

October 2026

Cedars Assisted Living Vitality Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>October Talking Points:</div> <div>Creative Collaboration</div> <div>This Month we are focusing on the value of creativity and the positive impact that collaborative projects can have on our communities. The act of creating can produce a sense of purpose and bring people together.</div> <div>-Work toward a common goal together</div> <div>-Gives us a chance to create something beautiful.</div> <div>-It's Fun</div> <div>-It provides an opportunity for everyone to contribute and create something unique.</div>				9:30 Scenic Drive: Harbor Island SD (L) 10:30 Stronger-U Stretch (CR) 11:00 October Trivia (CR) 1:30 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	10:30 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Catch Me if You Can 2h 21m (Club Room) 3:15 Pet Visit (Patio) 3:30 Bingo Night (CR) 6:00 Evening Movie: Catch Me if You Can 2h 21m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger U-Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: Dolly Parton's Heart Strings Episode 1 1h 7m (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 1:05 NFL Sunday Football (Club Room) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arranging (CR) 5:30 Game Night - Resident Choice (CR) 6:00 Evening Movie: Somethings Gotta Give 2h 8m (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Trivia (CR) 1:30 Karaoke w/ Michelle (Cafe 2nd fl) 2:30 Documentary: Dolly Parton's Heart Strings Episode 2 1h2m (Club Room) 3:00 IL Shopping Spree- Plaza 4:00 Bingo (CR) 6:30 Starlyte Duo & Mocktails (L)	9:30 Shopping: Village Walk at Eastlake (L) 10:30 StrongerU Strength (CR) 11:00 Word Chain Game (CR) 1:00 Matinee Movie : The Other Boleyn Girl 1h 55m (Club Room) 1:00 Resident Open Forum (CR) 2:00 Making Soft Pretzel Bites 6:00 Evening Movie: The Other Boleyn Girl 1h 55m (Club Room)	9:30 Walking Club: Rhor Park (L) 10:00 Kujo Eats Pop Up (Parking Lot) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:00 Parkinson's Support Group (Plaza Library) 2:30 Calendar Planning (CR) 5:30 Documentary: Dolly Parton's Heart Strings Episode 3 1h 2m (Club Room) 5:30 Game Night (CR)	9:30 Scenic Drive: Coronado (L) 10:30 Stronger-U Stretch (CR) 11:00 Family Feud Game (CR) 1:30 Gardening (Patio) 2:30 Resident Spa Day (CR) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	10:00 Creative Collaboration w/Staff & Residents (CR) 11:00 Stronger U Movement (CR) 11:30 Trivia(CR) 1:00 Matinee Movie: The Boys in the Boat 2h 4m (Club Room) 2:00 Cookie Social Hour (Cafe 2nd fl) 3:30 Bingo Night (CR) 6:00 Evening Movie: The Boys in the Boat 2h 4m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger U-Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: Dolly Parton's Heart Strings Episode 4 1h 4m (Club Room) 3:30 Bingo (CR) 5:30 Independent 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 Chair Yoga (CR) 1:05 NFL Sunday Football (Club Room) 3:30 Flower Arranging (CR) 5:30 Game Night - Resident Choice (CR) 6:00 Movie: Casablanca 1h 42m (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 2:30 Documentary: Dolly Parton's Heart Strings Episode 5 1h 6m (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (Club Room)	10:30 StrongerU Strength (CR) 10:45 Out to Lunch: Sizzler (L) 11:00 Word Chain Game (CR) 1:00 Matinee Movie: A League of Their Own 2h 7m (Club Room) 2:30 Halloween Craft: Pet Ghost in a Jar (CR) 6:00 Evening Movie: A League of Their Own 2h 7m (Club Room)	9:30 Shopping: Target Plaza Bonita (L) 10:00 Nova Sourdough & Tacos Pop up (Plaza) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 1:00 Documentary: Dolly Parton's Heart Strings Episode 6 59m (Club Room) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	9:30 Walking Club: Shelter Island (L) 10:30 Stronger-U Stretch (CR) 11:00 Family Feud Game (CR) 1:30 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	10:30 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Seems Like Old Times 1h 42m (Club Room) 2:00 Caramel & Apple Bites Social (Cafe 2nd Fl) 3:30 Bingo Night (CR) 6:00 Evening Movie: Seems Like Old Times 1h 42m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger U-Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: Dolly Parton's Heart Strings Episode 7 56m (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 1:05 NFL Sunday Football (Club Room) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arranging (CR) 5:30 Independent Game Night - Resident Choice (CR)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Trivia (CR) 1:30 Karaoke w/ Michelle (Cafe 2nd fl) 2:30 Dolly Parton's Heart Strings Episode 8 1h 25m (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (Club Room)	9:30 San Diego Museum of Art (Free) (L) 10:30 Stronger U-Strength (CR) 11:00 Word Chain Game (CR) 11:30 Resident Birthday Luncheon (Patio) 1:00 Matinee Movie: Imitation of Life 2h 5m (Club Room) 2:00 Jewelry Making (CR) 6:00 Movie: Imitation of Life 2h 5m (Club Room)	9:30 Shopping: Dollar Tree (L) 10:00 Kujo Eats Pop Up (Parking Lot) 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)	9:00 Bates Nut Farm & Pumpkin Patch (Lobby) 10:30 Stronger-U Stretch (CR) 11:00 Family Feud Game (CR) 1:30 Gardening (Patio) 2:30 Resident Spa Day (CR) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	10:30 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Hocus Pocus 1h 36m (Club Room) 2:00 Making Ube Turon w/Michelle (CR) 3:30 Bingo Night (CR) 6:00 Movie: Hocus Pocus 1h 36m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger U-Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: Martha 1h 53m (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 1:05 NFL Sunday Football (Club Room) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arranging (CR) 5:30 Independent Game Night - Resident Choice (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: Chimp Empire Episode 1 52min (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (Club Room)	9:30 Walking Cub: Spanish Villa Balboa Park (L) 10:00 Stronger U-Strength (CR) 11:00 Resident Council Meeting (CR) 1:00 Matinee Movie: Ghost 2h 8m (Club Room) 1:00 Meet & Greet New Residents (CR) 2:30 Craft: Making Leaf Bowls (CR) 6:00 Movie: Ghost 2h 8m (Club Room)	9:30 Shopping: Walmart H Street (L) 10:00 Nova Sourdough Pop up (Plaza) 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) 10:30 Stronger-U Stretch (CR) 11:00 Family Feud Game (CR) 1:30 Gardening (Patio) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	10:30 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Practical Magic 1h 44m (Club Room) 2:00 Cooking a Roast w/Ciara 3:30 Bingo Night (CR) 5:30 Halloween Performance by Luke (Lobby) 6:00 Movie: Practical Magic 1h 44m (Club Room)	9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Cardio Drumming (CR) 10:30 Stronger U-Cardio (CR) 11:00 Saturday Hot Topics (CR) 1:30 Documentary: Secret Lives of Orangutans 1h 19m (Club Room) 3:30 Bingo & Chocolate Ghost Shakes (CR) 5:30 Mexican Train Dominoes (CR)