

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2018



Paradise Village - Cedars

2740 E. 4th Street, National City, CA 91950

(619) 475-5040 RCFE # 374602869

9:00 Saturday Worship – Lounge
 10:00 Discussion: Wellness “Tips” w/ Marlowe & Alma – CR
 10:20 Adventist Worship/PValley- Plaza Pick-up
 10:30 Stretch & Be Fit w/ Maile- CR
 11:30 *Lighthouse Baptist Caroling* - CR
 1:00 Movie Matinee (Documentary) – L
 1:30 Afternoon Walk -PG
 2:00 Bingo Mania – CR
 3:00 Corner Stone Kids Visit - CR
 6:00 Left, Center, Right Game - CR
 6:45 Saturday Cinema – L

8:10 Methodist Chula V. (Bus)
 9:30 Methodist Mission Valley (Bus)
 10:00 Eastlake Church Service - HC
 10:00 Morning Stretch – CR
 10:30 Show Rehearsal - CR
 11:00 Catholic Mass - LH
 1:30 Gentle Stretch – CR
 2:00 Sunday Bingo – CR
 3:30 Flower Arrangement – Café
 3:30 Cedars Worship Service – CR
 5:45 Rummikub Game – CR
 5:45 1st day of Lighting the Menorah-2nd Fl.

10:00 Balance Exercise w/ Minnie - First Floor Hallway
 11:00 Word Game – Lobby
 1:00 Wii Bowling Game- Lounge
 1:00 *Wonders of Colors* - CR
 2:00 Chair Yoga – CP (Plaza)
 2:30 Calendar Planning - CR
 3:30 *World News w/ Rick* - CR
 5:45 Rummikub – CR
 5:45 2nd day of Lighting the Menorah-2nd Fl
 6:45 Movie (Comedy / Romance) –L
 First Day of Hanukkah

10:00 Glee Club Rehearsal– CR
 11:00 T-Fit Group with Peggy – CP
 12:30 *SD Natural History Museum*
 1:00 Verla’s Bible Study – CL
 1:30 *Sing-along with Miracle Moments Kids- CR*
 2:15 Fun & Fit Exercise- CR
 3:30 *Bingo Bazaar* – Second Floor
 5:45 Uno with Claudia – CR
 5:45 3rd day of Lighting the Menorah-2nd Fl
 6:45 Movie Feature:(Musical) – L

10:00 Chair Fitness w/ Yana – CR
 11:00 Tickle My Bones-CR
 12:00 *Trader Joe / Sprout/CVS Shopping*
 1:30 Ben Taylor plays the piano- CR
 2:00 Chi Gong – CP (Plaza)
 2:30 Ambassador Committee Mtg. - CR
 3:30 Drum Circle w/ Minnie - CR
 5:30 Jewelry Making w/ Alma - CR
 5:45 4th day of Lighting the Menorah-2nd Fl
 6:45 Movie Night (Classic) – L

10:00 *Read- Out-Loud with Miracle Moment Kids – CR*
 11:00 T- Fit with Peggy
 12:00 *NC Walmart Shopping*
 1:30 Rummikub - CR
 2:30 Body Strengthening - CR
 3:00 *Music Hour w/ Jim B.* – CR
 5:45 Bingo Night w/ Claudia – CR
 6:00 5th day of Lighting the Menorah-2nd Fl
 6:45 Cinema (Mystery/ Action) - L

10:00 Fun Exercise w/ Alma - CR
 10:30 Bingo, Bingo, Bingo – CR
 11:30 November Tidbits w/ Alma CR
 1:30 Mahjong w/ Jo - WW-4th Fl.
 1:30 Balloon Tennis - CR
 2:15 Pretty Nails - CR
 3:15 Pens & Memories w/ Rhonda – Library 4th Floor (Autobiography)
 5:45 Hymns Sing-along – CR
 6:00 6th day of Lighting the Menorah-2nd Fl
 6:45 Inspirational Movie – L

