PARADISE VILLAGE
A GENERATIONS COMMUNITY

November 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 Sunday NFL Football (CR) 2:00 Walking Club: Putting Green Area (PG) 3:00 Point Loma Nazareth Choir Concert (LH) 3:30 Flower Arranging (CR) 5:30 Shuffle Board (Club Room)	**2** 10:30 Stronger U-Movement w/Michelle (CR) 11:00 Trivia (CR) 1:30 Karaoke w/ Michelle (Cafe 2nd fl) 2:30 Documentary: Abraham Lincoln Episode 1 1h 45m (Club Room) 3:00 IL Shopping Spree- Plaza 4:00 Bingo (CR) 5:15 Monday Night Football (Club Room) 6:30 Starlyte Duo & Mocktails (L)	**3** 9:30 Shopping: Village Walk at Eastlake (L) 10:00 Voters Day: Trip to the Polls (L) 10:30 Stronger U-Strength (CR) 11:00 Finish The Line w/Loretta (CR) 1:00 Matinee Movie A Bronx Tale 2h 1m (Club Room) 1:00 Resident Open Forum (CR) 6:00 Evening Movie: A Bronx Tale 2h 1m (Club Room)	**4** 9:30 Walking Club: Rhor Park (L) 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 Shuffle Board (Club Room)	**5** 9:30 Shopping: Target Plaza Bonita (L) 10:00 Art For All Ages (Cafe) 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)	**6** 10:30 Stronger U Movement w/Donna (CR) 11:00 Trivia (CR) 1:00 Matinee Movie: Some Like it Hot 2hrs (Club Room) 3:15 Pet Visit (Patio) 3:30 Bingo (CR) 6:00 Evening Movie: Some Like it Hot 2hrs (Club Room)	**7** 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger U-Cardio w/Donna (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: Abraham Lincoln Episode 2 1h 44 (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
8 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 Sunday NFL Football (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arranging (CR) 5:30 Shuffle Board (Club Room)	**9** 10:30 Stronger U-Movement w/Michelle (CR) 11:00 Word Games w/Ciara (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 2:30 Documentary: Abraham Lincoln Episode 3 1h 46m (Club Room) 4:00 Bingo (CR) 5:00 Luke Andreen & Mocktails (L) 5:15 Monday Night Football (Club Room)	**10** 9:30 Shopping: Village Walk at Eastlake (L) 10:30 Stronger U Strength w/ Loretta (CR) 11:00 What AM I? (CR) 1:00 Matinee Movie: A Man Called Otto 2h 6m (Club Room) 2:00 Making 7 layer Bean Dip w/Loretta (CR) 6:00 Evening Movie: A Man Called Otto 2h 6m (Club Room)	**11** 9:30 Shopping: Target Plaza Bonita (L) 10:00 Nova Sourdough Pop Up (Plaza) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 1:30 Salute to Our Veterans Ceremony: Tea & Coffee Social (L) 3:30 Book Club (CR) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	**12** 9:30 Walking Club: Shelter Island (L) 10:30 Stronger-U Stretch (CR) 11:00 Family Feud Game (CR) 1:30 Gardening (Patio) 2:00 Raffle Basket Staff Fundraiser (PAD) 2:30 Resident Spa Day (CR) 5:15 Thursday Night FootBall (CR) 5:30 Farkle (CR)	**13** 10:30 Stronger U Movement w/ (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: The Blues Brothers 2h 13m (Club Room) 2:00 Cookie Social Hour (Cafe 2nd fl) 3:30 Bingo (CR) 6:00 Evening Movie: The Blues Brothers 2h 13m (Club Room)	**14** 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Cardio Drumming w/Donna (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: Blood Brothers: Malcom X & Muhammad Ali 1h 36m (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
