

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Paradise VILLAGE
July 2021

Activity programs are subject to change.

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

10:00 Activity Rounds
10:30 Ball/ Band Exercise -CR
11:00 Memory Juggler -CR
1:00 1:1 Room Activity Progs.
1:30 Crossword Puzzle-CR
2:00 BINGO -CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

9:30 Activity Rounds
10:00 BINGO- CR
11:15 Travelogue-CR
1:00 1:1 Room Activities
1:00 SCRABBLE Club- Café
2:00 Pretty Nails -CR
3:15 Walking Club
5:30 Sing-along-CR
6:30 Movie Night

9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:00 Balloon Tennis – CR
10:30 X-Word Puzzle – CR
1:00 1:1 Room Activities
1:00 Jewish Service – Lounge
1:00 SCRABBLE Club –Café
2:00 BINGO –CR
3:15 Flower Arrangement – Café
3:30 BYOB (bring your own beverage) - Patio
6:00 Movie Night-Lounge (4th F.)

Canada Day

9:30 Eastlake Church Service-L
10:00 Activity Rounds
10:00 Crafting Group - CR
11:00 **4th of July Celebration**
11:15 Catholic Mass –LH
12:00 Angelican Service –HC
1:00 1:1 Room Progs.
2:00 Body Strengthening –CR
2:30 July 4th Trivia – CR
6:00 Movie Night-Lounge(4thFl)

Independence Day (US)

10:00 Activity Rounds
10:30 Balance Exercise w/ Minnie E. W. Hallway- 1st Fl.
11:15 Word Game/ July Tidbits-Hallway
1:00 1:1 Room Activity Progs.
2:00 Ball/ Band Exercise-CR
2:30 Word Game/ July Tidbits-CR
3:15 Walking Club
5:30 BINGO Night – CR
6:30 Movie Night-Lounge (4th Fl.)

10:00 Activity Rounds
10:00 BINGO – CR
11:15 Memory Juggler – CR
1:00 1:1 Room Activity Program
2:00 *Scenic Dr: J St Park, C Vista*
2:00 Stronger-U Fitness – CR
2:45 Journal Writing – CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

10:00 Activity Rounds
10:00 *Scenic Drive: Harbor Drive*
10:00 Stronger-U Fitness – CR
10:30 Glee Club –CR
1:00 1:1 Room Activity Progs.
2:00 Gentle Stretch –CR
2:30 Headbanz - Game-CR
3:15 **Ambassador Meeting - CR**
5:30 BINGO Night –CR
6:30 Movie Night-Lounge (4thFl)

10:00 Activity Rounds
10:00 *E, H St. Chula Vista Walmart Shopping*
10:30 Stronger-U Fitness-- 2nd Fl
11:00 Cranium Crunches—2nd Fl
1:00 1:1 Activity Progs.
2:00 *Scenic Drive: Embarcadero*
2:00 BINGO—CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

9:30 Activity Rounds
10:00 BINGO- CR
11:15 Travelogue – CR
1:00 1:1 Room Activities
1:00 SCRABBLE Club- Café
2:00 Pretty Nails -CR
3:15 Walking Club
5:30 Sing-along-CR
6:30 Movie Night

9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:00 Balloon Tennis – CR
10:30 X-Word Puzzle – CR
1:00 1:1 Room Activities
1:00 Jewish Service – Lounge
1:00 SCRABBLE Club –Café
2:00 BINGO –CR
6:00 Movie Night-Lounge (4th F.)

9:30 Eastlake Church Service-L
10:00 Activity Rounds
10:00 Color Creation –Art Studio
10:45 Cedars Communion
(Who cannot attend the mass)
10:50 Catholic Confession – HC
11:15 Catholic Mass –LH
12:00 Angelican Service –HC
1:00 1:1 Room Progs.
1:10 **Padres Watch Party – Café**
6:00 Movie Night-Lounge(4thFl)

10:00 Activity Rounds
10:30 **Wheelchair Tune-up- CR**
10:30 Balance Exercise w/ Minnie E. W. Hallway- 1st Fl.
11:15 Word Game – Hallway
1:00 1:1 Room Activity Progs.
2:00 Ball/ Band Exercise – CR
3:00 Bingo Bazaar- CR
3:15 Walking Club - CR
5:30 BINGO Night – CR
6:30 Movie Night-Lounge (4th Fl.)

