

Cedar Bay West Activity Schedule

January 8, 2023 – January 14, 2023

Sunday January 8

8:15 Hymn sing (Channel 900)
10:00 Independent Dominos (Community Room)
7:20 Packers vs Detroit Lions (NBC)

Monday, January 9

9:00 Exercise (FR)
10:00 Yahtzee (FR)
1:30 Music with Amy (FR)
3:00 Catholic Mass (FR) Afternoon Visits with Life Enrichment

Tuesday, January 10

9:00 Exercise (FR)
10:00 Brain Teasers (FR)
1:30 Vitality in Motion with Trina ~ (CR)
2:30 Old Fashioned Happy Hour with Entertainment ~ Marty Gross (FR)

Wednesday, January 11

7:30-8:45 Men's Breakfast Back Bay Lounge Kitchen
9:00 Exercise (FR) 10:00 Crummy Poker (FR)
1:30-3:30 Exercise & Weight Training w/Joe (Fitness Center)
1:30 Old Wives Tales and Home Remedies (FR)
1:30 Independent Sheepshead (CR)
3:00 Ecumenical Chapel Service (FR)
6:30 pm Independent Adult Coloring (CR)

Thursday, January 12

9:00 Exercise (FR)
9:30 Lutheran Church Service (CR)
9:30 to 11:30 Exercise & Weight Training with Joe (Fitness Center)
10:00 Shut Box Dice (FR)
1:30 Art Therapy ~ Create a Meditative Mandala with Jenna (FR)
2:00 - 2:45 West Bend Library Visits (CR)
3:00 Bible Study with Chaplain Mary (DR Lounge)

Friday, January 13

9:00 Exercise (FR)
10:00 Wii Bowling Practice (CR)
2:00 BINGO!! (FR)
Afternoon Visits with Life Enrichment

Saturday, January 14

9:00 Music and Movement with Amy (FR)
2:00 Movie ~ "Viva Las Vegas" Starring Elvis Presley and Ann Margaret – Elvis plays "Lucky Jackson" a Grand Prix driver and Margaret plays a hotel swimming instructor. After Lucky loses all of his money he decides to stay to try to win back his dough. (CR)

Activity Descriptions

Men's Group- Join Joe for discussing a wide variety of interests such as cards, the outdoors, sports, crafts (woodworking), presentations, breakfasts and much more.

Independent games in the Community Room, Sunday at 10:00. All supplies and rules will be provided. This would be for dice games and basic card games.

Independent Sheephead- Wednesday's from 1:30-2:45 in the Community Room weekly.

Independent Adult Coloring- Wednesday's at 6:30 pm in the Community Room. Come and enjoying coloring while visiting with others.

Are you interested in art? Jenna, our Art Therapist Art, will be here Thursday afternoons.

New Programs

Brain Teasers- A series of cognitive exercises that are designed to use several different areas of the brain to keep your mind stimulated and challenged.

Vitality in Motion – Beginning in January, Trina will be holding this new group. The class is a mix of strengthening, cardio and stretching, adding some breathing techniques from Yoga practices and Tai Chi. ~ Community Room

Upcoming Events

Please sign up at the Front Desk to reserve your spot for any bus rides or special outings. Thank you!

January 10 – “Old Fashioned” Happy Hour with Music 2pm

January 17 – Coffee Hour with Guest Speaker from ADRC 10am

January 19 – Dine-In Lunch- ordering from Panera Bread- if interested you will pick out your menu item beforehand and submit your money for payment. We will all dine together here. Deadline to sign up is Monday Jan. 16. at reception

January 24- Music with Bob Welsch 2:00

Room Code

FR – Fellowship Room

DR – Dining Room 2nd Floor

CR – Community Room

CK – Country Kitchen (Back Bay Lounge)

