

Cedar Bay East Activity Schedule

April 17th – April 23rd

Sunday, April 17th - Happy Easter

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

Monday, April 18th

9:00 Build Better Balance with Joe (AR)

10:30 Resident Council (AR)

1:30 Wii Bowling (AR)

3:00 Yahtzee (AR)

Tuesday, April 19th

No Exercise today

10:00 Musical Entertainment with 3 Sharps and 2 Flats (AR)

1:15 Independent Bridge (Activity Room Lounge)

Pet therapy visits with Charlie

3:00 Chapel (AR)

Wednesday, April 20th

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

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

10:30 Rosary (Courtyard Kitchen)

2:00 Baseball Jingo (AR)

Afternoon Visits with Life Enrichment

Thursday, April 21st

9:00 Exercise (AR) 10:30 Catholic Mass 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 (AR)

2:30 Ladder Dice (AR)

Friday, April 22nd

9:00 Build Better Control with Joe (AR)

10:00 Floor Dice with Joe (AR) 2:00 Bingo (AR)

Afternoon Visits with Life Enrichment

Saturday, April 23rd

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

April 26th Caregivers Support Group 10:00

April 27th Prize Bingo 2:00

Resident requested activity

Room Code

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

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