

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



a generations community

# May 2021

2740 E 4<sup>TH</sup> STREET, NATIONAL CITY, CA 91950/ 619-475-5040 RCFE # 374602869

<p>9:30 Christian Eastlake Service LH 10:00 Exercise Program - CR 10:45 Crafting Group - CR 11:15 Catholic Service - LH 2:00 Scenic Drive: "Shelter Island" 3:00 Flower Arrangement-Café 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 In-Room Programs 10:30 <b>Balance Exercise- w/ Minnie E-Wing Hallway- 1<sup>st</sup> Fl.</b> 11:15 Word Game /May Tidbits -Hallway 2:00 Fun &amp; Fit - CR 3<sup>rd</sup> Fl 2:30 May Tidbits - CR 3<sup>rd</sup> Fl 3:00 Memory Juggler - CR 3:30 Walking Club/ Patio Visit 5:30 BINGO Night - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 BINGO-2<sup>nd</sup>/3<sup>rd</sup> Fl Res./ CR 11:00 <b>Stronger-U Fitness w/ Minnie - 2<sup>nd</sup> Fl</b> 11:30 Cranium Crunches - 2<sup>nd</sup> Fl 2:00 Scenic Dr: "Fiesta Island" 2:00 Body Strengthening - CR 2:30 Let's Reminisce - CR 3:30 Walking Club 5:30 UNO - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 <i>H. St Walmart Shopping</i> 10:00 Staying Fit - CR 10:30 Glee Club - CR 11:00 "Cinco de Mayo Fiesta Buffet" 2:00 <i>Musica de Mexico con Lupillo - Outdoor (Music w/ Lupillo)</i> 3:00 Headbanz Game - CR 3:30 Walking Club - Potting Green 5:30 Rummikub -CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor) <i>Cinco de Mayo</i></p>	<p>10:00 <i>Gateway Shopping</i> 10:00 In-Room Programs 10:30 <b>Stronger-U Fitness w/ M.</b> - CR 11:00 Movie Musical Themes - CR 2:00 Scenic Dr:"Interstate 805 S."-1<sup>st</sup>/2<sup>nd</sup> 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Fl Res.- CR 3:15 Body Strengthening - CR 3:30 Walking Club 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 BINGO - 2<sup>nd</sup>/3<sup>rd</sup> Fl Res. - CR 11:00 Remember When...? CR 11:00 Stretch Exercise <b>Grp. 1</b>- CR 11:30 Remember When...? - CR 1:00 SCRABBLE Club- Café 2:00 Stretch Exercise <b>Grp 2</b> - CR 2:30 Remember When...? - CR 3:30 Walking Club/Patio Visit 5:30 Hymns Sing-along-CR</p>	<p>9:00 Adventist Service- Lounge 4<sup>th</sup> Fl 10:00 Balloon Tennis <b>Grp 1</b>- CR 10:30 Word Game - CR 1:00 Jewish Service- Lounge 1:00 <b>SCRABBLE Club- Café</b> 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Res. - CR 3:15 Balloon Tennis - CR 5:30 Domino w/ Aury- CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor) <i>May Day</i></p>
<p>9:30 Christian Eastlake Service LH 10:00 Exercise Program - CR 10:45 Crafting Group - CR 11:15 Catholic Service - LH 2:00 <b>Mother's Day Celebration w/ "Blue Zone"</b> 3:00 Mother's Treats! Lobby 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 In-Room Programs 10:30 <b>Balance Exercise- w/ Minnie E-Wing Hallway- 1<sup>st</sup> Fl.