10:00 Activity Rounds
10:00 BINGO – CR
11:15 Memory Juggler– CR
1:00 1:1 Room Activity Progs.
2:00 *Scenic Drive: Imperial Beach*
2:00 **Friendship Connections Choir - Lobby**
3:15 Stronger-U Fitness – CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

10:00 Activity Rounds
10:00 Stronger-U Fitness – CR
10:30 Glee Club –CR
1:00 1:1 Room Activity Progs.
2:00 Balloon Tennis –CR
3:00 **Resident Council -CR**

5:30 BINGO Night –CR
6:30 Movie Night-Lounge (4thFl)

10:00 Activity Rounds
10:00 *National City Walmart Shopping.*
10:30 Stronger-U Fitness-- 2nd Fl
11:00 Cranium Crunches—2nd Fl
1:00 1:1 Activity Progs.
2:00 *Scenic Drive: Cabrillo*
2:00 BINGO—CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

9:30 Activity Rounds
10:00 BINGO- CR
11:15 Jeopardy – CR
1:00 1:1 Room Activities
1:00 SCRABBLE Club- Café
2:00 Pretty Nails -CR
3:15 Walking Club
5:30 Sing-along-CR
6:30 Movie Night

9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:00 Balloon Tennis – CR
10:30 Cranium Crunches - CR
1:00 1:1 Room Activities
1:00 Jewish Service – Lounge
1:00 SCRABBLE Club –Café
2:00 BINGO –CR
3:30 BYOB (bring your own beverage) - Patio
6:00 Movie Night-Lounge (4th F.)

9:30 Eastlake Church Service-L
10:00 Activity Rounds
10:00 Crafting Group –CR
11:15 Catholic Mass –LH
12:00 Angelican Service –HC
1:00 1:1 Room Progs.
2:00 Body Strengthening –CR
3:00 Flower Arrangement—Café
6:00 Movie Night-Lounge(4thFl)

10:00 Activity Rounds
10:30 Balance Exercise w/ Minnie E. W. Hallway- 1st Fl.
11:15 Word Game – Hallway
1:00 1:1 Room Activity Progs.
2:00 Ball/ Band Exercise – CR
2:30 Finish the line.... – CR
3:15 Walking Club
5:30 BINGO Night – CR
6:30 Movie Night-Lounge (4th Fl.)

10:00 Activity Rounds
10:00 BINGO – CR
11:15 Cranium Crunches – CR
1:00 1:1 Room Activity Progs.
2:00 *Scenic Drive: La Jolla Cove*
2:00 Stronger-U – CR
2:45 Journal Writing - CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

10:00 Activity Rounds
10:00 *Scenic Drive: Mission Beach*
10:00 Stronger-U Fitness – CR
10:30 Glee Club –CR
1:00 1:1 Room Activity Progs.
2:00 **Meet & Greet Newcomers - Lobby**
5:30 BINGO Night –CR
6:30 Movie Night -Lounge (4thFl)

10:00 Activity Rounds
10:00 *99 Cents Store Shopping*
10:30 Staying Fit – CR
11:00 Brain Ticker – CR
1:00 1:1 Activity Progs.
2:00 *Scenic Drive: Eastlake*
2:00 BINGO—CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

9:30 Activity Rounds
10:00 BINGO- CR
11:15 Word Game – CR
1:00 1:1 Room Activities
1:00 SCRABBLE Club- Café
2:00 Chair Exercise -CR
2:45 Pretty Nails -CR
6:30 Movie Night-Lounge (4th Fl)

9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:30 Balloon Tennis – CR
11:00 X-Word Puzzle -CR
1:00 1:1 Room Activities
1:00 Jewish Service – Lounge
1:00 SCRABBLE Club –Café
2:00 BINGO –CR
6:00 Movie Night-Lounge (4th F.)

9:30 Eastlake Church Service-L
10:00 Activity Rounds
10:00 Creative Arts – Art Studio
11:15 Catholic Mass –LH
12:00 Angelican Service –HC
1:00 1:1 Room Progs.
2:00 Body Strengthening –CR
3:00 Flower Arrangement—Café
6:00 Movie Night-Lounge(4thFl)

10:00 Activity Rounds
10:30 Balance Exercise Hallway- 1st
11:15 Word Game – Hallway
1:00 **Blood Pressure w/ Bridge Hospice - CR**
2:00 **Cooking w/ Minnie –CR**
3:15 Walking Club - CR
5:30 BINGO Night–CR
6:30 Movie Night-Lounge (4th Fl.)

10:00 Activity Rounds
10:00 BINGO – CR
11:15 Cranium Crunches – CR
1:00 1:1 Room Activity Progs.
2:00 *Scenic Drive: Driver's Choice*
2:00 Stronger-U – CR
2:45 **Book Club—CR**
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

10:00 Activity Rounds
10:00 *Scenic Drive: Shelter Island*
10:00 Stronger-U Fitness – CR
10:30 Glee Club –CR
1:00 1:1 Room Activity Progs.
2:00 **Birthday Bash – Minnie & Crystal Entertains – Lobby**

5:30 BINGO Night –CR
6:30 Movie Night-Lounge (4thFl)

10:00 Activity Rounds
10:00 *CVS/Trader Joe's/Sprouts/ TJ Maxx Shopping*
10:30 Staying Fit – CR
11:00 Brain Ticker – CR
1:00 1:1 Activity Progs.
2:00 *Scenic Drive: Point Loma*
2:00 BINGO—CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl)

9:30 Activity Rounds
10:00 BINGO- CR
11:15 Word Game – CR
1:00 1:1 Room Activities
1:00 SCRABBLE Club- Café
2:00 Chair Exercise -CR
2:45 Pretty Nails -CR
6:30 Movie Night-Lounge (4th Fl)

9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:30 Balloon Tennis – CR
11:00 X-Word Puzzle -CR
1:00 1:1 Room Activities
1:00 Jewish Service – Lounge
1:00 SCRABBLE Club –Café
2:00 BINGO –CR
6:00 Movie Night-Lounge (4th F.)

