

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activity programs are subject to change.

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

2 10:00 Activity Rounds
10:30 Stronger-U Fitness -CR
11:00 Health Tips- CR
1:00 1:1 Room Activity Progs.
2:00 Scenic Drive: J. St. C. Vista
2:00 Mexico and its Culture - CR
3:30 BINGO w/ Barbara - CR
6:30 Movie Night -Lounge (4th Fl)

3 10:00 Activity Rounds
10:00 Shopping: Outlet
10:30 Active Seniors Club - CR
1:00 1:1 Room Activity Progs.
2:00 Stronger-U Fitness -CR
2:30 Laughter is the best Medicine - CR
3: 15 Walking Club
6:30 Movie Night-Lounge (4thFl)

4 10:00 Activity Rounds
10:00 Shopping: E. H. St. Walmart
10:30 Stronger-U Fitness - CR
1:00 1:1 Activity Progs.
2:00 UNO - CR
3:30 BINGO w/ Barbara - CR
6:30 Movie Night-Lounge (4th Fl)

5 9:30 Activity Rounds
10:00Trivia Challenge - CR
10:30 BINGO - 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

6 9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:30 Balloon Tennis - CR
11:00 Sing-along -CR
1:00 Jewish Service - Lounge
1:00 SCRABBLE Club -Café
2:00 BINGO w/ Barbara - CR
4:00 BYOB (bring your own beverage) - Patio
6:00 Movie Night-Lounge (4th F.)

7 9:30 Eastlake Church Service-HC
10:00 Activity Rounds
11:15 Catholic Mass -LH
1:00 1:1 Room Programs
2:00 Thanksgiving Craft- CR
3:30 Flower Arrangement - Café
6:00 Movie Night-Lounge(4thFl)



Daylight Saving Time En

8 10:00 Activity Rounds
10:30 Ball/ Band Exercise - CR
11:15 Word Game - CR
1:00 1:1 Room Activity Progs.
1:00 SCRABBLE Club- Café
2:00 Education: Alz. Disease and other Dementias - CR
3:15 Walking Club
6:30 Movie Night-Lounge (4th Fl.)

9 10:00 Activity Rounds
10:30 Stronger-U Fitness -CR
11:00 Health Tips- CR
1:00 1:1 Room Activity Progs.
1:30 Shopping: NC Walmart
2:00 Rummikub - CR
3:30 BINGO w/ Barbara - CR
6:30 Movie Night -Lounge (4th Fl)

10 10:00 Activity Rounds
10:00 Scenic Drive: Mission Bay
10:30 Active Seniors Club - CR
1:00 1:1 Room Activity Progs.
1:00 SCRABBLE Club- Café
2:00 Stronger-U Fitness -CR
3:00 Resident Council -CR
6:30 Movie Night-Lounge (4thFl)

11 10:00 Activity Rounds
10:00 Scenic Drive: Old Town SD
10:00 Honoring Veterans- Lobby
1:00 1:1 Activity Progs.
2:00 Bible Study w/ Pastor Carl - Community Room
3:30 BINGO w/ Barbara - CR
6:30 Movie Night-Lounge (4th Fl)

Veterans Day
Remembrance Day (Canada)

12 9:30 Activity Rounds
10:00Trivia Challenge - CR
10:30 BINGO - 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

13 9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:30 Balloon Tennis - CR
11:00 Sing-along -CR
1:00 Jewish Service - Lounge
1:00 SCRABBLE Club -Café
2:00 BINGO w/ Barbara -CR
6:00 Movie Night-Lounge (4th F.)

14 9:30 Eastlake Church Service-HC
10:00 Activity Rounds
10:50 Catholic Confession - HC
11:15 Catholic Mass -LH
1:00 1:1 Room Progs.
2:00 Holiday Craft- CR
3:30 Flower Arrangement - Café
6:00 Movie Night-Lounge(4thFl)

15 10:00 Activity Rounds
10:30 Ball/ Band Exercise - CR
11:15 Word Game - CR
1:00 1:1 Room Activity Progs.
1:00 SCRABBLE Club- Café
2:00 BINGO w/ Barbara - CR
3:15 Mexican Domino - CR
6:30 Movie Night-Lounge (4th Fl.)