</b> 11:15 Word Game /May Tidbits -Hallway 2:00 Fun &amp; Fit - CR 3<sup>rd</sup> Fl 2:30 May Tidbits - CR 3<sup>rd</sup> Fl 3:00 Memory Juggler - CR 3:30 Walking Club/ Patio Visit 5:30 BINGO Night - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 BINGO-2<sup>nd</sup>/3<sup>rd</sup> Fl Res./ CR 11:00 <b>Stronger-U Fitness w/ Minnie - 2<sup>nd</sup> Fl</b> 11:30 Cranium Crunches - 2<sup>nd</sup> Fl 2:00 Scenic Dr: "Balboa Park 1" 2:00 Body Strengthening - CR 2:30 Let's Reminisce - CR 3:30 Walking Club 5:30 UNO - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 Scenic DR: "Carls. flowerField" 10:00 Staying Fit - CR 10:30 Glee Club - CR 2:00 <b>Stronger-U Fitness w/ M.</b> - CR 2:30 Show &amp; Tell - CR 3:00 <b>Resident Council - CR (ZOOM and In-Person)</b> 3:30 Walking Club - Potting Green 5:30 Rummikub -CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 <i>NC Walmart Shopping</i> 10:00 In-Room Programs 10:30 <b>Stronger-U Fitness w/M.</b> - CR 11:00 Movie Musical Themes - CR 2:00 Scen. Dr: "NC Historic Sites"-1<sup>st</sup>/2<sup>nd</sup> 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Fl Res.- CR 3:15 Body Strengthening - CR 3:30 Walking Club 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 BINGO - 2<sup>nd</sup>/3<sup>rd</sup> Fl Res. - CR 11:00 Remember When...? CR 11:00 Stretch Exercise <b>Grp. 1</b>- CR 11:30 Remember When...? - CR 2:00 Stretch Exercise <b>Grp 2</b> - CR 2:30 Remember When...? - CR 3:30 Walking Club/Patio Visit 5:30 Hymns Sing-along-CR</p>	<p>9:00 Adventist Service- Lounge 4<sup>th</sup> Fl 10:00 Balloon Tennis <b>Grp 1</b>- CR 10:30 Word Game - CR 1:00 Jewish Service- Lounge 1:00 <b>SCRABBLE Club- Café</b> 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Res. - CR 3:15 Balloon Tennis - CR 5:30 Domino w/ Aury- CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor) <i>Armed Forces Day</i></p>
<p>9:30 Christian Eastlake Service LH 10:00 Exercise Program - CR 10:45 Crafting Group - CR 11:15 Catholic Service - LH 2:00 Exercise Session 2 - CR 3:00 Flower Arrangement-Café 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor) <i>Shavout Begins</i></p>	<p>10:00 In-Room Programs 10:30 <b>Balance Exercise- w/ Minnie E-Wing Hallway- 1<sup>st</sup> Fl.</b> 11:15 Word Game /May Tidbits -Hallway 2:00 Fun &amp; Fit - CR 3<sup>rd</sup> Fl 2:30 May Tidbits - CR 3<sup>rd</sup> Fl 3:00 Memory Juggler - CR 3:30 Walking Club/ Patio Visit 5:30 BINGO Night - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 BINGO-2<sup>nd</sup>/3<sup>rd</sup> Fl Res./ CR 11:00 <b>Stronger-U Fitness w/ Minnie - 2<sup>nd</sup> Fl</b> 11:30 Cranium Crunches - 2<sup>nd</sup> Fl 2:00 <i>99 Cents Shopping</i> 2:00 Body Strengthening - CR 3:30 <b>BINGO Bazaar - CR</b> 5:30 UNO - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 Scenic DR: "Lake Murray" 10:00 Staying Fit - CR 10:30 Glee Club - CR 2:00 <b>Stronger-U Fitness w/ Minnie - CR</b> 2:30 Show &amp; Tell - CR 3:15 <b>Ambassador Meeting - CR</b> 3:30 Walking Club - Potting Green 5:30 Rummikub -CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 <i>Target Store Shopping</i> 10:00 In-Room Programs 10:30 <b>Stronger-U Fitness w/ M.</b> - CR 11:00 Movie Musical Themes - CR 2:00 Scenic Dr: "Balboa Park 2" 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Fl Res.