15 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) 11:00 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 Shuffle Board (Club Room)	**16** 10:30 Stronger U Movement w/Michelle (CR) 11:00 Trivia(CR) 1:30 Karaoke w/ Michelle (Cafe 2nd fl) 2:30 Documentary: Return of the King: The Fall and Rise of Elvis Presley 1h 31m (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (Club Room)	**17** 10:30 Out to Lunch: The Olive Garden (L) 10:30 Stronger U-Strength (CR) 11:00 Travel Log w/Loretta (CR) 11:30 Resident Birthday Luncheon (PD) 1:00 Matinee Movie: One Flew Over the Cuckoo's Nest 2h 14m (Club Room) 2:00 Craft: Fall Resin Table Coasters 2:00 Southwestern College Guitar Ensemble (LH) 6:00 Evening Movie: One Flew Over the Cuckoo's Nest 2h 14m (Club Room)	**18** 9:30 Shopping: Walmart NC(L) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:00 November Birthday Bash w/Raymond (L) 2:00 Parkinson's Support Group (Plaza Library) 5:30 Shuffle Board (Club Room)	**19** 9:45 Shopping: Costco H Street (L) 10:00 Trivia(CR) 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)	**20** 10:30 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: Captain Phillips 2h 14m (Club Room) 3:30 Bingo (CR) 5:00 Happy Hour : Double Take Duo (L) 6:00 Evening Movie: Captain Phillips 2h 14m (Club Room)	**21** 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger U-Cardio w/Donna (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: American Factory 1h 50m (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
22 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) 1:05 NFL Sunday Football (Club Room) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arranging (CR) 5:30 Shuffle Board (Club Room)	**23** 10:30 Stronger U-Movement w/Michelle (CR) 11:00 Word Games (CR) 1:30 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: Air Force Elite: Thunderbirds 1h 31m (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (Club Room)	**24** 10:00 Stronger U-Strength (CR) 11:00 Resident Council Meeting (CR) 1:00 Matinee Movie: La Bamba 1h 48m (Club Room) 2:00 Making Stuffed Zucchini Boats w/Loretta (CR) 6:00 Evening Movie: La Bamba 1h 48m (Club Room)	**25** 9:30 Scenic Drive: Sunset Cliffs & Point Loma (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)	**26** 10:00 NFL Thanksgiving Day: Detroit Lions vs. Chicago Bears (Club Room) 10:30 Stronger-U Stretch (CR) 11:00 Family Feud Game (CR) 1:30 Gardening (Patio) 1:30 NFL Thanksgiving Day: Philadelphia Eagles vs Dallas Cowboys (Club Room) 5:00 Independent Games (CR)	**27** 10:30 Stronger U Movement (CR) 11:00 Trivia(CR) 1:00 Matinee Movie: The Bucket List 1h 37 (Club Room) 2:00 Cup Cake Social Hour (Cafe 2nd fl) 3:30 Bingo (CR) 6:00 Evening Movie: The Bucket List 1h 37m (Club Room)	**28** 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Cardio Drumming w/Donna (CR) 11:00 Saturday Hot Topics (CR) 1:00 Documentary: Downfall: The Case Against Boeing 1h 30m (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
29 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) 11:00 Catholic Mass (LH) 1:05 Sunday NFL Football (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arranging (CR) 5:30 Shuffle Board (Club Room)	**30** 10:30 Stronger U Movement w/Michelle (CR) 11:00 Word Games (CR) 1:30 Karaoke w/ Michelle (Cafe 2nd fl) 2:00 Making Holiday Wreaths (CR) 3:00 Documentary: My Octopus Teacher 1h 25m (Club Room) 5:00 Bingo (CR) 5:15 Monday Night Football (Club Room) 7:00 Pacific Coast Harmony Chorus (LH)	**November Talking Points:** **Gratitude** **"Acknowledging the good that you already have in your life is the foundation for all abundance."** **Some ways We can Express Gratitude** **- Keep a gratitude journal: Write down things you are grateful for each day.** **_ Mindfulness and Meditation: Spend a few minutes each day reflecting on the things you appreciate.**			**Activities are Subject to Change**	

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