

# Cedar Bay West Activity Schedule



**Sunday May 8<sup>th</sup>**

*Happy Mother's Day*

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



**Monday, May 9<sup>th</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 Twister Bean Bag Game (Fellowship Hall)

**3:00 Catholic Mass with Father Don (Fellowship Hall)**

**Tuesday, May 10<sup>th</sup>**

9:00 Build Better Control with Joe (Fellowship Hall)

10:00 Brainteasers (Fellowship Hall)

1:30 Build Better Balance with Joe (Community Room)

3:00 Geography Jingo with Joe (Fellowship Hall)

Afternoon Visits with Life Enrichment

**Wednesday, May 11<sup>th</sup>**

9:00 Rhythmic Drumming (Fellowship Hall)

10:00 Music Appreciation – Flowers (Fellowship Hall)

1:30 Build Better Balance with Joe (Fellowship Hall)

1:30 1:1 Music Visits with Karen

**3:00 Healing for the Mind, Body, and Spirit ~ Chapel Service (Fellowship Hall)**

**Thursday, May 12<sup>th</sup>**

8:45 Build Better Balance/Control with Joe (Fellowship Hall)

**9:30 In-Person Lutheran Service (Community Hall)**

10:15 Pokeno (Fellowship Room)

9:30-12:00 Exercise and Weight Training (Fitness Center)

**2:00 West Bend Library Exchange (Community Room)**

3:00 Bible Study with Chaplain Mary (Fellowship Hall)

Afternoon Visits with Life Enrichment

**Friday, May 13<sup>th</sup>**

9:00 Exercise (Fellowship Hall)

10:00 Dice 21 (Fellowship Hall)

**2:00 BINGO!! (Dining Room)**

Afternoon Visits with Life Enrichment

**Saturday, May 14<sup>th</sup>**

9:00 Exercise with Erin (Fellowship Hall)

## **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...

Chapel on May 11<sup>th</sup> will be a Healing Service with Chaplain Mary (Prayer, readings, song, and Blessing to heal our mind, bodies, and Spirit.)

## **Upcoming Events to Look Forward To:**

Bug rides will start up this month!!

West Bend Library Exchange This Week

May 17<sup>th</sup> Music with Rockin' Randy at 2:30 pm