

Cedar Bay West Activity Schedule

January 29, 2023 – February 4, 2023

Sunday January 29

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

Monday, January 30

9:00 Exercise (FR)
10:00 Yahtzee (FR)
1:30 60's & 70's Protest Music with Amy (FR)
3:00 Catholic Mass (FR)
Afternoon Visits with Life Enrichment

Tuesday, January 31

8:45 – 9:30 Absentee Voting (CR)
9:15 Exercise (FR)
10:15 Group Crossword Puzzle (FR)
Pet Visits with Charlie
2:30 Presentation with Alice Horton ~ "Rafting the Grand Canyon" (FR)

Wednesday, February 1

7:15 Men's Breakfast (Back Bay Loung Kitchen)
9:00 Exercise (FR)
10:00 Resident Council Meeting (FR)
1:30-3:30 Exercise & Weight Training with Joe (Fitness Center)
1:30 Independent Sheepshead (CR)
Afternoon Visits with Life Enrichment
3:00 Ecumenical Chapel Service (FR)
6:30 pm Independent Adult Coloring (CR)

Thursday, February 2

9:00 Movement to Music with Amy (FR)
9:30 to 11:30 Exercise & Weight Training with Joe (Fitness Center)
10:00 Ladder Dice Game (FR)
1:30 Collage Art with Jenna
3:00 Bible Study with Chaplain Mary (DR Lounge)

Friday, February 3

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

Saturday, February 4

2:00 Movie ~ "An American in Paris" Starring Gene Kelly and Leslie Caron – A George Gershwin Musical. Three friends struggle to find work in Paris. Things become complicated when two of them fall in love with the same woman. (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 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? 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!

February 7- Candy Bingo 2:30

February 8 – Shopping Trip to Dollar Tree 9:30

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

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

February 16 – West Bend Art Museum Outing 1:30

February 21- Coffee Hour- Presentation~ The History of Cedar Lake 10:00

Room Code

FR – Fellowship Room

DR – Dining Room 2nd Floor

CR – Community Room

CK – Country Kitchen (Back Bay Lounge)