



### Cedars Management

- NITHI NARASAPPA**  
Executive Director
- KATRINA JIMENEZ**  
Resident Services Director
- SCOTT WILSON**  
Culinary Director
- MINNIE C. GROEL**  
Vitality Coordinator
- ANTHONY PEREZ**  
Environmental/  
Plant Services Coordinator

#### LOCATION CODES:

- AD** – Plaza Activity Deck (2<sup>nd</sup> Floor)
- BR** – Plaza Board Room (2<sup>nd</sup> Floor)
- CAFÉ** – Cedars 2<sup>nd</sup> Floor
- CL** – Library – (4<sup>th</sup> Floor)
- CR** – Community Room (3<sup>rd</sup> Floor)
- Concierge** – (Plaza 1<sup>st</sup> Floor)
- DR** – Dining Room (1<sup>st</sup> Floor)
- HC** – Heritage Chapel (Plaza 2<sup>nd</sup> Floor)
- L** – Lounge (Cedars 4<sup>th</sup> Floor)
- LH** – Liberty Hall (Plaza 2<sup>nd</sup> Floor)
- MC** – Med. Clinic (Plaza 2<sup>nd</sup> Floor)
- P** – Patio (by DR)
- PG** – Putting Green
- PAD** – Plaza Activity Deck (2<sup>nd</sup> Floor)
- RA** – Reception Area (Cedars 1<sup>st</sup> Floor)

### June Celebrants



#### RESIDENTS:

- Gary R. June 9<sup>th</sup>
- Marguerite O. June 10<sup>th</sup>
- Annie D. June 20<sup>th</sup>
- Mavis M. June 24<sup>th</sup>
- June J. June 30<sup>th</sup>

#### STAFF:

- Mayra B-F. June 3<sup>rd</sup>
- Andrea S-H. June 9<sup>th</sup>
- Daisy A-S. June 15<sup>th</sup>
- Kriselle M. June 26<sup>th</sup>

In astrology, those born June 1–21 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. They are clever extroverts who can make persuasive arguments. Those born from June 22–30 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones

**Birthday Bash, Wednesday June 22 @ 2:00p.m. with Raymond - Lobby**

### focus

#### Culture Topic: Lifelong Learning

*“Curiosity is one of the permanent and certain characteristics of a vigorous intellect.” — Samuel Johnson*

This month we are celebrating the joy of Lifelong Learning! We humans have a natural drive to learn, explore and grow. We can continue to develop our minds throughout our entire lives, even when we are finished with formal education. According to author Oscar Nowik, “Lifelong learners recognize the importance and joy of growth and personal development, so they never settle for what they currently know and always seek to improve and build upon their current knowledge.”

What are some benefits of becoming a lifelong learner?

- Improves brain health by strengthening network connections and can help improve memory.
- Can strengthen social connections with other learners, which improves wellbeing.
- Increased skills and knowledge can lead to greater employment opportunities.
- Improves mental health. Reading for just six minutes a day can lower stress levels.

Examples of lifelong learning:

- Taking courses, either online or in person.
- Teaching yourself a new language.
- Reading about a new subject.
- Learning to use new pieces of technology.
- Adding to your skill set at work.
- Learning to play an instrument.

What sparks your curiosity, Generations family? Ask your Vitality team for help facilitating new learning experiences this month!

### CEDARS SCENIC DRIVES/ SHOPPING SCHEDULE JUNE 2022

#### Sunday

**June 05 – Boat Ride- Loading Time: 9:00a.m. / Return Time: 2:30p.m.**

**TUESDAYs at 2:00p.m Loading Time: 1:30p.m.**

**June 07 – Scenic Drive: Mission Bay Aquatic Park**

**June 14 – Walking Club at Glorietta Bay Park**

**June 21 – Scenic Drive: Harbor Drive**

**June 28 – Walking Club at Mission Bay Park**

**WEDNESDAYs at 10:00a.m. Loading Time: 9:30a.m.**

**June 01 – Scenic Drive: Shelter Island**

**June 08 – Scenic Drive: Mission SD de Alcala**

**June 15 – Scenic Drive: Balboa Park**

**June 22 – Scenic Drive: Coronado Strand**

**THURSDAY at 10:00a.m. Loading Time: 9:30a.m.**

**June 02 – Shopping: Terra Nova**

**June 09 – Shopping: Trader Joe/ CVS/TJ Max**

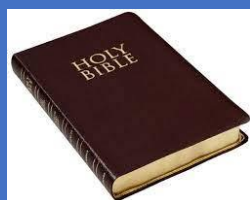
**June 16 – Shopping: 99 Cents Store**

**June 23 – Shopping: N.C. Walmart**

#### NOTE:

Please be **on time**. The bus will leave as scheduled. Please plan to be *in the bus before* the scheduled time. Once everyone is counted for, the bus may leave early. Remember: **There’s NO waiting** for people who are not on time. Your cooperation is highly appreciated.

**Bible Study**  
w/ Pastor Carl  
**June 2<sup>nd</sup>**  
**June 15<sup>th</sup>** @  
**3:15p.m.**  
**Community**  
**Room (3<sup>rd</sup> Floor)**



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

#### Virtual Religious Services:

- ▲ Catholic Channel 151 / Channel 154 Channel 6 (8:30AM)
- ▲ Other: TBN/ Internet: Adventist

#### Moments w/ the Chaplain:

- ▲ Tuesdays @ 11am – HC (Plaza)
- ▲ Thursdays @ 3pm – HC (Plaza)

#### Men’s Prayer Group:

- ▲ Tuesdays @ 9:00A- HC (Plaza)

**June 3<sup>rd</sup> @ 600pm – Secret of Wellness – HC**

**June 14<sup>th</sup> @ 5:00pm – Tremors Support Group - HC**

**PLAZA PROGRAMS: June 2<sup>nd</sup> @ 7:00pm- Astronomy: Unusual Galaxies – LH / June 14<sup>th</sup> @6:30pm- International Pianist: Gustavo Romero -LH / June 15<sup>th</sup> @ 11:00am- Veterans Aid & Attendance Seminar-LH**

#### Doctor Appointment

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



*Want to make new friends?*  
Please join us on **June 8<sup>th</sup> at 2:00p.m. in the Community Room.**