


September 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change.	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Make 'Em Laugh: Best of American Comedy (Plaza Activity Deck) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Virunga 1 hr. 40 mins. (Club Room) 3:15 IL Shopping Spree - Plaza 5:30 Bingo Night w/Loretta (CR)	10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 1:30 Macy's Plaza Bonita Mall (L) 2:00 Baking Chocolate Chip Cookies (CR) 3:30 Jewelry Making (CR) 6:00 Movie: Casino Royale 2 hrs. 24 mins. (Club Room)	9:30 Walking Club: J St. Marina Boat Launch CV (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:30 Calendar Planning (CR) 5:30 Bingo Night w/ Mayra (CR)	9:30 Cardio Drumming w/ Claudia (CR) 9:30 Shopping at Village Walk Eastlake (L) 10:30 Art for All Ages (CR) 2:30 Men's Group (Patio) 3:00 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)	10:30 Stronger U Movement w/ Mayra (CR) 11:00 September Trivia (CR) 2:00 Bingo w/ Marilyn (CR) 3:00 Fiesta Street Farmer's Market (TCA) 3:15 Pet Visit - Patio 6:00 Movie: The Natural 2hrs. 2 mins. (Club Room)	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Pig in a Blanket Social (CR) 3:30 Jewelry Making w/ Marilyn (CR) 5:30 Bingo Night w/ Marilyn (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Grandparents Day Ice Cream Social (Patio) <del>2:00 Walking Club: Putting Green Area (PG)</del> 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Marry Me 1 hr. 52 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 50s Trivia (CR) 2:00 50's Sing-a-Long w/ Loretta (CR) 2:00 PV Men's Discussion Group (Plaza Library) 3:00 Documentary: The Decade You Were Born The 50s (Club Room) 5:30 Bingo Night w/Loretta (CR)	9:30 Walking Club: Sweetwater Park CV (L) 10:30 Stronger-U Strength w/ Mayra (CR) 11:30 Special 50's Themed lunch (DR) 1:30 San Diego Zoo Ambassador Visitors (CR) 2:00 Making 50's Crafts (CR) 6:00 Movie: Grease 1 hr. 50 mins. (Club Room)	9:30 Shopping: NC Walmart (L) 10:30 Balloon Tennis (CR) 11:00 60s Trivia (CR) 2:00 Making 60's Tie Dye T-shirts (CR) 5:00 Sound Therapy (CP) 5:30 Bingo Night w/ Mayra (CR)	9:30 Shopping: Dollar Tree (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 60's Themed Lunch (DR) 1:30 Documentary: The Decade You Were Born The 60s (Club Room) 2:30 Resident Spa Day (2nd Fl. Parlor) 5:30 Left-Center-Right (CR)	10:30 Cardio Drumming w/ Marilyn (CR) 11:00 Making 70's Disco Ball Craft (CR) 2:00 Ice Cream Cone Social & 70's Trivia (Patio) 3:00 Fiesta Street Farmer's Market (TCA) 6:00 Movie: Thank God It's Friday 1 hr. 29 mins. (Club Room)	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Cardio Drumming w/ Claudia (CR) 11:00 Documentary: The Decade You Were Born The 70s (CR) 11:30 Disco Themed Lunch (DR) 1:00 Jewish Service - Lounge 2:00 Disco Karaoke (Cafe) 3:30 Jewelry Making w/ Marilyn (CR) 5:30 Bingo Night w/ Marilyn (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:30 Walking Club: Embarcadero Park (L) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: The Dig 1 hr. 52 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Make 'Em Laugh: Best of American Comedy (Plaza Activity Deck) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Horizon 50 mins. (Club Room) 5:15 Double Take Performs (L) 6:00 Bingo Night w/Loretta (CR)	9:30 Balboa Park FREE Museum Day Outing (L) 10:30 Stronger-U Strength w/ Mayra (CR) 11:30 September Resident's Birthday Special Luncheon (Patio) 2:00 Making Spicy Chex Mix (CR) 6:00 Movie: Overboard 1hr. 52 mins. (Club Room)	9:30 Scenic Drive: Harbor Island (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 