16 10:00 Activity Rounds
10:30 Stronger-U Fitness -CR
11:00 Health Tips- CR
1:00 1:1 Room Activity Progs.
2:00 Shopping: Terra Nova
2:00 Rummikub - CR
3:30 Travel Log with Hernan- CR
6:30 Movie Night -Lounge (4th Fl)

17 10:00 Activity Rounds
10:00 Lunch Bunch: Marie Callenders
10:30 Active Seniors Club - CR
1:00 1:1 Room Activity Progs.
2:00 Stronger-U Fitness -2nd Floor
2:30 Button Day Craft
6:30 Movie Night - Lounge (4thFl)

18 10:00 Activity Rounds
10:00 CVS/Trader Joe/ Sprouts / TJ Max
10:30 Staying Fit - CR
11:00 Brain Tickler - CR
1:00 1:1 Activity Progs.
2:00 Meet & Greet Newcomers - CR
3:30 BINGO w/ Barbara - CR
6:30 Movie Night-Lounge (4th Fl)



19 9:30 Activity Rounds
10:00Trivia Challenge - CR
10:30 BINGO - 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

20 9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:30 Balloon Tennis - CR
11:00 Sing-along -CR
1:00 Jewish Service - Lounge
1:00 SCRABBLE Club -Café
2:00 BINGO w/ Barbara -CR
4:00 BYOB (bring your own beverage) - Patio
6:00 Movie Night-Lounge (4th F.)

21 9:30 Eastlake Church Service-HC
10:00 Activity Rounds
10:30 1:1 Room Programs
10:45 Cedars Communion - CR (Who cannot attend the mass)
11:15 Catholic Mass -LH
1:00 1:1 Room Progs.
2:00 Advanced Rock Painting CR
3:30 Flower Arrangement - Café
6:00 Movie Night-Lounge(4thFl)

22 10:00 Activity Rounds
10:30 Ball/ Band Exercise - CR
11:15 Word Game - CR
1:00 1:1 Room Activity Progs.
1:00 SCRABBLE Club- Café
2:00 BINGO w/ Barbara - CR
3:15 Mexican Domino - CR
6:30 Movie Night-Lounge (4th Fl.)

23 10:00 Activity Rounds
10:30 Stronger-U Fitness -CR
11:00 Health Tips- CR
1:00 1:1 Room Activity Progs.
2:00 Shopping: Dollar Store
2:00 Rummikub - CR
3:30 BINGO w/ Barbara - CR
6:30 Movie Night -Lounge (4th Fl)

24 10:00 Activity Rounds
10:00 Scenic Drive: La Jolla
10:30 Active Seniors Club - CR
1:00 1:1 Room Activity Progs.
2:00 Birthday Bash - CR
3:30 Stronger-U Fitness - CR
6:30 Movie Night-Lounge (4thFl)



25 9:30 Watch the Macy's Parade - Cafe
11:00 Gentle Stretch - Cafe
11:30 Resident Thanksgiving Luncheon DR
2:00 Bible Study w/ Pastor Carl - Community Room
3:30 Movie Special - Cafe
6:30 Movie Night-Lounge (4th Fl)
"Be thankful, Be grateful!"

26 9:30 Activity Rounds
10:00Trivia Challenge - CR
10:30 BINGO - 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

27 9:00 Adventist Service-L (4th F.)
10:00 Activity Rounds
10:30 Balloon Tennis - CR
11:00 Sing-along -CR
1:00 Jewish Service - Lounge
1:00 SCRABBLE Club -Café
2:00 BINGO w/ Barbara -CR
6:00 Movie Night-Lounge (4th F.)

28 9:30 Eastlake Church Service-
10:00 Activity Rounds
10:30 1:1 Room Programs
11:15 Catholic Mass -LH
12:00 Anglican Service -HC
1:00 1:1 Room Progs.
2:00 Christmas Craft - CR
3:30 Flower Arrangement-Café
5:30 Hanukkah Candle lighting
6:00 Movie Night-Lounge(4thFl)

Hanukkah Begins

29 10:00 Activity Rounds
10:30 Ball/ Band Exercise - CR
11:15 Word Game - CR
1:00 1:1 Room Activity Progs.
1:00 SCRABBLE Club- Café
2:00 BINGO w/ Barbara - CR
3:15 Mexican Domino - CR
6:30 Movie Night-Lounge (4th Fl.)

