

## Cedar Bay East Activity Schedule

June 19<sup>th</sup> - June 25<sup>th</sup>

### Sunday, June 19<sup>th</sup>

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

### Monday, June 20<sup>th</sup>

10:30 Resident Council (AR)

2:00 Golf Cart Ride – Using sign up from 6/6 canceled ride

Meet in lobby at East 1:50

1:30 Crafty Clutch Group (AR) Afternoon Visits with Life Enrichment

### Tuesday, June 21<sup>st</sup>

9:00 Exercise (AR)

10:00 One and Done Dice Game (AR)

1:15 Independent Bridge (Activity room Lounge)

3:00 Chapel (AR)

Fellowship to follow chapel (AR)

### Wednesday, June 22<sup>nd</sup>

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

10:00 Dairy Name Ten with Joe (AR)

Morning visits with Life Enrichment

2:00 Musical Entertainment-Steve and Friends (Carport-East)

### Thursday, June 23<sup>rd</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.

2:00 Bingo (DR)

Afternoon Visits with Life Enrichment

### Friday, June 24<sup>th</sup>

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

10:00 Cow Races Dice (AR)

### Saturday, June 25<sup>th</sup>

9:00 Movement to Music with Karen

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...

**Crafty Clutch Group-** Come and share a craft project and discuss if you would like to get together and work on projects.

Join us for fellowship after our Chapel Service. We will be hosting fellowship time after Chapel on a monthly basis. Watch for this new event.

Note: No exercise class Monday morning

### **Upcoming Events**

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

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

June 28<sup>th</sup>-Campfire-with music by Tom Blumenburg-Harmonica

### **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>)**