

Cedar Bay East Activity Schedule

April 10th – April 16th

Sunday, April 10th

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

Monday, April 11th

9:00 Build Better Balance with Joe (AR)

10:00 Egg Roll Dice (AR)

Afternoon Visits with Life Enrichment

3:00 Happy Hour- Music with Terry King (AR)

Tuesday, April 12th

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

1:15 Independent Bridge (Activity Room Lounge)

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

Wednesday, April 13th

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

10:00 Culinary Comments with Jerry (DR)

10:30 Stations of the Cross (Courtyard Kitchen)

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

Thursday, April 14th

9:00 Exercise (AR) 10:30 Lutheran Services in Celebration Room-Please meet at activity room by 10:10 and staff will assist you.

1:00-1:45 West Bend Library Visits (East Library)

1:30 Independent Sheepshead-(Library)

Afternoon Visits with Life Enrichment

1:30 Maundy Thursday Chapel Services (AR)

3:00 Easter Egg Bingo with Joe & Jane

Friday, April 15th

9:00 Build Better Control with Joe (AR)

10:00 Egg extraordinary Word Fun with Joe (AR)

1:30 Good Friday Chapel Services (AR)

Afternoon Visits with Life Enrichment

Saturday, April 16th

9:00 Movement to Music with Karen (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.

Caregiver Support Group

A new group will be meeting each month on the 4th Tuesday of the month in the CBE Courtyard Kitchen Area at 10:00 am for Caregiver Support. If you are in a situation in life where you are a primary caregiver for a spouse or loved one, are currently caring for others, or volunteering as a caregiver, and you sometimes feel exhausted or overwhelmed by the task, this group is for you ! Join us as we share the stresses and challenges of being a caregiver, and explore what we can do to help relieve stress and find the right kind of support and balance we need to stay healthy ourselves as we care for others. We will explore techniques, resources and self-sustaining habits you can build to make you a better, stronger and more prepared caregiver. This Group will be led by our Cedar Community Chaplains.

Upcoming Events

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

April 26th Caregivers Support Group 10:00

Resident requested activity

Room Code

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

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