10:00 Shopping: H. St. Walmart 10:30 Stronger-U Cardio - CR 11:00 Photo Projection (NEW)-CR 2:00 Birthday Bash w/ Raymond-Lobby 5:30 FAMILY UPDATE- Cafe	23 One-on-One Program 10:00 Scenic Drive: Imperial Beach 10:30 Stronger-U Stretch -CR 11:00 Movie Trivia - CR 1:00 Learning Scramble - Cafe 2:00 Bible Study w/ Carl - Lounge 2:00 Drum Circle - Plaza 5:45 Left-Center-Right Game w/ Mayra-CR	24 One-on-One Program 10:30 News & Views with Herman - CR 11:15 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Pampered Hands - CR 6:00 Movie: Musical/ Comedy-Lounge	25 One-on-One Program 9:00 Adventist Service-Lounge 4th Floor 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Afternoon Matinee: "We Bought a Zoo" - Lounge 6:00 Movie: Country/ Family- Lounge
26 One-on-One Program 9:30 Eastlake Church Service-LH 11:15 Catholic Mass-LH 12:00 Anglican Service-HC 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	27 One-on-One Program 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 Word Game - 1st Fl. 2:00 Bingo Bazaar- CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Mayra-CR	28 One-on-One Program 10:30 Stronger-U Strength -CR 11:00 Name That Tune - CR 11:30 Lunch Bunch: Red Lobster 2:00 Variety Show Rehearsal- CR 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	29 One-on-One Program 10:30 Stronger-U Cardio - CR 11:00 Movie and Stars Trivia-CR 2:00 Cooking Demo -CR 5:45 Evening BINGO w/ Mayra - CR	30 One-on-One Program 10:30 Stronger-U Stretch -CR 11:00 Funniest Videos-CR 1:00 Learning Scramble - Cafe 2:00 Drum Circle - CR 5:45 Left-Center-Right Game w/ Mayra-CR	31 One-on-One Program 10:30 News & Views with Herman - CR 11:15 Stronger-U Movement w/ Mayra-CR 1:00 SCRABBLE- Cafe 2:00 Relaxing w/ Music and Lavender-CR 6:00 Movie: Musical/ Comedy-Lounge	All programs are subject to change.