

# Cedar Bay West Activity Schedule

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

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

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

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

9:00 Exercise (Fellowship Room)

10:00 Yahtzee Floor Dice (Fellowship Room)

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

3:00 Catholic Mass (Fellowship Room)

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

9:00 Exercise (Fellowship Room)

10:00 Alaska presentation with Kathleen Spott (Fellowship Room)

2:00 Musical Entertainment with 2 Sharps and 2 Flats (Fellowship Room)

Afternoon Visits with Life Enrichment

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

9:00 Music and Movement (Fellowship Room)

10:00 Music Appreciation (Fellowship Room)

Morning Visits with Life Enrichment

11:30-1:15 Tasteful Tunes with Karen (Dining Room)

1:30 Dairy Name Ten Word Game (Community Room)

3:00 Ecumenical Chapel Service (Fellowship Room)

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

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

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

10:00 Baseball Bingo (Fellowship Room)

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

1:50 Scenic Bus ride and stop for Ice cream at DQ

-sign up at the front desk-

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

2:00 BINGO!! (Dining Room)

Afternoon Visits with Life Enrichment

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

10:15 Jeopardy with Karen (Fellowship Room)

2:00 Away and Back with Jason Lee, Minka Kelly (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 21<sup>st</sup> Come and enjoy a trip to Alaska with Kathleen Spott

June 21<sup>st</sup> – Two Sharps and Two Flats-music 2:00

June 23<sup>rd</sup> -Scenic Bus Ride-Ice Cream to DQ 1:50-sign up start 6/16

June 30<sup>th</sup>- Surrey Ride-2:00