

Cedar Bay East Activity Schedule

May 1st – May 7th

Sunday, May 1st

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

Monday, May 2nd

9:00 Exercise (AR)

10:00 Dice Bingo (AR) 1:30 Wii Bowling

2:30 Name That Flower Game (AR)

Afternoon Visits with Life Enrichment

Tuesday, May 3rd

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

1:15 Independent Bridge (Activity Room Lounge)

1:30 Spring Trivia (AR)

3:00 Chapel (AR)

Wednesday, May 4th

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

10:00 Cinco De Mayo Word Fun with Joe (AR)

2:00 Cinco De Mayo Social (AR)

Afternoon Strolls with Life Enrichment

Thursday, May 5th

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 Around the House Jingo (AR)

Friday, May 6th

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

10:00 Kentucky Derby Horse Races-Dice with Joe 2:00 Bingo (DR)

Afternoon Visits with Life Enrichment

Saturday, May 7th

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.

Chapel on May 10th will be a Healing Service with Chaplain Mary (Prayer, readings, song, and Blessing to heal our mind, bodies, and Spirit.)

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 11th Happy Hour-Music with Jim Lorch 3:00
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)**