9:00 Saturday Worship – Lounge
 10:00 Discussion: Wellness “Tips” - CR
 10:20 Adv. Worship/PValley/Plaza Pick-up
 10:30 Stretch & Be Fit w/ Maile - CR
 1:00 Movie Matinee (Documentary) – L
 1:30 Afternoon Walk -PG
 2:00 “*Holiday Treats*” w/ Girl Scouts - CR
 2:30 Bingo Mania – CR
 6:00 Left, Center, Right Game – CR
 6:00 7th day of Lighting the Menorah-2nd Fl
 6:45 Saturday Cinema – L

8:10 Methodist Chula V. (Bus)
 9:30 Methodist Mission V. (Bus)
 10:00 Eastlake Church Service - HC
 10:00 Morning Stretch – CR
 10:30 Show Rehearsal - CR
 10:30 Catholic Confession - VC
 11:00 Catholic Mass – LH
 1:30 *Walking Club: “Harbor Island Drive” / Gentle Stretch - CR*
 2:00 Sunday Bingo – CR
 5:45 Rummikub Game – CR
 5:45 8th day of Lighting the Menorah-2nd

10:00 Balance Exercise w/ Minnie - First Floor Hallway
 11:00 Word Game – Lobby
 1:00 Wii Bowling Game – L
 2:00 Music Appreciation w/ Vinyl Records - CR
 2:00 Chair Yoga – CP (Plaza)
 3:30 Garden Visit– Patio
 5:45 *History Guy* - CR
 6:45 Movie (Comedy /Romance) L

10:00 Glee Club Rehearsal – CR
 11:00 T-Fit Group with Peggy – CP
 12:30 *Las America’s Outlet*
 1:30 *Sing-along with Miracle Moments Kids- CR*
 2:15 Fun & Fit Exercise- CR
 3:00 Bingo Tuesday – CR
 5:45 Uno with Claudia – CR
 6:45 Movie Feature:(Musical) – L

10:00 Chair Fitness w/ Yana – CR
 11:00 Trivia: Cranium Crunches - CR
 1:00 Rummikub - CR
 2:00 Tai Chi – CP (Plaza)
 2:00 Travel Adventure w/ Minnie -CR “*Hawaiian Cruise*”
 2:30 Garden Visit - Patio
 3:30 Drum Circle w/ Minnie - CR
 5:00 *Holiday Lights Tour Group 1*
 6:45 Movie Night (Classic) – L

10:00 *Kids with the ZOO Express – CR*
 11:00 T- Fit with Peggy – CP
 11:00 *Lunch Bunch: “Aunt Emma’s”*
 1:30 Rummikub - CR
 2:30 Body Strengthening - CR
 3:00 *Music Hour w/ Sonny* – CR
 5:45 Bingo Night w/ Claudia – CR
 6:45 Cinema (Mystery/Action)-L

10:00 Fun Exercise w/ Alma - CR
 10:30 Bingo, Bingo, Bingo – CR
 11:30 Horoscope, Gem & more– CR
 1:30 Mahjong w/ Jo - WW-4th Fl.
 2:00 *Parkinson’s Support Grp.* - CR
 3:00 Balloon Tennis – CR
 5:45 Hymns Sing-along – CR
 6:45 Inspirational Movie- L
 7:00 Jewish Shabbat Service - HC

9:00 Saturday Worship – Lounge
 10:00 Discussion: Wellness “Tips” - CR
 10:20 Adventist Worship/PV (Call Plaza Reception for pick-up)
 10:30 Stretch & Be Fit w/ Maile - CR
 1:00 Movie Matinee (Doc.) – L
 1:30 Afternoon Walk -PG
 2:30 Bingo Mania – CR
 6:00 Left, Center, Right Game – CR
 6:45 Saturday Cinema – L

8:10 Methodist Chula V. (Bus)
 9:30 Methodist Mission V. (Bus)
 10:00 Eastlake Church Service - HC
 10:00 Morning Stretch – CR
 10:30 Show Rehearsal - CR
 11:00 Catholic Mass – LH
 1:30 Dancing w/ the “Z” Girls - Lobby
 2:00 Sunday Bingo – CR
 3:30 Flower Arrangement - Cafe
 5:45 Rummikub Game– CR
 6:45 Movie Night (Contemporary)–L

