

# Cedar Bay West Activity Schedule

## March 12, 2023 – March 18, 2023

### Sunday March 12

10:00 Independent Dominos (Community Room)

**SPRING AHEAD** ~ Daylight Savings Time Begins Turn clocks 1 hour ahead

### Monday, March 13

9:00 Exercise (FR)

10:00 Yahtzee (FR)

1:30 St. Patrick's Day Music Appreciation with Amy (FR)

3:00 Catholic Mass (FR)

Afternoon Visits with Life Enrichment

6:15 Monday Night Movie ~ "Hair Spray" Starring John Travolta & Michelle Pfeifer (CR)

### Tuesday, March 14

9:00 Exercise (FR)

10:00 Visits with St. John's Lutheran School Children (FR)

Pet Visits with "Charlie"

1:30 Vitality in Motion with Trina (CR)

2:30 Happy Hour ~ Come and enjoy a drink, appetizers and do Pub Trivia with your neighbors! (FR)

Afternoon Visits with Life Enrichment

### Wednesday, March 15

9:00 Exercise (FR)

10:00 Garbage Cards with Joe (FR)

1:30-3:30 Exercise & Weight Training (Fitness Center)

1:30 Independent Sheepshead (CR)

3:00 Ecumenical Chapel Service (FR)

6:30 pm Independent Adult Coloring (CR)

### Thursday, March 16

9:00 Movement to Music with Amy (FR)

9:30 to 11:30 Exercise & Weight Training with Joe (Fitness Center)

10:00 St. Patty's Word Games (FR)

11 am – Lunch Outing to Good Day Café – **Please sign up at Reception**

1:30 Easter Bunny Dot Painting with Jenna (FR)

3:00 Bible Study with Chaplain Mary (DR Lounge)

### Friday, March 17

9:00 Exercise (FR)

10:00 The Story of St. Patrick~ Left Right Prize Game & Irish Trivia (FR)

2:00 Lucky BINGO ~ Refreshments served!! (FR)

Afternoon Visits with Life Enrichment

### Saturday, March 18

2:00 Movie ~ "Going My Way" Starring Bing Crosby – When young Fr. O'Malley arrives at St. Dominic's, old Fr. Fitzgibbon doesn't think much of the church's newest member. Bing sings favorite songs like Too-Ra-Loo-Ra-Loo-Ral, Swinging on a Star and Ave Maria. (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

**Mental Workout-** 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** –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.

## Upcoming Events

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

**March 14<sup>th</sup>** – St. John's Students visit- 10 am

**March 14** – Happy Hour Music & Pub Trivia 2:30 pm

**March 16** – Lunch Outing to Good Day Café **Please sign up at Reception desk**

**March 17** – Story of St. Patrick Left Right Game- Prizes awarded! 10:00 am

**March 21** – Coffee Hour – Inclusion & Belonging Update with CEO followed by South America Presentation by Jen Fullhart 10 am

**March 28** – Musical Entertainment with Jim Schiller on Accordion 2:30 pm

### Room Code

**FR – Fellowship Room**

**CR – Community Room**

**DR – Dining Room 2<sup>nd</sup> Floor**

**CK – Country Kitchen (Back Bay Lounge)**