

Cedar Bay West Activity Schedule

June 12-June 18

Sunday June 12th

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

Monday, June 13th

9:00 Rhythmic Drumming (Fellowship Room)

10:00 Yahtzee Dice (Fellowship Room)

1:00-4:00 Exercise & Weight Training (Fitness Center)

3:00 Catholic Mass (Fellowship Room)

Tuesday, June 14th

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

10:00 Dice Pattern Bingo (Fellowship Room)

1:30 Pontoon Boat Ride-Sign up at front desk

Wednesday, June 15th

9:00 Music and Movement (Fellowship Room)

10:00 Music Appreciation (Fellowship Room)

Morning Visits with Life Enrichment

1:45 1:1 Music Visits with Karen

3:00 Ecumenical Chapel Service (Fellowship Room)

Thursday, 16th

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

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

10:00 Men's Group with Joe (Community Room)

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

2:00 Ice Cream Social (Fellowship Room)

Afternoon Visits with Life Enrichment

Friday, June 17th

2:00 BINGO!! (Dining Room)

Afternoon Visits with Life Enrichment

Saturday, June 18th

2:00 Driving Miss Daisy

Starring- Morgan Freeman & Jessica Tandy-Movie
(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...

Upcoming Events

June 14th –Pontoon Boat Ride Sign up at front desk starts 6/7

June 16th Ice Cream Social 2:00

June 21st – Two Sharps and Two Flats-music 2:00

June 23rd -Scenic Bus Ride-Ice Cream to DQ 2:00-sign up start 6/16

June 30th- Surrey Ride-2:00