

# JANUARY 2023

## Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Eastlake Church Service <b>1</b> 11:15 Catholic Mass 2:00 Non-Denomination Hymns Sing-along w/ Ed - CR 2:00 Walking Club - PG 3:00 Flower Arrangement- Café 6:00 Movie: Drama -Lounge	8:00 Rose Parade (TV-NBC) <b>2</b> 10:30 Stronger-U: Balance Exercise - 1st Fl. 11:00 15 Letter Word Game - 1st Fl. 2:00 World News w/ Rick - CR 3:15 Bingo w/ Barbara - CR 5:30 Music w/ Double Take -Lob.	10:30 Stronger-U Strength - CR <b>3</b> 11:00 January Tidbits - CR 2:00 New Residents Tour - Cedars 2:00 Walking Club: Balboa Park 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	10:00 Shopping: CVS/Trader Joe/Sprouts/Tj Max <b>4</b> 10:30 Stronger-U Cardio - CR 11:00 Trivia Challenge-CR 2:00 Calendar Planning - CR 2:00 Popcorn at the Cafe 3:00 Sing & Dance w/ Me- CR 5:45 Evening BINGO with Loretta - CR	10:00 Scenic Drive: La Jolla Cove <b>5</b> 10:30 Art for All Ages 1:00 Learning Scrabble - Cafe 2:00 Move with Scarves - CR 2:30 Creative Writing - CR 5:45 Left-Center-Right Game w/ Minnie- CR	10:30 Exercise with Ease <b>6</b> 11:00 News & Views-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie: Musical/ Comedy- Lounge	9:00 Adventist Service-Lounge 4th Floor <b>7</b> 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois- CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service <b>8</b> 11:15 Catholic Mass 12:00 Anglican Service 2:00 Non-Denomination Hymns Sing-along w/ Ed - CR 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	10:30 Stronger-U: Balance Exercise - 1st Fl. <b>9</b> 11:00 15 Letter Word Game - 1st Fl. 2:00 Cooking Demo w/ Donna - CR 2:45 Tasting/ Feedback - CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Mayra-CR	10:30 Stronger-U Strength - CR <b>10</b> 11:00 Facts or Fiction? - CR 2:00 Drama Club - CR 2:00 Walking Club: Liberty Station 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	10:00 Shopping: Walgreens <b>11</b> 10:30 Stronger-U Cardio - CR 11:00 Humor Me - CR 2:00 All Staff Meeting - LH 2:00 Popcorn at the Cafe 3:00 RESIDENT COUNCIL 5:45 Evening BINGO with Loretta - CR	10:00 Scenic Drive: Harbor Park <b>12</b> 10:30 Stronger-U Stretch - CR 11:00 Spanish 101 w/ Claudia-CR 1:00 Learning Scrabble - Cafe 2:00 Bible Study w/ Carl - CR 3:00 Tea Tasting - CR 5:45 Left-Center-Right Game w/ Minnie-CR	10:30 Exercise with Ease <b>13</b> 11:00 News & Views-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 4th Floor <b>14</b> 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois- CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service <b>15</b> 10:15 Eucharistic Communion-In-room 10:50 Cath. Confession - HC 11:15 Catholic Mass 2:00 Non-Denomination Hymns Sing-along w/ Ed - CR 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	10:30 Stronger-U: Balance Exercise - 1st Fl. <b>16</b> 11:00 Word Game - 1st Fl. 2:00 Travel Log w/ Hernan - CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Mayra-CR	10:00 Japanese Garden Trip <b>17</b> 10:30 Stronger-U Strength - CR 11:00 Miracle Moments Sing-along - CR 2:00 The Artist In You -ART studio 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	10:30 Shopping: Viejas Outlet <b>18</b> 10:30 Stronger-U Cardio - CR 11:00 Memory Juggler - CR-CR 2:00 Meet & Greet New Residents - CR 2:00 Popcorn at the Cafe 3:00 Documentary: 30 Biggest Animals Captured 5:45 Evening BINGO with Loretta - CR	10:00 Shopping: 99 Cents Store <b>19</b> 10:30 Stronger-U Stretch -CR 11:00 Spanish 101 Basic Spanish - CR 1:00 Learning Scrabble - Cafe 2:00 Men's Project - CR 3:15 Creative Writing - CR 5:45 Left-Center-Right Game w/ Minnie-CR	10:30 Exercise with Ease <b>20</b> 11:00 News & Views-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 4th Floor <b>21</b> 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois- CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service <b>22</b> 11:15 Catholic Mass 12:00 Anglican Service 2:00 Non-Denomination Hymns Sing-along w/ Ed - CR 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	10:30 Stronger-U: Balance Exercise - 1st Fl. <b>23</b> 11:00 15 Letter Word Game - 1st Fl. 11:00 Chinese New Year Lunch 2:00 Let's explore: Chinese Sign? - CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Mayra-CR	10:30 Stronger-U Strength -CR <b>24</b> 11:00 Memory Game- CR 2:00 BOOK Club - CR 2:00 Walking Club: Harbor Island 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	10:00 Shopping: NC Walmart <b>25</b> 10:30 Stronger-U Cardio - CR 11:00 Trivia Challenge-CR 2:00 Birthday Bash w/ Raymond-Lobby 2:00 Popcorn at the Cafe 5:45 Evening BINGO with Loretta - CR	10:00 Scenic Drive: Imperial Beach <b>26</b> 10:30 Stronger-U Stretch -CR 11:00 Idiomatic Expressions -CR 1:00 Learning Scrabble - Cafe 2:00 Drum Circle - Plaza 5:45 Left-Center-Right Game w/ Minnie-CR	10:30 Exercise with Ease <b>27</b> 11:00 News & Views-CR 1:00 SCRABBLE- Cafe 2:00 Pretty Nails - CR 2:00 The Silver Steppers Variety Show - LH 6:00 Movie: Musical/ Comedy-Lounge	9:00 Adventist Service-Lounge 4th Floor <b>28</b> 10:30 Balloon Tennis-CR 11:00 Hymns & Harmony Sing-along-CR 1:00 Jewish Service-Lounge 4th Floor 2:00 Bingo w/ Lois- CR 6:00 Movie: Country/ Family- Lounge
9:30 Eastlake Church Service <b>29</b> 11:15 Catholic Mass 2:00 Non-Denomination Hymns Sing-along w/ Ed - CR 2:00 Walking Club - PG 3:00 Flower Arrangement-Café 5:45 Loteria w/ Claudia-CR	10:30 Stronger-U: Balance Exercise - 1st Fl. <b>30</b> 11:00 15 Letter Word Game - 1st Fl. 2:00 Bingo BAZAAR - CR 3:15 Bingo w/ Barbara - CR 5:45 Rummikub / Dominoes w/ Mayra-CR	10:30 Stronger-U Strength -CR <b>31</b> 11:00 30 Biggest Animal Captured (TV) 2:00 Drama Club - CR 2:00 Feeding the Duck -J. St. 3:15 Bingo w/ Barbara - CR 6:00 Movie: Mystery/ Action - Lounge	<div>On this New Year, I wish that you have a superb January, a dazzling February, a Peaceful March, an anxiety-free April, a sensational May, and joy that keeps going from June to November, and then round off with an upbeat December.</div>			<div>HAPPY NEW YEAR</div>