BIRTHDAY BASH w/ Raymond-Lobby 2:00 Health Talk Presented by AgeStrong (Plaza Board Room) 5:30 Bingo Night w/ Mayra (CR)	11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Head Bands (CR) 1:00 Scenic Drive: Mt. Soledad (L) 2:00 Farewell Celebration for Barb Briest (L) 2:30 Men's Group (Patio) 5:30 Left-Center-Right (CR)	10:30 Stronger U Movement w/ Mayra (CR) 11:00 Back to School Trivia (CR) 2:00 Bingo w/ Marilyn (CR) 3:00 Fiesta Street Farmer's Market (TCA) 3:30 Cornhole (CR) 6:00 Movie: The Legend of Bagger Vance 2 hrs. 6 mins. (Club Room)	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Cheese Pizza Social (Patio) 3:30 Jewelry Making w/ Marilyn (CR) 5:30 Bingo Night w/ Marilyn (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 2:00 Walking Club: Putting Green Area (PG) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: Jurassic World: Rebirth 2 hrs. 14 mins. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 PV Men's Discussion Group (Plaza Library) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Unknown Cave of Bones 1 hr. 34 mins. (Club Room) 5:30 Bingo Night w/Loretta (CR)	9:30 Scenic Drive: Coronado (L) 10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Head Bands Game (CR) 2:00 Arts & Crafts Resident Choice (CR) 6:00 Movie: Stripes 1 hr. 41 mins. (Club Room)	9:30 Scenic Drive: Old Town SD (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Travel Log w/ Hernan - CR 3:30 BINGO BAZAAR (CR) 5:00 Sound Therapy (CP) 5:30 Bingo Night w/ Mayra (CR)	11:00 Lunch at Marie's Callender SD (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Senior Trivia Challenge (CR) 2:30 Resident Spa Day (2nd Fl. Parlor) 5:30 Left-Center-Right (CR)	10:30 Stronger U Movement w/ Mayra (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Chocolate Milkshake Social (Patio) 3:00 Fiesta Street Farmer's Market (TCA) 3:30 Axe Throwing Game (Patio) 6:00 Movie: What about Bob 1 hr. 39 mins. (Club Room)	9:00 Adventist Service - Lounge 9:30 Abiding Place Ministry Service (CR) 10:30 Strong U Cardio w/ Mayra (CR) 11:00 Saturday Hot Topics (CR) 1:00 Jewish Service - Lounge 2:00 Karaoke Social (Cafe) 3:30 Jewelry Making w/ Marilyn (CR) 5:30 Bingo Night w/ Marilyn (CR)
9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:30 Walking Club: Shelter Island Park (L) 2:45 Chair Yoga - CR 3:30 Flower Arrangement - CR 5:30 Game Night - Resident Choice (CR) 6:30 Movie: The Friend 2 hrs. (Club Room)	10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 American Photography: A Century of Images (Plaza Activity Deck) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Becoming 1 hr. 29 mins. (Club Room) 5:30 Bingo Night w/Loretta (CR)	10:00 Resident Council Meeting (CR) 10:30 Stronger-U Strength w/ Mayra (CR) 1:30 Shopping: Walmart H. Street (L) 2:00 Meet & Greet New Residents (CR) 6:00 Movie: Three Billboards Outside Ebbing Missouri 1 hr. 55 mins. (Club Room)	September Culture Topic is PLAY! Let's Talk About the Power of Play. Did you know? Play is fundamentally tied to our Generations mission and values, and is heavily influenced by our Founder, Wendell White. Wendell used to keep a paper in his wallet reminding him to have fun at work every single day! Play is an important part of life for all of us, no matter what age we are: * Being silly and engaging in playful behavior can enhance creativity and increase energy levels. * Play can boost mood and promote positive emotions. It encourages 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; it's a vital aspect of maintaining mental, emotional and physical well-being.		 <div>Back to School</div>	