


























August 2023

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
	 Pool Activity 1 10:00 AM - 12:00 PM Apoyo Garden 2:30 PM - 4:00 PM 	 Reading Class at West Eburg Park 2 2:30 PM - 4:00 PM	 Pickleball at West Eburg Park 3 2:30 PM - 4:00 PM	CWDR is CLOSED 4
 NO ACTIVITY 7	 NO ACTIVITY 8	 NO ACTIVITY 9	 NO ACTIVITY 10	CWDR is CLOSED 11
Memory Movie 14 3 pm - 5pm 	 Pool Activity 15 10:00 AM - 12:00 PM Apoyo Garden 2:30 PM - 4:00 PM 	  Crafts and Game At West Eburg Park 16 2:30 PM -4:00 PM	Cooking Class at Calvary Liberty Church 17 2:30 PM - 4:00 PM 	CWDR is CLOSED 18
 NO ACTIVITY 21	 NO ACTIVITY 22	 NO ACTIVITY 23	 NO ACTIVITY 24	CWDR is CLOSED 25
Memory Movie 28 3 pm - 5pm 	 Pool Activity 29 10:00 AM - 12:00 PM Apoyo Garden 2:30 PM - 4:00 PM 	 30	 Fishing Lake Mattoon 31 2:30 PM - 4:00 PM	



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