- CR 3:15 Body Strengthening - CR 3:30 Walking Club 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 BINGO - 2<sup>nd</sup>/3<sup>rd</sup> Fl Res. - CR 11:00 Remember When...? CR 11:00 Stretch Exercise <b>Grp. 1</b>- CR 11:30 Remember When...? - CR 2:00 Stretch Exercise <b>Grp 2</b> - CR 2:30 Remember When...? - CR 3:30 Walking Club/Patio Visit 5:30 Hymns Sing-along-CR</p>	<p>9:00 Adventist Service- Lounge 4<sup>th</sup> Fl 10:00 Balloon Tennis <b>Grp 1</b>- CR 10:30 Word Game - CR 1:00 Jewish Service- Lounge 1:00 <b>SCRABBLE Club- Café</b> 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Res. - CR 3:15 Balloon Tennis - CR 5:30 Domino w/ Aury- CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>
<p>9:30 Christian Eastlake Service LH 10:00 Exercise Program - CR 10:45 Crafting Group - CR 11:15 Catholic Service - LH 2:00 Scenic Drive: "La Jolla Cove" 3:00 Flower Arrangement-Café 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 In-Room Programs 10:30 <b>Balance Exercise- w/ Minnie E-Wing Hallway- 1<sup>st</sup> Fl.</b> 11:15 Word Game - Foyer 2:00 Fun &amp; Fit - CR 3<sup>rd</sup> Fl 2:30 <b>What's Cookin'?? #1</b> - CR 3<sup>rd</sup> Fl (First come, first serve basis) 3:30 Walking Club/ Patio Visit 5:30 BINGO Night - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor) <i>Victoria Day (Carfada)</i></p>	<p>10:00 BINGO-2<sup>nd</sup>/3<sup>rd</sup> Fl Res./ CR 11:00 <b>Stronger-U Fitness w/ M - 2<sup>nd</sup> Fl</b> 11:30 Cranium Crunches - 2<sup>nd</sup> Floor 2:00 <i>Terra Nova Shopping</i> - 2:00 Body Strengthening - CR 2:30 <b>What's Cookin'?? #2</b> - CR 3<sup>rd</sup> Fl (First come, first serve basis) 3:30 Walking Club 5:30 UNO - CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p><b>National Senior Health And Fitness Day</b> See Posted flyer for today's Highlights! </p>	<p>10:00 <i>CVS/Trader Jo/Sprouts/ TJ Max Shopping</i> 10:00 In-Room Programs 10:30 <b>Stronger-U Fitness w/ M.</b> - CR 11:00 Movie Musical Themes - CR 2:00 Scenic Dr: "Silver Strand" 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Fl Res.- CR 3:15 Body Strengthening - CR 5:30 Table Game (Resident's Choice) 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>	<p>10:00 BINGO - 2<sup>nd</sup>/3<sup>rd</sup> Fl Res. - CR 11:00 Remember When...? CR 11:00 Stretch Exercise <b>Grp. 1</b>- CR 11:30 Remember When...? - CR 2:00 Stretch Exercise <b>Grp 2</b> - CR 2:30 Remember When...? - CR 3:30 Walking Club/Patio Visit 5:30 Hymns Sing-along-CR</p>	<p>9:00 Adventist Service- Lounge 4<sup>th</sup> Fl 10:00 Balloon Tennis <b>Grp 1</b>- CR 10:30 Word Game - CR 1:00 Jewish Service- Lounge 1:00 <b>SCRABBLE Club- Café</b> 2:00 BINGO - 1<sup>st</sup>/ 4<sup>th</sup> Res. - CR 3:15 Balloon Tennis - CR 5:30 Domino w/ Aury- CR 6:30 Movie Night- Lounge (4<sup>th</sup> floor)</p>
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AD - Plaza Activity Deck (2nd 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), P - Patio by the DR, PG - Putting Green

