

# Cedar Bay West Activity Schedule

## Sunday May 22<sup>nd</sup>

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

## Monday, May 23<sup>rd</sup>

9:00 Movement to Music (Fellowship Hall)  
10:00 Yahtzee Dice (Fellowship Hall)  
1:00-4:00 Exercise and Weight Training (Fitness Center)  
1:30 Tabletop Bowling (Fellowship Hall)  
3:00 Catholic Mass with Father Don (Fellowship Hall)



## Tuesday, May 24<sup>th</sup>

9:00 Build Better Control/Balance with Joe (Fellowship Hall)  
10:30-1:00 Covid -Booster shot – (Fellowship Hall)  
2:00 Familiar Pairs Bingo (Fellowship Hall)  
Afternoon Visits with Life Enrichment

## Wednesday, May 25<sup>th</sup>

9:00 Rhythmic Drumming (Fellowship Hall)  
10:00 Music Appreciation – Country Singers (Fellowship Hall)  
1:30 Build Better Balance with Joe (Fellowship Hall)  
3:00 Ecumenical Chapel Service (Fellowship Hall)



## Thursday, May 26<sup>th</sup>

8:45 Build Better Balance/Control with Joe (Fellowship Hall)  
10:15 Floor Darts (Fellowship Room)  
9:30-12:00 Exercise and Weight Training (Fitness Center)  
1:30 One and Done Dice (Fellowship Hall)  
3:00 Bible Study with Chaplain Mary (Fellowship Hall)  
Afternoon Visits with Life Enrichment

## Friday, May 27<sup>th</sup>

9:00 Exercise (Fellowship Hall)  
10:00 Full House Cards (Fellowship Hall)  
2:00 BINGO!! (Dining Room)  
Afternoon Visits with Life Enrichment



## Saturday, May 28<sup>th</sup>

9:00 Exercise with Erin (Fellowship Hall)  
2:00 Independent Movie *Robin Hood* (Community Room)

## **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...

**Tuesday, May 24 in Fellowship Hall**

**Tuesday, May 24<sup>th</sup>- Vaccine clinic in the Fellowship 10:30-1:00**

**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 to Look Forward To:**

Bug rides May 31- Sign up will start 5-27- Sign up at the front desk

June 16<sup>th</sup> Ice Cream social 2:00