

## Cedar Bay East Activity Schedule

June 12<sup>th</sup>- June 18<sup>th</sup>

### Sunday, June 12<sup>th</sup>

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

### Monday, June 13<sup>th</sup>

9:00 Exercise (AR)

10:00 Dice Bingo (AR)

1:30 Pontoon Boat Ride – sign up by the bulletin board outside dining room

Meet in lobby at East

Afternoon Visits with Life Enrichment

### Tuesday, June 14<sup>th</sup>

Morning Visits with Jodi

10:00 Ukulele Musical Performance Group (AR)

1:30 Word Game fun with Jodi (AR)

1:15 Independent Bridge (Activity room Lounge)

3:00 Chapel (AR)

### Wednesday, June 15<sup>th</sup>

9:00 Exercise (AR)

10:00 Alaska trip presentation with Kathleen Spott (AR)

2:00 Mystery bus ride for ice cream-sign up by the bulletin board outside the dining room-Meet by the East lobby 1:45

### Thursday, June 16<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)

Afternoon Visits with Life Enrichment

3:00 Garbage Cards (AR)

### Friday, June 17<sup>th</sup>

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

10:00 Milk Jug Toss (AR) 2:00 Bingo (DR)

Afternoon Visits with Life Enrichment

### Saturday, June 18<sup>th</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...

Note: There will be no exercise class on Tuesday morning.

### **Upcoming Events**

June 13<sup>th</sup> – 1:30 Boat Ride

June 14<sup>th</sup> Ukulele Group performance 10:00

June 15<sup>th</sup>- Ice Cream Mystery ride-bus 2:00

June 15<sup>th</sup> Come and enjoy Kathleen's Alaska vacation presentation 10:00

June 20<sup>th</sup> Golf Cart Ride 2:00

June 22<sup>nd</sup> Steve and Friends-Musical Entertainment

### **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>)**