






July 2021

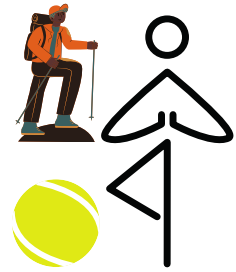
Address: 301 E 2nd Ave.
Ellensburg, WA 98926
Phone: 509-962-9620

NOTICE: All events and Activities require Sign-Ups

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1:00 PM - 3:00 PM West Ellensburg Park Activity	2 3 pm - 5 pm: 4th of July Party
4:00PM-6:00 PM Music Activity in person  5 1:30pm- 3:30pm: Skill Development 	6 3 pm - 5pm Memory Movie 	7 1:30 pm- 3:30 pm: Fishing 	8 1:00 PM - 3:00 PM West Ellensburg Park Activity	9 3:00 - 4:30 pm: In-Person Cooking Activity 
4:00PM-6:00 PM Music Activity in person  12 1:30- 3:30: Skill Development 	13 3 pm - 5pm Memory Movie 	14 Hiking 1:00PM-3:30PM 	15 1:00 PM - 3:00 PM West Ellensburg Park Activity	16 1:30 - 3:30 pm: Community Activity
4:00PM-6:00 PM Music Activity in person  19 1:30- 3:30: Skill Development 	20 3 pm - 5pm Memory Movie 	21 1:30 pm- 3:30 pm: Fishing 	22 1:00 PM - 3:00 PM West Ellensburg Park Activity	23 3:00 - 4:30 pm: In-Person Cooking Activity 
No activity 26	No activity 27	No activity 28	No activity 29	No activity 30



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.



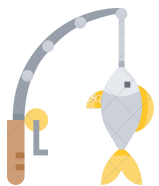
Cooking Class: The CWDR cooking class helps our consumers to create easy and nutritious meals to increase healthy eating habits.



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