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), **Lib.** – Cedars Library (4th Floor), **P** - Patio by the DR, **PG** – Putting Green. **WW** – West Wing Art Studio (4th Floor), **E.W.** – East Wing Hallway (1st Floor)



**CEDARS SCENIC DRIVE/
SHOPPING SCHEDULE
JULY 2021**

- July 6 Tuesday** - 2:00p.m.- Scenic Drive: **J. Street Park, C.V.**
July 7 Wednesday - 10:00a.m. – Scenic Drive: **Harbor Drive**
July 8 Thursday - 10:00 a.m. – **East H. St. Chula Vista Walmart Shopping**
 2:00p.m. – Scenic Drive: **Embarcadero**
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- July 13 Tuesday** 2:00p.m. – Scenic Drive: **Imperial Beach**
July 14 Wednesday – **NO TRIP (Resident Council Day)**
July 15 Thursday - 10:00a.m. – **NC Walmart Shopping**
 2:00p.m. – Scenic Drive: **Cabrillo**
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- July 20 Tuesday** 2:00p.m. – Scenic Drive: **La Jolla Cove**
July 21 Wednesday- 10:00a.m. – Scenic Drive: **Mission Beach**
July 22 Thursday – 10:00a.m. – **99 Cents Store Shopping**
 2:00p.m. -Scenic Drive: **Eastlake Scenic sites**
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- July 27 Tuesday** - 2:00p.m. – Scenic Drive: **“Driver’s Choice”**
July 28 Wednesday – 10:00a.m. - Scenic Drive: **Shelter Island**
July 29 Thursday – 10:00a.m. – **CVS/ Trader Joe/ Sprouts/ TJ Max**
 2:00p.m. - Scenic Drive: **Point Loma**

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

LOCATION CODES:

- AD** – Plaza Activity Deck (2nd Floor)
CAFÉ – Cedars 2nd Floor
CL – Cedars Library – (4th Floor)
CP – Club Paradise (Plaza – Gym)
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)
Italic – Special Event/Outing
- Lib.** – Library (East W. - 4th Floor)
P – Patio by Cedars DR
PG – Putting Green/ Tennis Court
PRA – Plaza Reception Area
RA – Reception Area (Cedars 1st Floor)
WW – Cedars Art Studio (West Wing 4th floor)
EW – East Wing Hallway (1st Floor)



Cedars Management

Nithi Narasappa
Executive Director

Katrina Esquerra
Resident Services Director

Chris Snyder
Culinary Services Director

Minnie C. Groel
Vitality Coordinator

Anthony Perez
Environmental/
Plant Services
Coordinator



**Tuesday
July 12th @
3:00p.m.
Community Rm.**



**PADRES
Watch
PARTY**

**July 11th
1:10p.m.**

**WHERE?
At the
CAFÉ**

**Show-off
your
Padres
Shirt,
hats, etc.!**



**For Spiritual Support:
Call Harry @ (619)-245-5845
Catholic Service: Channel 151 /
Channel 154**

Welcome Newcomers

- Kathryn Moss
- Gary Rowe
- James Robert
- Nancy Davidson

Newcomers Meet & Greet

**Wednesday, July 21st
@ 2p.m. in the Lobby**



RESIDENT COUNCIL

Meeting

**Wednesday, July 14th
at 3:00p.m. (CR-3rd Floor)**

Ambassadors Meeting

**July 7th
@ 3:15p.m. – Community
Room**



Book Club

Interested?

Please contact any
Vitality Staff.

What: Organizational Mtg.

When: Tuesday, July 27th

Time: 2:45p.m.

Where: Community Room

**July 12th
10:30a.m.- CR**



Residents:

Burt Tiffany	7/11
Audrey Burris	7/14
Theresa Oliver	7/15
James Knight	7/21
Zane Smith	7/28
Linda Otero	7/28
Judy Hoyt	7/29
Kathryn Moss	7/29

Staff:

Karen Mayle	7/01
Maria Bowers	7/06
Joel Jurado, Jr.	7/14
Joll Chiang	7/15
Lourdes Pol	7/16
Veronica Hernandez	7/26
Maria Ramirez	7/26
Justa Soto	7/27

In astrology, those born July 1–22 are Cancer’s Crabs. Crabs like to retreat into their “shells” and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends. Those born July 23–31 are Leo’s Lions. These “kings of the savanna” are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause.

*Birthday Bash w/ Minnie and Crystal
July 28th at 2:00 p.m. - lobby.*

Agging Care Non-Contact

Wheelchair Clinic
(Sign-up at the front desk)

- Power Wheelchair/Scooter Assessment/Adjustment
- Manual Wheelchair Assessment/Adjustment
- Medicare Equipment Benefits Update