10:00 Balance Exercise w/ Minnie - First Floor Hallway
 11:00 Word Game – Lobby
 1:00 Wii Bowling Game – L
 2:00 Chair Yoga – CP (Plaza)
 2:30 “*Diet & Nutrition*” w/ Leo – CR
 3:30 Garden Visit – Patio
 5:30 Mexican Train Domino - CR
 6:45 Movie (Comedy/ Romance)-L

10:00 Glee Club Rehearsal– CR
 11:00 T- Fit Group w/ Peggy– CP
 12:30 *Bonita Mall Shopping*
 1:00 Verla’s Bible Study – CL
 1:30 Gentle Stretch Exercise – CR
 2:30 *Art for All Ages* – CR
 5:45 Bingo Night - CR
 6:45 Movie Feature: (Musical) – L

10:00 Chair Fitness w/ Yana -CR
 11:00 Share Your Jokes! - CR
 1:00 Rummikub - CR
 2:00 Chi Gong – CP (Plaza)
 2:30 *Resident Council Meeting*– CR
 3:45 Drum Circle w/ Minnie - CR
 5:00 *Holiday Lights Tour Group 2*
 6:45 Movie Night (Classic) – L

10:00 *Color appreciation with Miracle Moments - CR*
 11:00 T- Fit with Peggy – CP
 12:00 *99 Cents Store Shopping*
 1:30 Body Strengthening - CR
 2:00 *Residents’ Holiday Party - Lobby*
 3:00 *Music Hour w/ Laurence* – Lobby
 5:45 Bingo Night w/ Claudia - CR
 6:45 Cinema (Mystery /Action) - L

10:00 Fun Exercise w/ Alma - CR
 10:30 Bingo, Bingo, Bingo – CR
 1:00 Doctor Gil Visit – VC (by appointment only)
 1:30 Mahjong w/ Jo - WW-4th Fl.
 1:30 Balloon Tennis – CR
 2:15 Pretty Nails – CR
 5:45 Hymns Sing-along - CR
 6:45 Inspirational Movie- L
 7:00 Blue Christmas Service - HC
 Winter Begins

9:00 Saturday Worship – Lounge
 10:00 Discussion: Wellness “Tips” - CR
 10:20 Adventist Worship/PV (Call Plaza Reception for pick-up)
 10:30 Stretch & Be Fit w/ Maile - CR
 1:00 Movie Matinee (Doc.) – L
 1:30 Afternoon Walk -PG
 2:30 Bingo Mania – CR
 6:00 Left, Center, Right Game - CR
 6:45 Saturday Cinema – L

8:10 Methodist Chula V. (Bus)
 9:30 Methodist Mission V. (Bus)
 10:00 Eastlake Church Service - HC
 10:00 Morning Stretch – CR
 10:30 Getting Ready for the Show- CR
 11:00 Catholic Mass – LH
 2:00 *Cedars Holiday Show - LH*
 3:30 Flower Arrangement – Café
 5:00 Individual/Room Program
 5:45 Rummikub Game– CR
 6:45 Movie Night (Contemporary)–L

10:00 Balance Exercise w/ Minnie - First Floor Hallway
 11:00 Word Game – Lobby
 1:00 Wii Bowling Game – L
 2:00 Chair Yoga – CP (Plaza)
 2:00 *Baking Time w/ Marlowe* – CR
 3:30 Garden Visit – Patio
 5:30 Mexican Train Domino - CR
 6:45 Movie (Comedy/ Romance)-L

10:00 Hot Cocoa & Cookies - Lobby
 11:00 Let’s Stretch w/ Holiday Songs - Lobby
 2:00 *SANTA w/ his Elves visit Cedars*
 2:30 Treats and Photo with Santa- 2nd floor
 6:45 Movie Feature: Holiday Special - Lounge (4th Floor)
 Christmas Day

