

# Cedar Bay West Activity Schedule



## Sunday April 17<sup>th</sup>

*Have a blessed Easter Sunday!*

8:15-12:00 Chapel Service on Replay (Channel 900)



## Monday, April 18<sup>th</sup>

9:00 Exercise (Fellowship Hall)

**10:00 Yahtzee Dice Game (Fellowship Hall)**

1:00-4:00 Exercise and Weight Training (Fitness Center)

1:30 Spring Word Game Fun with Joe (Fellowship Hall)

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

Afternoon Visits with Life Enrichment



## Tuesday, April 19<sup>th</sup>

9:00 Build Better Control with Joe (Fellowship Hall)

10:00 Pokeno with Joe (Fellowship Hall)

1:30 Build Better Balance with Joe (Fellowship Hall)

1:30 Manicures with Kayla *\*Sign Up at the Front Desk\** (Community Room)

2:30 Cookies and Conversation Ball (Fellowship Hall)



## Wednesday, April 20<sup>th</sup>

9:00 Movement to Music (Fellowship Hall)

10:00 Broadway Music Appreciation (Fellowship Hall)

1:30 Build Better Balance with Joe (Fellowship Hall)

1:1 Music Visits with Karen and Olivia

**3:00 Ecumenical Chapel Service (Fellowship Hall)**



## Thursday, April 21<sup>st</sup>

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

10:00 Wisconsin Stories with Joe (Community Room)

9:30-12:00 Exercise and Weight Training (Fitness Center)

2:15 Kayla's Adult Coloring Group (Community Room)

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

Afternoon Visits with Life Enrichment



## Friday, April 22<sup>nd</sup>

9:00 Exercise (Fellowship Hall)

10:00 Balloon Volleyball (Fellowship Hall)

**2:00 BINGO!! (Dining Room)**

Afternoon Visits with Life Enrichment



## Saturday, April 23<sup>rd</sup>

2:00 Independent Movie *\*Homeward Bound 2\** (Community Room)

## **Activity Descriptions**

**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.

**Men's Group-** Join Joe for a fun hour of conversation and laughter...

\*Sorry ladies, men only!\* 😊

## **Upcoming Events to Look Forward To:**

April 26<sup>th</sup> Music with Rex

April 27<sup>th</sup> Meet the Chaplains

April 29<sup>th</sup> Choristers Performance