CENTRAL WASHINGTON
Disability Resources

April 2022

Address: 301 E 2nd Ave.
Ellensburg, WA 98926
Phone: 509-962-9620

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **1:00 PM - 3:00 PM** **Green House** **Hiking Activity**
 4 **Skill Development** **10:00 AM - 11:30 AM** **Memory Movie** **3 pm - 5pm** 	5 **No ACTIVITY**	6 **NO ACTIVITY**	7 **NO ACTIVITY**	8 **NO ACTIVITY**
11 **NO ACTIVITY**	12 **Pool** **10:00 AM - 12:00 PM** **Fishing at Lake Mattoon** **3 pm - 4:30 pm** 	13 **1:30 PM - 3:00 PM** **Games and Crafts**	14 **3:00 PM - 4:30 PM** **Disability Support Group**	15 **3:00 - 4:30 pm:** **Cooking Activity**
18 **NO ACTIVITY**	19 **10:00 AM - 12:00 PM** **Pool**	20 **1:30 PM - 3:00 PM** **Reading Class**	21 **Community Mt. St. Helens Lecture** **6 PM**	22 **ADA Group Activity** **3:00 pm - 4:30 pm**
 25 **Music Class** **10:00 AM - 11:30 AM** **Memory Movie** **3 pm - 5pm** 	26 **Pool** **10:00 AM - 12:00 PM** **Fishing at Lake Mattoon** **3 pm - 4:30 pm** 	27 **Glass Craft** **10:00 AM - 11:30 AM** **1:30 PM - 3:00 PM**	28 **Tennis CWU Courts** **1 PM- 3PM**	29 **NO ACTIVITY**

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

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.

Music: CWDR music activity will help to provide our consumers with musical instruments through our loan out program and work to play these instruments and work together in a group to create music.

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 works on memory skills for our consumers.

Cares ACT Art Activity: CWDR art activity is here to decrease stress and anxiety during this Covid Pandemic.

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

18 and older