


August 2025

Cedars Assisted Living Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Activities are Subject to Change.</div>					<div>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Dog Days of Summer Trivia (CR) 2:00 Ice Cream Sandwich Social (CR) 3:15 Pet Visit - Patio 6:00 Movie: Adrift 1 hr. 40 mins. (Club Room)</div>	<div>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)</div>
<div>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:00 FREE Balboa Park Pavilion Concert (L) 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) 6:00 Movie: The Life List 2 hr. 5 min. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Shark Whisperer 1 hr. 30 mins. (Club Room) 3:15 IL Shopping Spree - Plaza 5:30 Bingo Night w/Loretta (CR)</div>	<div>9:30 Shopping at Village Walk Eastlake (L) 10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Head Bands Game (CR) 1:00 Resident Open Forum (CR) 2:00 Making Shrimp Fajitas (CR) 3:30 Jewelry Making (CR) 6:00 Movie: Red Eye 1 hr. 25 mins. (Club Room)</div>	<div>9:30 Scenic Drive: Otay Lakes (L) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:30 Calendar Planning (CR) 5:00 Sound Therapy (CP) 5:30 Bingo Night w/ Mayra (CR)</div>	<div>9:30 Walking Club: Balboa Park (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Senior Trivia Challenge (CR) 2:30 Men's Group (Patio) 3:00 Games: Resident Choice (CR) 5:30 Left-Center-Right (CR)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 11:30 Fun Facts in August (CR) 2:00 Karaoke Social (Cafe) 3:30 Senior Trivia Challenge (CR) 6:00 Movie: The 33 2 hrs. 7 mins. (Club Room)</div>	<div>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 Banana Split Social (Patio) 3:30 Jewelry Making w/ Marilyn (CR) 5:30 Bingo Night w/ Marilyn (CR)</div>
<div>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: La Dolce Villa 1 hr. 39 mins. (Club Room)</div>	<div>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: Trainwreck: Balloon Boy 52 mins. (Club Room) 5:30 Bingo Night w/Loretta (CR)</div>	<div>10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Head Bands Game (CR) 1:30 Shopping: Walmart H. Street (L) 2:00 Making Summer Suncatchers (CR) 6:00 Movie: After the Sunset 1 hr. 37 mins. (Club Room)</div>	<div>9:30 Walking Club: Imperial Beach Pier (L) 10:00 Road Runner Sport Shoe Sale (AD) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 5:30 Bingo Night w/ Mayra (CR)</div>	<div>10:00 Games: Resident Choice (CR) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Senior Trivia Challenge (CR) 2:00 Cornhole Game (CR) 2:30 Resident Spa Day (2nd Fl. Parlor) 5:30 Left-Center-Right (CR)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Summer Trivia (CR) 2:00 Soft Pretzel Social (Patio) 3:00 Cornhole (Patio) 6:00 Movie: Mandela: Long Walk to Freedom 2 hrs. 26 mins. (Club Room)</div>	<div>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) 6:00 Pianist David Saliamonas Concert (LH)</div>
<div>9:30 Eastlake Church Service - LH 11:30 Catholic Mass-LH 1:30 Walking Club: Tidelands Park Coronado (L) 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: Someone Great 1 hr. 32 mins. (Club Room)</div>	<div>10:30 Cardio Drumming w/ Claudia (CR) 11:00 Word Games (CR) 2:00 Sing-a-Long w/ Loretta (CR) 3:00 Documentary: Sunday Best 1 hr. 20 mins. (Club Room) 5:30 Bingo Night w/Loretta (CR)</div>	<div>10:30 Stronger-U Strength w/ Mayra (CR) 11:30 August Resident's Birthday Special Luncheon (Patio) 1:00 Resident Council Horse Racing Employee Appreciation Fundraiser (AD) 1:30 Walking Club: Rohr Park (L) 2:00 Making Flan (CR) 6:00 Movie: My Oxford Year 1 hr. 50 mins. (Club Room)</div>	<div>10:00 Picnic at Tidelands Park (L) 10:30 Alzheimer's Bake Sale Fundraiser (Plaza) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 BIRTHDAY BASH w/ Raymond-Lobby 5:00 Sound Therapy (CP) 5:30 Bingo Night w/ Mayra (CR)</div>	<div>9:30 Scenic Drive: Coronado (L) 11:00 Stronger U Stretch w/ Mayra (CR) 11:30 Head Bands (CR) 2:30 Men's Group (Patio) 5:30 FREE Balboa Park Serenade Orchestra Concert (L) 5:30 Left-Center-Right (CR)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Cooking Demo w/ Culinary Chef Valter (Patio) 3:00 Cornhole (CR) 6:00 Movie: Terms of Endearment 2 hrs. 1 min. (Club Room)</div>	<div>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 Creamsicle Social (Patio) 3:30 Jewelry Making w/ Marilyn (CR) 5:30 Bingo Night w/ Marilyn (CR)</div>
<div>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: Set it Up 1 hr. 45 mins. (Club Room)</div>	<div>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: Breaking Boundaries: The Science of our Planet 1 hr. 14 mins. (Club Room) 5:30 Bingo Night w/Loretta (CR)</div>	<div>10:00 Resident Council Meeting (CR) 10:30 Stronger-U Strength w/ Mayra (CR) 11:00 Head Bands Game (CR) 11:30 Lunch at Red Lobster (L) 2:00 Meet & Greet New Residents (CR) 6:00 Movie: The Post 1 hr. 56 mins. (Club Room)</div>	<div>9:30 Shopping: Dollar Tree (L) 10:00 PV Car Show & BBQ (TCA) 10:30 Balloon Tennis (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Travel Log w/ Hernan - CR 3:30 BINGO BAZAAR (CR) 5:30 Bingo Night w/ Mayra (CR)</div>	<div>9:30 Scenic Drive: National City Historic Houses (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)</div>	<div>10:30 Stronger U Movement w/ Mayra (CR) 11:00 Senior Trivia Challenge (CR) 2:00 Chocolate Chip Social (Patio) 3:00 Axe Throwing Game (Patio) 6:00 Movie: The Blindside 2 hrs. 9 mins. (Club Room)</div>	<div>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)</div>
<div>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: Miracles from Heaven 1 hr. 49 mins. (Club Room)</div>	<div>August Culture Topic Food As Fuel: We are focusing on optimal nutrition. Eating well helps maintain energy, supports immune health, improves mood, and can prevent or manage chronic conditions. Here are some tips for improving your chances of feeling good and staying healthy:</div> <div>* Hydrate yourself with water. Reduce your intake of sodas, sports drinks, and juice they add sugar without nutrients.</div> <div>* No single food provides all the nutrients your body needs. Aim to fill half your plate with vegetables and fruits at each meal.</div> <div>* Include lean proteins. Protein is essential for maintaining muscle health. Try chicken, turkey, and fish. Eggs, beans, and legumes are also reliable sources of protein and fiber. Limit the amount of red meat.</div> <div>* Eat whole foods as much as possible. Avoid highly processed foods, which tend to have excess sugar and salt, lower fiber, and a long ingredient list. (Example: cookies, cakes, crackers, and fast food.)</div> <div>* Eat mindfully. Taking time to savor your food and chew slowly can help you enjoy your meal and may aid in digestion. Flexibility and moderation are key. Choose nutrient-dense foods, and enjoy occasional treats.</div>					