

September 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change.		9:30 Shopping: Wallgreens & Vallarta (L) 10:00 Stronger U-Strength (CR) 10:30 Word Chain Game (CR) 1:00 Matinee Movie: The Man in The Moon 1hr 40min (Club Room) 1:00 Resident Open Forum (CR) 6:00 Movie: The Man in The Moon 1hr 40min (ClubRoom)	9:30 Walking Club: Rhor Park CV (L) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 1:00 BINGO BAZAAR (CR) 2:00 Parkinson's Support Group (Plaza Library) 2:30 Calendar Planning (CR) 5:30 Game Night (CR) 6:00 Meditation for Beginners (Club Room)	9:30 Scenic Drive: Harbor Island SD (L) 10:30 Art For All Ages (Cafe 2nd fl) 11:00 Stronger-U Stretch (CR) 11:30 Word Chain (CR) 1:30 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 11:00 September Trivia(CR) 1:00 Matinee Movie: Enola Holmes 2hr 3min (Club Room) 3:15 Pet Visit (Patio) 3:30 Bingo (CR) 6:00 Movie: Enola Holmes 2hr 3min (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Cardio Drumming (CR) 11:00 Saturday Hot Topics (CR) 1:00 Doc: Con Mum 1hr 28min (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service (LH) 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass (LH) 1:00 Matinee Movie: The Aviator (Club Room) 5:30 Game Night - Resident Choice (CR) 6:00 Movie: The Aviator (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Bingo (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 2:00 Diabetes Support Group (Plaza) 3:00 Doc: Mysteries of the Terracotta Warriors 1h 17min (Club Room) 3:00 IL Shopping Spree- Plaza 5:00 Bingo (CR) 6:30 Starlyte Duo & Mocktails (L)	9:00 BABA Foods (TCA) 9:30 Balboa Park free Museum Day Air & Space Museum (L) 10:00 Stronger U Strength (CR) 10:30 Word Chain Game (CR) 1:00 Matinee Movie: Enola Holmes 2 2hr 10min(Club Room) 2:00 Cooking Sweet Pineapple Shrimp Skewers (CR) 6:00 Movie: Enola Holmes 2 2hr 10min (Club Room)	9:30 Shopping: Target Plaza Bonita (L) 10:00 Kujo Eats Pop Up (TCA) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 3:30 Book Club(CR) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	9:30 Scenic Drive: Coronado (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:30 Gardening (Patio) 2:30 Resident Spa Day (CR) 5:30 Farkle (CR) 5:35 NFL International Game (CR)	10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Enola Holmes 3 1h 48min (Club Room) 1:30 Jewelry Making (CR) 3:30 Bingo (CR) 6:00 Movie: Enola Holmes 3 1hr 48min (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 11:00 Saturday Hot Topics (CR) 1:00 Doc: Becoming: Michelle Obama 1hr 29min (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass-LH 1:30 Ice Cream Social (Patio) 5:30 Game Night - Resident Choice (CR) 6:00 Movie: Oklahoma 2h 25min (CR)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Breakdown 1975 1hr 30min (Club Room) 5:15 Monday Night Football (Club Room) 6:30 Pajama Party & Pizza Karaoke & Mocktails w/ Glenn (L)	10:00 Nova Sourdough Pop up (Plaza) 10:00 Viejas Outlets & Lunch (L) 10:30 StrongerU Strength (CR) 11:00 Word Chain Game (CR) 11:30 Resident Birthday Luncheon (Patio) 1:00 Matinee Movie: The Boy in the Stripped Pajamas 1hr 34min (Club Room) 1:30 Time Capsule & Snow Cones (Patio) 2:30 Craft: Making Pressed Flower LED Candles (CR) 6:00 Movie: The Boy in the Stripped Pajamas 1hr 34 min (Club Room)	9:30 Shopping: Dollar Tree NC (L) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:00 Birthday Bash w/Raymond (L) 2:00 Parkinson's Support Group (Plaza Library) 5:30 Game Night (CR) 6:00 Meditation for Beginners (Club Room)	9:30 Walking Club: Shelter Island (L) 11:00 Stronger-U Stretch (CR) 11:30 Word Chain (CR) 1:30 Lemonade & Lemon Cake (Patio) 3:30 Games: Resident Choice (CR) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Barry 1hr 44min (Club Room) 1:30 Jewelry Making (CR) 3:30 Bingo (CR) 5:00 Happy Hour - Double Take Duo (L) 6:00 Movie: Barry 1hr 44min (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Cardio Drumming (CR) 11:00 Saturday Hot Topics (CR) 1:00 Doc: Dancing With Birds 51min (Club Room) 2:00 Performance: Cowboy Jack (L) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass-LH 1:00 Matinee Movie: Concussion 2h 3min (CR) 5:30 Game Night - Resident Choice (CR) 6:00 Movie: Concussion 2h 3min (CR)	10:00 Road Runner Sport Shoe Sale (Activity Deck) 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 2:30 Craft: Making Fall Wreaths (CR) 3:00 Documentary: The Last Days 1hr 27min (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (CR)	9:00 BABA Foods (TCA) 10:30 StrongerU Strength (CR) 11:00 Word Chain Game (CR) 1:00 Matinee Movie: The Wizard of Lies 2hr 13min (Club Room) 2:00 Jewelry Making (CR) 6:00 Movie: The Wizard of Lies 2hr 13min (Club Room)	10:00 Kujo Eats Pop UP (TCA) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 1:30 Travel Log w/Hernan (CR) 3:30 BINGO BAZAAR (CR) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	9:30 Shopping: Walmart NC(L) 10:00 Lysa from Intoxicakes (Plaza) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:30 Gardening (Patio) 2:30 Resident Spa Day (CR) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Corrina, Corrina 1hr 55min (Club Room) 1:30 Making Pumpkin Roll w/Ciara (CR) 3:30 Bingo (CR) 6:00 Movie: Corrina, Corrina 1hr 55min (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 11:00 Saturday Hot Topics (CR) 1:00 Doc: The Mystery of Marilyn Monroe: Unheard Tapes 1hr 41min (Club Room)) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass-LH 1:00 Matinee Movie: My Big Fat Greek Wedding 1hr 35min (Club Room) 5:30 Game Night - Resident Choice (CR) 6:00 Movie: My Big Fat Greek Wedding 1hr 35min (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Apollo 11 1hr 32min (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (CR)	9:30 Walking Club: Spanish Villa Balboa Park (L) 10:00 Nova Sourdough Pop Up (Plaza) 10:00 StrongerU Strength (CR) 10:30 Word Chain Game (CR) 11:00 Resident Council Meeting (CR) 1:00 Matinee Movie: Grease 1hr 45min (Club Room) 1:00 Meet & Greet New Residents (CR) 6:00 Movie: Grease 1hr 45min (Club Room)	9:30 Shopping: Walmart H Street (L) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:00 Resident Spa Day 5:30 Game Night (CR) 6:00 Meditation for Beginners (Club Room)	September Culture Month: Play! Being silly and engaging in playful behavior can enhance creativity and increase energy levels. Play can boost mood and promote positive emotions. It can encourage laughter, joy and a sense of freedom, which can combat feelings of depression and loneliness. Incorporating play into adulthood is not just about having fun; its a vital aspect of maintaining mental, emotional and physical well-being.		