



Cedar Bay West Activity Schedule



Sunday September 19th

"Spread love everywhere you go. Let no one ever come to you without leaving happier." -Mother Teresa

Monday September 20th

9:00-1:00 Exercise and Weight Training ***No appointment needed!*** (Fitness Center)

1:30 Courtyard Conversation with Jane (Courtyard)

3:00 Catholic Mass with Father Don (Fellowship Hall)

Afternoon Visits with Life Enrichment



Tuesday September 21st

Golf Cart Ride ***Sign up with Life Enrichment*** Meet in the Lobby at 1:30PM

2:00 Exercise (Fellowship Hall)

3:00 Yahtzee Dice (Fellowship Hall)

Wednesday September 22nd

1:30 Germanfest Musical Performance (Courtyard)

3:00 Chapel Service (Fellowship Hall)

Afternoon Visits with Life Enrichment



Thursday September 23rd

9:00 Exercise (Fellowship Hall)

9:30-1:00 Exercise and Weight Training ***No appointment needed!*** (Fitness Center)

10:00 Ladder Dice (Fellowship Hall)

2:00 Trivia and Word Games (Community Room)

3:00 Bible Study with Chaplain Mary (Fellowship Hall)



Friday September 24th

9:00 Chair Dancing Exercise (Fellowship Hall)

2:00 BINGO!! (Dining Room)

Afternoon Visits with Life Enrichment Door~to~Door



Saturday August 25st

2:00 Movie in the Community Room

McLintock-Starring John Wayne and Maureen O'Hara