

Cedar Bay West Activity Schedule

April 30, 2023 – May 6, 2023

Sunday April 30

1:10 Brewer Game~ Brewers vs LA Angels on **Bally Sports Wisconsin** channel

Monday, May 1

9:00 Exercise (FR)

10:00 Yahtzee (FR)

1:30 Rhythmic Drumming with Amy with Amy (FR)

3:00 Catholic Communion Service with Chaplain Mary (FR)

Afternoon Visits with Life Enrichment

6:15 Monday Night Movie~ "Three Amigos" Starring Steve Martin, Chevy Chase & Martin Short (CR)

Tuesday, May 2

7:15 Men's Breakfast (CK)

9:00 Exercise (FR)

10:00 Crazy Eight's Card Game (FR)

1:30 Vitality in Motion with Trina (CR)

2:30 Fiesta Bingo de Cinco Centavos ~ Refreshments served! (FR)

Wednesday, May 3

9:00 Exercise (FR)

10:00 Executive Board of the Resident Council Meeting (FR)

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

1:30 Independent Sheepshead (CR) 1:45 Kentucky Derby Horse Racing (FR)

3:00 Ecumenical Chapel Service (FR)

6:30 pm Independent Adult Coloring (CR)

Thursday, May 4

9:00 Music & Movement with Amy (FR)

10:00 Family Feud (FR)

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

Afternoon Visits with Life Enrichment

2:30 Oil Pastel Mandalas with Jenna (CR)

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

Friday, May 5

9:00 Exercise (FR)

10:00 Wii Bowling Games (FR)

2:00 Bingo (FR)

Afternoon Visits with Life Enrichment

Saturday, May 6

9:00 Exercise with Joe (FR)

2:00 Movie ~ "Seabiscuit" Starring Shirley Temple, Barry Fitzgerald and Lon McCallister. Horse trainer Shawn O'Hara and his niece come to America to escape the sadness of losing her brother, Danny in a terrible accident. While training horses in Kentucky, Shawn takes a liking to a small horse named Seabiscuit and Margaret starts a romance with trainer Ted Knowles. (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 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 – A group with Trina that 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, special outings or luncheons. Thank you!

May 9 ~ St. John's Students Visit 10:00 am

May 10 ~ Ladies Tea Party – All Ladies Invited, but please R.S.V.P. to the front desk. 1:30 pm

May 16 Coffee Hour- Special Guest – Pete from Cedar Community Wood Shop 10:00 am

May 16 ~ Happy Hour – Dice Games 2:30 pm

May 23 ~ Musical Entertainment with Vicki Bellville 2:30 pm

Room Code

FR – Fellowship Room

DR – Dining Room 2nd Floor

CR – Community Room

CK – Country Kitchen (Back Bay Lounge)