


June 2026

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Bingo (CR) 12:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: ancient apocalypse S1 ep1-2 (Club Room) 6:30 Starlyte Duo & Mocktails (L)	2 9:30 Shopping: Target Plaza Bonita (L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 3:30 Jewelry Making (CR) 6:00 Movie: Remarkably Bright Creatures 1h51m(club room)	3 9:30 Scenic Drive: Coronado (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 Game Night (CR)	4 9:30 Walking Club: Pepper Park(L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Farkle (CR)	5 10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 2:00 Ice Cream Social (Cafe) 3:15 Pet Visit (patio) 4:30 Bingo Night (CR) 6:00 Movie: The Lost Bus 2h 9m(Club Room)	6 9:00 Adventist Service (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 Jewish Service (Club Room) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
7 9:30 Eastlake Church Service - LH 10:00 Stronger-U Stretch (CR) 10:30 Shopping: San Ysidro Outlets(L) 10:30 Sunday News (CR) 10:45 Shadow Mountain Community Church Service (Club Room) 11:30 Catholic Mass-LH 1:00 Chair Yoga (CR) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 DOC: ancient apocalypse S1 ep3-4 (club room)	8 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: ancient apocalypse S1 ep. 5-6 (Club Room) 6:30 Keyboard Karaoke & Mocktails w/ Glenn (L)	9 10:00 Lunch: DZ Atkins(L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 1:00 Making Lumpias (CR) 6:00 Movie: 42 2h8m (club room)	10 9:30 Shopping: Dollar Tree (L) 10:30 Balloon Tennis(CR) 11:00 Senior Trivia Challenge (CR) 3:30 Book Club(Library) 5:00 Sound Therapy (CP) 5:30 Game Night (CR)	11 9:30 Scenic Drive: Otay Lakes Rd (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 12:00 Lysa From Intoxicakes(Plaza) 2:00 Resident Spa Day (CR) 5:30 Farkle (CR)	12 10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 2:00 Jewelry Making (CR) 4:30 Bingo Night (CR) 6:00 Movie: Lion 1h58m (Club Room)	13 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
14 9:00 WheelChair Regatta sd Yacht Club(L) 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) 2:00 Flag Day Trivia (CR) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie:Father of the Bride 1h46m(Club Room)	15 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: ancient apocalypse S1 ep.7-8. (Club Room)	16 9:30 Shopping : Walmart Hst CV (L) 10:30 Stronger-U Strength (CR) 11:00 Head Bands Game (CR) 11:30 June Resident's Birthday Special Luncheon (Patio) 2:00 Craft: Tie Dye (CR) 6:00 Movie: Christy 2h 15m (Club Room)	17 9:30 Walking Club: Tideland Park(L) 10:30 Balloon tennis(CR) 11:00 Senior Trivia Challenge (CR) 2:00 Parkinson's Support Group (Plaza Library) 5:30 Game Night (CR) 5:30 Twilight in the Park Free Concert The Memphis soul Revue(L)	18 9:30 Scenic Drive: Mission Bay (L) 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 2:00 Gardening (Patio) 3:30 Games: Resident Choice (CR) 5:30 Farkle (CR)	19 10:00 Stronger U Movement (CR) 11:00 Juneteenth Trivia (CR) 2:00 Cookie social (Cafe) 3:30 Bingo Night (CR) 5:00 Happy Hour w/ Double Take (L) 6:00 Movie: Rustin 1h47m (club room)	20 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
21 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) 2:00 Fathers Day Trivia(CR) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Father of the bride 2 1h46m(Club Room)	22 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: ancient apocalypse S2 ep.1-3(Club Room) 5:00 Bingo Night (CR)	23 10:30 StrongerU Strength (CR) 11:00 Trivia(CR) 1:00 Cooking Fried Chicken(CR) 2:00 Resident Vow Renewal Ceremony(LH) 3:00 Resident Vow Renewal Reception w/ Blue Zone Band (Plaza AD) 6:00 Movie: Apex 1h 35m(Club Room)	24 9:30 Scenic Drive: Mt. Soledad(L) 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)	25 11:00 Stronger-U Stretch (CR) 11:30 Head Bands Game (CR) 1:00 Shopping: Plaza Bonita Mall 2:00 Resident Spa Day (CR) 5:30 Farkle (CR)	26 10:00 Stronger U Movement (CR) 11:00 Trivia(CR) 2:00 Jewelry Making (CR) 4:30 Bingo Night (CR) 6:00 Movie: Flowers in the attic 1h33m (Club Room)	27 9:30 Abiding Place Ministry Service (cafe 2nd fl.) 10:30 Stronger- U Cardio (CR) 11:00 Saturday Hot Topics (CR) 3:30 Bingo (CR) 5:30 Mexican Train Dominoes (CR)
28 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) 2:00 Walking Club: Putting Green Area (PG) 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Project Hail Mary 2h36m (Club Room)	29 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (Club Room) 3:00 Documentary: ancient apocalypse S2 ep.4-6 (Club Room) 5:00 Bingo Night (CR)	30 9:30 Shopping: Walmart Nc (L) 10:00 Resident Council Meeting (CR) 11:00 StrongerU Strength (CR) 11:30 Trivia(CR) 1:00 Meet & Greet New Residents (CR) 2:00 Craft: Decorating Shells (CR) 6:00 Movie: Steve 1h32m (club room)	June Culture Topic: Alzheimer's & Brain Health Month * June is Alzheimer's & Brain Month, a global initiative that aims to raise awareness, inspire action, and encourage conversation about Alzheimer's disease and other forms of dementia. The month gives us an opportunity to learn about the impact of these conditions, how to support those affected, and ways to promote brain health. Ideas to Keep Our Brains Healthy: * Sleep! Aim for seven hours a night. Avoid alcohol, caffeine, and screens before bedtime. * Exercise increased blood flow to the brain. Try walking, dancing, or gardening. * Stay social. Connecting with others is healthy for our brains. * Challenge your brain by learning new things.			<h1>Activities are Subject to Change</h1>