



# Cedar Bay West Activity Schedule



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

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

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

9:00 Exercise (Fellowship Hall)

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

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

1:30 Full House Cards (Community Room)

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

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

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

10:00 Arbor Day Fun Word/Trivia with Joe (Fellowship Hall)

1:30 Build Better Balance with Joe (Community Room)

**2:30 Music with Rex (Fellowship Hall)**

Afternoon Visits with Life Enrichment

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

9:00 Rhythmic Drumming (Fellowship Hall)

10:00 Arbor Day Music Appreciation (Fellowship Room)

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

1:1 Music Visits with Karen and Olivia

2:00 Meet the Chaplains \*Punch and Cookies will be Served\* (Community Room)

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

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

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

9:00 Manicures with Kayla \*Sign up at the Front Desk\* (Community Room)

10:00 Easter Egg Bingo with Kayla and Joe (Fellowship Hall)

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

1:30 Activity Planning Meeting and Mingle ~ Everyone Welcome! (Community Room)

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

Afternoon Visits with Life Enrichment

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

9:00 Exercise (Fellowship Hall)

10:15 Chorister Performance (Fellowship Hall)

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

Afternoon Visits with Life Enrichment

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

10:15 Toss Up Dice with Jane

## **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 discussing a wide variety of interests such as cards, the outdoors, sports, crafts (woodworking), presentations and much more...

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

Bug rides will start up next month!!

April 26th Music with Rex at 2:30 pm

April 29<sup>th</sup> Chorister Performance at 10:15 am

May 17<sup>th</sup> Music with Rockin' Randy at 2:30 pm