

## Cedar Bay East Activity Schedule

May 15<sup>th</sup> – May 21<sup>st</sup>

### Sunday, May 15<sup>th</sup>

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

### Monday, May 16<sup>th</sup>

9:00 Build Better Balance with Joe (AR)

10:30 Resident Council (AR)

1:30 Wii Bowling (AR)

2:30 Familiar Pairs Bingo (AR)

Afternoon Visits with Life Enrichment

### Tuesday, May 17<sup>th</sup>

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

1:15 Independent Bridge (Activity Room Lounge)

1:30 Penny Ante (AR)

3:00 Chapel (AR)

### Wednesday, May 18<sup>th</sup>

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

10:00 Fun with Words with Joe (AR)

2:00 Scenic Bus Ride- Sign Up by the buffet outside the dining room

### Thursday, May 19<sup>th</sup>

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)

1:30 Sunday's Gospel Reflection with Chapel Mary (Activity Room)

3:00 Resident Activity Planning Meeting with Erin-LE-Director (AR)

Afternoon Visits with Life Enrichment

### Friday, May 20<sup>th</sup>

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

10:00 Tabletop Bowling with Joe

2:00 Bingo (DR)

Afternoon Visits with Life Enrichment

### Saturday, May 23<sup>st</sup>

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.

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

Resident Activity Planning Meeting with Erin-Life Enrichment Director-come and discuss what you would like to do for activities and events

**Thursday, May 19<sup>th</sup> at 3:00 in AR**

**Tuesday, May 17<sup>th</sup>- Vaccine clinic in the theater 9:00-3:00**

**You may go on your own or if you would like assistance push your call button and staff would be happy to assist you. 😊**

### **Upcoming Events**

May 18<sup>th</sup>-Scenic Bus Ride 2:00-sign up by buffet outside dining room

May 24<sup>th</sup> Caregivers Support Group 10:00- Courtyard Kitchen- Chaplain Tim

May 25<sup>th</sup> Musical Entertainment with Ville Belleville 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>)**