

## Cedar Bay East Activity Schedule

April 24<sup>th</sup> – April 30<sup>th</sup>

### Sunday, April 24<sup>th</sup>

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

### Monday, April 25<sup>th</sup>

9:00 Build Better Balance with Joe (AR)

10:00 Garbage Cards (AR)

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

### Tuesday, April 26<sup>th</sup>

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

10:00 Caregivers Support Group (Courtyard Kitchen)

11:30-1:00 Tasteful Tune with Jane (DR)

3:00 Chapel (AR)

### Wednesday, April 27<sup>th</sup>

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

10:00 Arbor Day Fun with Words/Trivia with Joe (AR)

2:00 Musical Entertainment with Jim Vollmer (AR)

Afternoon Visits with Life Enrichment

### Thursday, April 28<sup>th</sup>

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

1:30 Independent Sheepshead-(Library)

Afternoon Visits with Life Enrichment

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

2:30 Dice Pattern Bingo (AR) New Game

Afternoon Visits with Life Enrichment

### Friday, April 29<sup>th</sup>

9:00 Build Better Control with Joe (AR)

10:00 Coffee/Cookies Social with Joe

### Saturday, April 30<sup>th</sup>

9:00 Exercise/Noodle Stretch (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 4<sup>th</sup> 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.

Note- Bingo will be on Monday this week at 2:00 in the dining room.

**Men's Group-** Join Joe for discussing a wide variety of interests such as cards, the outdoors, sports, crafts (woodworking), presentations and much more...

### **Upcoming Events**

April 26<sup>th</sup> Caregivers Support Group 10:00

April 27<sup>th</sup> Musical Entertainment with Jim Vollmer 2:00

Resident requested activity

#### Room Code

AR - Activity Room (1<sup>st</sup>)  
(1<sup>st</sup>TVL – TV & Movie Lounge (2<sup>nd</sup>))

CYK – Courtyard Kitchen  
TH – Cedar Theater (1<sup>st</sup>)