

Cedar Bay East Activity Schedule

May 22nd – May 28th

Sunday, May 22nd

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

Monday, May 23rd

9:00 Build Better Balance with Joe (AR)
10:30 One and Done dice (AR) 1:30 Wii Bowling (AR)
3:00 Sing-along with Karen
Afternoon Visits with Life Enrichment

Tuesday, May 24th

9:00 Exercise (AR) 10:00 Yahtzee (AR)
10:00 Caregivers Support Group (Courtyard Kitchen)
11:30-1:00 Tasteful Tunes with Jane
1:15 Independent Bridge (Activity Room Lounge) 3:00 Chapel (AR)

Wednesday, May 25th

9:00 Build Better Control/Balance with Joe (AR)
10:00 Shake Lose a Memory with Joe (AR)
2:00 Musical Entertainment with Vicki Belleville
Afternoon visits with Life Enrichment

Thursday, May 26th

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 (Courtyard Kitchen)
3:00 Uno Spin Cards (AR)
Afternoon Visits with Life Enrichment

Friday, May 27th

9:00 Build Better Control/Balance with Joe (AR)
10:00 Men's Group with Joe
2:00 Bingo (DR)
Afternoon Visits with Life Enrichment

Saturday, May 28th

10:15 I Love America Jingo with Erin
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...

Upcoming Events

May 24th Caregivers Support Group 10:00- Courtyard Kitchen-Chaplain Tim
May 25th Musical Entertainment with Ville Belleville 2:00

Resident requested activity

Room Code

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

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