

# Cedar Bay West Activity Schedule

## **Sunday June 5th**

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

## **Monday, June 6<sup>th</sup>**

9:00 Exercise (Fellowship Room)  
10:00 Yahtzee Dice (Fellowship Room)  
1:30 You Be the Judge (Courtyard)  
3:00 Catholic Mass (Fellowship Room)

## **Tuesday, June 7<sup>th</sup>**

9:00 Build Better Control with Joe (Fellowship Room)  
10:00 Ship, Captain, Crew Dice (Fellowship Room)  
2:00 Golf Cart Ride-Sign up at front desk  
Afternoon Treat Cart-room to room

## **Wednesday, June 8<sup>th</sup>**

9:00 Music and Movement (Fellowship Room)  
10:00 Name that Tune Sing-along (Fellowship Room)  
2:00 1:1 Music Visits with Karen  
1:30 Build Better Balance/Control with Joe (Fellowship Room)  
3:00 Ecumenical Chapel Service (Fellowship Hall)

## **Thursday, 9<sup>th</sup>**

9:00 Build Better Balance/Control with Joe (Fellowship Room)  
10:00 Milk Jug Toss (Fellowship Room)  
9:30-12:00 Exercise and Weight Training (Fitness Center)  
1:30 Word Game Fun (Fellowship Room)  
2:00- 3:00 West Bend Library Visits (Community Room)  
3:00 Bible Study with Chaplain Mary (Fellowship Room)  
Afternoon Visits with Life Enrichment

## **Friday, June 10<sup>th</sup>**

9:00 Exercise (Fellowship Room)  
10:00 Toss Up Dice (Fellowship Room)  
2:00 BINGO!! (Dining Room)  
Afternoon Visits with Life Enrichment

## **Saturday, June 11<sup>th</sup>**

10:15 Forest Bingo with Jane (Fellowship Room)  
2:00 Fly Away Home movie with Jeff Daniels & Anna Paquin  
(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 7<sup>th</sup> - Golf Cart Ride – Sign up at the front desk starts on 6/1

June 14<sup>th</sup> – Boat Ride Sign up at front desk starts 6/7

June 16<sup>th</sup> Ice Cream Social 2:00

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