10:00 A-1 Hearing Clinic - VC
 10:00 Chair Fitness with Yana
 11:00 What is Kwanzaa? -CR
 12:00 *Eastlake Shopping*
 1:00 Rummikub – CR
 2:00 Tai Chi – CP (Plaza)
 3:00 *Meet & Greet Newcomers*-CR
 5:45 Crafting Group w/ Alma – CR
 6:45 Movie Night (Classic) – L
 Kwanzaa Begins

10:00 *Loteria with the Kidz – CR*
 11:00 T- Fit with Peggy – CP
 12:00 *NI Commissary Shopping*
 2:30 Body Strengthening - Lobby
 3:00 *Res. B-day Bash w/ Sylvia & Salvador - Lobby*
 5:45 Bingo Night w/ Claudia - CR
 6:45 Cinema (Mystery /Action) – L

10:00 Fun Exercise w/ Alma - CR
 10:30 Bingo, Bingo, Bingo – CR
 1:30 Balloon Tennis-CR
 1:30 Mahjong w/ Jo - WW-4th Floor
 2:15 Sewing w/ Alma (project) – CR
 3:15 Pens & Memories w/ Rhonda – Library 4th Floor (Autobiography)
 5:45 Hymns Sing-along - CR
 6:45 Inspirational Movie- L

9:00 Saturday Worship – Lounge
 10:00 Discussion: Wellness “Tips” w/ Marlowe & Alma– CR
 10:20 Adventist Worship/PV (Call Plaza Reception for pick-up)
 10:30 Stretch & Be Fit w/ Maile – CR
 1:00 Movie Matinee (Doc.) – L
 1:30 Afternoon Walk - PG
 2:30 Bingo Mania – CR
 6:00 Left, Center, Right Game - CR
 6:45 Saturday Cinema – L

8:10 Methodist Chula V. (Bus)
 9:30 Methodist Mission V. (Bus)
 10:00 Eastlake Church Service - HC
 10:00 Morning Stretch – CR
 10:30 Plans for the New Year Discussion- CR
 11:00 Catholic Mass – LH
 1:30 Gentle Stretch - CR
 2:00 Sunday Bingo – CR
 3:30 Flower Arrangement - Cafe
 5:45 Rummikub Game– CR
 6:45 Movie Night (Contemporary)–L

10:00 Balance Exercise w/ Minnie - First Floor Hallway
 11:00 Word Game – Lobby
 1:00 Wii Bowling Game– L
 2:00 Chair Yoga – CP (Plaza)
 2:30 *Karaoke Time – Café*
 6:00 *Pajama Party* – Cedars 2nd Floor
 6:45 Movie (Comedy/Romance)-L
 New Year’s Eve

Posted daily programs locations: Elevators, each floor in front of the elevators, 1st Floor by the restroom (large version), 2nd Floor by the offices, 3rd Floor Community Room (CR) and 4th floor Lounge Room (L), Channel 1965 on your TV screen.

COMPUTER available on the 4th Floor – Lounge.
Activity Materials/ Games – 3rd Floor Community Room

Activity Programs are subject to change.
Vitality extension # 47427
 Minnie C. Groel
 Cedars Vitality Coordinator

1:1/ In-room programs provided at any time by Vitality Staff.

AD – Plaza Activity Deck (2nd Floor), BR – Plaza Board Room (2nd Floor), CL – Cedars Library (4th Floor), CP – Club Paradise (Plaza), CR – Community Room (3rd Floor), DR – Dining Room (1st Floor), HC – Heritage Chapel (Plaza 2nd Floor), L – Lounge (4th Floor), LH – Liberty Hall (Plaza 2nd Floor), MC - Med. Clinic (Plaza 2nd Floor), P - Patio by the DR, PG – Putting Green, RA – Reception Area (Cedars 1st Floor), PRA (Plaza Reception Area), WW - Cedars West Wing 4th Floor, TCA – Tennis Court Area, Wi/Pa – Willows/Palms (1st Fl. Parlor), VC - Vitality Center by L