**CEDARS SCENIC DRIVES/ SHOPPING SCHEDULE  
MAY 2021**

**May 2 Sunday** 2:00pm -Scenic Drive: **Shelter Island**  
**May 4 Tuesday** - 2:00p.m.- Scenic Drive: **Fiesta Island**

**May 5 Wednesday** - 10:00a.m. – **E. H St. Chula Vista Walmart Shopping**  
**May 6 Thursday** - 10:00 a.m. – **Gateway Shopping Center**  
 2:00p.m. – Scenic Drive: **Interstate 805 South**

**May 9 Sunday** – **Mother’s Day (no Scenic Drive)**  
**May 11 Tuesday** – 2:00p.m.-- Scenic Drive: **Balboa Park 1**  
**May 12 Wednesday** -10:00a.m.- -Scenic Drive: **Carlsbad Flower Field**  
**May 13 Thursday** - 10:00a.m. - **NC Walmart Shopping**  
 - 2:00p.m. – Scenic Drive: **National City Historic Sites**

**May 18 Tuesday** 2:00p.m. – **99 Cents Store Shopping**  
**May 19 Wednesday**- 10:00a.m. – Scenic Drive: **Lake Murray (East SD)**  
**May 20 Thursday** – 10:00a.m. – **Target Shopping**  
 2:00p.m. -Scenic Drive: **Balboa Park 2**

**May 23 Sunday** - 2:00p.m. – Scenic Drive: **La Jolla Cove**  
**May 25 Tuesday** - 2:00p.m. – **Terra Nova Shopping**  
**May 26 Wednesday** – 10:00a.m. - Scenic Drive: **Torrey Pines**  
**May 27 Thursday** – 10:00a.m. – **CVS/ Trader Joe/ Sprouts/ TJ Max**  
 2:00p.m. - Scenic Drive: **Silver Strand**

**Reminder: Please sign up at the front desk.  
 Due to limited seats, it is first come, first serve basis.**



**Seats are limited.**

Please sign-up at the front desk for these following programs:

- Bingo
- Scenic Drives
- Shopping
- Glee Club
- Cooking Demonstration- 2 sessions (attend to only one session. They are the same.)

**Other programs are “First come, first serve.”**



**RESIDENTS:**

Angelina Gutierrez	5/08
Lawrence Cooper	5/10
Doris Newdeck	5/11
Crystal Forrest	5/19
Patricia Chuilli	5/20
Dolores Banks	5/23
David Camberg	5/28

**STAFF:**

Jomar Luna	5/09
Eunice Preciado	5/18
Areli Apolonio	5/29
Giessell Hernandez	5/31

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.



**Please, keep wearing your mask, practice 6 ft. distancing and handwashing as often as you can for 20 seconds. Thank you!**



**Why is it important for seniors to exercise?**

- ♥ Maintain or lose weight.
- ♥ Reduce the impact of illness and chronic disease.
- ♥ Enhance your mobility, flexibility, and balance.
- ♥ Improve how well you sleep.
- ♥ Boost your mood and self-confidence.
- ♥ Improve your brain Function.

**More information and presentation on May 26<sup>th</sup> in our National Senior Health and Fitness Day**

**Flyer will be posted as we get closer to the event.**



For any questions/ suggestions, please contact Minnie Groel, Vitality Coordinator at 619-475-5040 Ext. 474327



**BAZAAR**  
 May 18<sup>th</sup> at 3:30p.m. - CR

**FYI**

Please check our added activity programs. Evening programs and Movie Nights are back on schedule. Anyone can submit any movie request to Vitality Department.



**Other Dates to remember:**

- Teacher Day**  
May 4
- International Nurses Day**  
May 12
- Armed Forces Day**  
May 15

**LAUGH**out loud  
 follow your **HEART**  
 ENJOY the little things

**Listen To Your Doctor** - Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"..ooh!