


















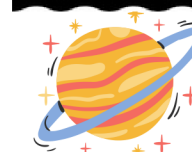




February 2024

NOTICE: All events and Activities require Sign-Ups (sign-ups only the week of the activity.)

Monday	Tuesday	Wednesday	Thursday	Friday
			 Raymond Santana Story at McIntyre Music Building CWU 6:30 PM 1	 Hal Homes Concert at Library 12:00 PM -1:00 PM 2
 Memory Movie 3 pm - 5pm 5	 Pool Activity 10:00 AM - 12:00 PM 6	 Reading Class 1:30 PM - 3:00 PM 7	 CWU Basketball Game Nicolson area 7:30 PM 8	 Skills Class 1:30 PM - 3:00 PM 9
 Memory Movie 3 pm - 5pm 12	 Pool Activity 10:00 AM - 12:00 PM 13	 Crafts and Game 1:30 PM -3:00 PM 14	 Cooking class at Liberty Church 1:30 to 3:00 pm 15	 No Activity 16
 NO ACTIVITY CWDR Closed President's Day 19	 Pool Activity 10:00 AM - 12:00 PM 20	 Reading Class 1:30 PM - 3:00 PM 21	 Group Hike 1:30 PM - 3:00 PM 23	 No Activity 23
 No Activity 26	 Pool Activity 10:00 AM - 12:00 PM 27  Star Party at CWU Discovery Hall Room 101 8:00 PM	 Crafts and Game 1:30 PM -3:00 PM 28	 Chess Club 1:30 PM - 3:00 PM 29	



Development: Activities geared at increasing independent living skills for our participants. Lesson examples include time management skills, memory activities, and daily independent living skills as well as reading classes.



Fitness: CWDR's fitness activities are used to decrease isolation and help to provide a virtual workout for individuals who are unable to go to the gym as well as group hikes.



Events: CWDR goes to events where our consumers can sing, play musical instruments, recite poems, or watch others perform it is an Open Mic night at CWU Bistro Café as well as other places.



Cooking Class : The CWDR cooking class helps our consumers to create easy and nutritious meals to increase healthy eating habits.



Movie Night: The movies CWDR shows virtually online help work on memory skills for our consumers.



Crafts & Games, Art Activities: CWDR creative activities at CWDR are to decrease stress and anxiety for our consumers.



Fishing activity helps to increase socialization and learn how to gather food.



Gardening helps to teach how to take care of something as well as grow your own food.



No Activity for the day.

18 and older