

Cedar Bay East Activity Schedule

April 3rd – April 9th

Sunday, April 3rd

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

Monday, April 4th

9:00 Build Better Balance with Joe (AR)

10:00 Brewer's Sausage Races Dice (AR)

1:30 Wii Bowling (AR) 2:45 Around the Corner with John McGivern (AR)

Afternoon Visits with Life Enrichment

Tuesday, April 5th

9:00 Exercise (AR) 10:00 Springtime Jingo with Erin (AR)

1:15 Independent Bridge (Activity Room Lounge)

3:00 Chapel (AR)

Wednesday, April 6th

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

10:00 Baseball Word Game Fun with Joe (AR)

10:30 Stations of the Cross (Courtyard Kitchen)

2:00 Cookies and Conversation Social (AR)

Afternoon Visits with Life Enrichment

Thursday, April 7th

10:30 Catholic Mass- Celebration Room-please meet at activity room by 10:10 and staff will assist you to the Celebration Room 3rd floor

1:30 Independent Sheepshead-(Library)

1:30 Sunday's Gospel Reflection with Chaplain Mary (Courtyard Kitchen)

Afternoon Visits with Life Enrichment

2:00 Build Better Balance with Joe (AR)

3:00 Uno Spin Cards with Joe & Jane

Friday, April 8th

9:00 Build Better Control with Joe (AR)

10:00 Men's Social with Joe (AR)

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

Saturday, April 9th

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.

Upcoming Events

April 11th Happy Hour- music by Terry King 3:00

April 14th Maundy Thursday Chapel Service 10:30

April 15th Good Friday Service 1:30

April 19th Musical Entertainment by 3 Sharps and 2 Flats 10:00

Resident requested activity

Room Code

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

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