

Cedar Bay East Activity Schedule

March 27th – April 2nd

Sunday, March 27th

Channel 900- Chapel Service playing at 8:15 and looping until noon

Monday, March 28th

9:00 Exercise (AR) 10:00 Yahtzee Dice (AR)

1:30 Wii Bowling (AR)

3:00 Travel Log Greece (AR)

Afternoon Visits with Life Enrichment

Tuesday, March 29th

9:00 Exercise (AR) 10:00 Voting (AR)

1:15 Independent Bridge (Activity Room Lounge)

1:30 Rosary with Catholic Communion (AR) 3:00 Chapel (AR)

Wednesday, March 30th

9:00 Build Better Control/Balance with Joe (AR)

10:00 One and Done Dice with Joe (AR)

10:30 Stations of the Cross (Courtyard Kitchen)

2:00 Easter Craft Project (AR)

Afternoon Visits with Life Enrichment

Thursday, March 31st

10:00 Ukulele Group Performance (AR)

1:30 Independent Sheepshead-(Library)

1:30 Prayer Service for Peace with Chaplain Mary (AR)

Afternoon Visits with Life Enrichment

3:00 Build Better Balance with Joe (AR)

3:45 Shake Loose a Memory with Joe

Friday, April 1st

9:00 Build Better Control with Joe (AR)

10:00 Garbage Cards with Joe (AR)

2:00 Bingo (DR) Afternoon Visits with Life Enrichment

Saturday, April 2nd

9:00 Movement to Music with Karen-Exercise (AR)

1:30 Independent Sheepshead-Library

Build Better Balance- Activate and stimulate the major systems in the body responsible for balance and fall avoidance.

Build Better Control- Accommodates varying degrees of continence targeting the pelvic floor muscles responsible for continence.

Social Wellness- Program teaches the underlying strengths and abilities that contribute to improving one's social wellness.

Intellectual Wellness- Program uses mental/cognitive skills and abilities which help enhance one's memory.

Prayer Service for Peace with Chaplain Mary- A short service involving prayer, scripture and, song for Peace in our World.

Upcoming Events

March 29th Spring Election/Voting-10:00-10:50

March 31st Ukulele Group Performance 10:00

Resident requested activity

Room Code

AR - Activity Room (1st)
(1stTVL – TV & Movie Lounge (2nd))

CYK – Courtyard Kitchen
TH – Cedar Theater (1st)