30 10:00 Activity Rounds
10:30 Stronger-U Fitness -CR
11:00 Health Tips- CR
1:00 1:1 Room Activity Progs.
2:00 Bingo Bazaar - CR
3:00 Welcoming Committee /Ambassador Mtg. - CR
3:30 BINGO w/ Barbara - CR
6:30 Movie Night - Lounge (4th Fl)

November 2021

Cedars Assisted Living

RCFE # 374602869

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

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 Management

NITHI NARASAPPA
Executive Director

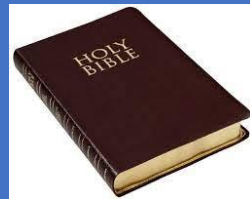
KATRINA JIMENEZ
Resident Services
Director

CHRIS SNYDER
Culinary Services
Director

MINNIE C. GROEL
Vitality Coordinator

ANTHONY PEREZ
Environmental/
Plant Services
Coordinator

Bible Study
w/ Pastor Carl
Nov. 11th
and **25th**
2:00p.m.
Community
Room



For **Spiritual**
Support:
Call Harry @
(619)-245-5845

Virtual Religious
Services:
♥ Catholic Channel
151 / Channel 154
♥ Other: TBN
Internet: Adventist

Welcome Newcomers

Gale Dudley
Patrick Yong
Annie Yong
Jack Hieshetter
Connie Siazon

Meet & Greet Newcomers

Thursday, November 18th
@ 2p.m. – Community Rm.



RESIDENT COUNCIL
Meeting
Wednesday, November 10th
at 3:00p.m. (CR-3rd Floor)

**Ambassadors Meeting/
Welcoming Committee**
Tuesday, November 30th
3:00p.m. – Community Room



RESIDENTS

Toni Marotti Nov. 05
Mary Ann Kornbrust Nov. 06
Art Schrupp Nov. 06
Patsy Duff Nov. 09
Liz Knight Nov. 16
Charlene Cramer Nov. 19
Robert Pelleymounter Nov. 23
Janelle Diffenbaugh Nov. 28
Juanita Peralta Nov. 29

STAFF

Olive Guerrero Nov. 01
Isaac Cardozo Nov. 03
Alfredo Guadalupe Nov. 08
Suzanna Poudyal Nov. 17
Adan E De Anda Nov. 25

In astrology, those born from November 1–21 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else. Those born from November 22–30 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges.

Birthday Bash
Wednesday, November 24th
at 2:00p.m. - Lobby



CEDARS SCENIC DRIVES/ SHOPPING SCHEDULE NOVEMBER 2021

❖ TUESDAYs at 2:00p.m. / Shopping: loading time is 1:00p.m.

November 02 – Scenic Drive: **J. St. Chula Vista**
November 09 – Shopping: **NC Walmart**
November 16 – Shopping: **Terra Nova**
November 23 – Shopping: **Dollar Store**

❖ WEDNESDAYs at 10:00a.m.

November 03 – Shopping: **Outlet (loading: 9:30a.m.)**
November 10 – Scenic Drive: **Mission Bay**
November 17 – Lunch Bunch: **Marie Callenders (loading: 10:00a.m.)**
November 24 – Scenic Drive: **La Jolla Cove**

❖ THURSDAY at 10:00a.m.

November 04 – Shopping: **East H. St. Walmart**
November 11 – Scenic Drive: **Old Town SD Historic Park**
November 18 – Shopping: **CVS/ Trader Joe/ Sprouts/ TJ Max**
November 25 – THANKSGIVING DAY- No trip

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



Doctor Appointment



Contact Adriana between
9:00a.m. – 3:00p.m. at
extension 48101

We are looking for a
Compassionate, caring, and a
great leader to be our
Resident Council President



Deadline: November 10, 2021
Resident Council Meeting – CR
Time: 3:00p.m.

Please see Minnie Groel
Vitality Coordinator for details.

Residents



Thursday, November 25th
11:00AM-2:00PM
Music by: Rick Spencer

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