

Cedar Bay West Activity Schedule

January 22, 2023 – January 28, 2023

Sunday January 22

8:15 Hymn sing (Channel 900)
10:00 Independent Dominos (Community Room)

Monday, January 23

9:00 Exercise (FR)
10:00 Yahtzee (FR)
11:30 Tasteful Tunes with Jane (DR)
1:30 Music with Amy (FR)
3:00 Catholic Mass (FR)
Afternoon Visits with Life Enrichment

Tuesday, January 24

9:00 Exercise (FR)
10:00 Brain Teasers (FR)
1:30 Vitality in Motion with Trina (CR)
2:30 Musical Entertainment with Bob Welsch (FR)
Afternoon Visits with Life Enrichment

Wednesday, January 25

9:00 Movement and Music with Karen (FR)
10:00 Garbage Cards with Joe (FR)
1:30-3:30 Exercise & Weight Training with Joe (Fitness Center)
1:30 African American Music Appreciation with Karen (FR)
1:30 Independent Sheepshead (CR)
3:00 Ecumenical Chapel Service (FR)
6:30 pm Independent Adult Coloring (CR)

Thursday, January 26

9:00 Music and Movement with Amy (FR)
10:00 Culinary Comments (FR)
9:30 to 11:30 Exercise & Weight Training with Joe (Fitness Center)
1:30 Art Appreciation-Georgia O'Keeffe with Jenna (CR)
3:00 Bible Study with Chaplain Mary (DR Lounge)

Friday, January 27

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

Saturday, January 28

2:00 Movie ~ "Spies Like Us" Starring Chevy Chase and Dan Aykroyd – Two government desk jockeys cheat their way through a civil service entry exam a become undercover operatives. Very funny and has loads of spontaneity. Bob Hope makes a cameo appearance. (CR)

Activity Descriptions

Men's Group- Join Joe for discussing a wide variety of interests such as cards, the outdoors, sports, crafts (woodworking), presentations 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 Sheepshead- 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? If you would be interested in a one on one visit with Jenna, our Art Therapist please contact the Life Enrichment Department at ext. 4425.

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 –This class with Trina 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 31–Presentation with Alice Horton ~ “Rafting the Grand Canyon” 2:30

February 1 – **Men's Breakfast** 7:15

February 7- Candy Bingo 2:30

February 8 – Shopping Trip 9:30

February 14 – St. John's School Visits 10:00

February 14 – **Happy Hour** ~ Music with Fred Luft 2:30

February 16 – Art Museum Outing 1:30

Room Code

FR – Fellowship Room

CR – Community Room

**DRL – Dining Room 2nd Floor
Lounge**

CK – Country Kitchen (Back Bay Lounge)