























All events are currently being held virtually and in person for ages 18 and over

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4:00PM-6:00 PM Music Activity in person</p>  <p>3</p>	<p>10 am - Noon: Skill Development 5 pm - 7 pm: Online Movie (Sign up required)</p>   <p>4</p>	<p>Cinco de Mayo event 3:00-5:00 PM</p>  <p>5</p>	<p>1:00 PM 3:00PM Fishing Mattoon Lake</p> <p>6</p>	<p>4:00 - 6:00 pm: Online Cooking Activity (Sign up required)</p>  <p>7</p>
<p>4:00PM-6:00 PM Music Activity in person</p>  <p>10</p>	<p>10 am - Noon: Skill Development 5 pm - 7 pm: Online Movie (Sign up required)</p>   <p>11</p>	<p>Tennis at West Ellensburg Park 1:00 PM-3:00 PM sign up Required</p>  <p>12</p>	<p>1:00 PM 3:00PM Downtown Garden</p>  <p>13</p>	<p>1:00 PM - 3:00 pm: Online/in person Fitness Activity Yoga and Aerobics (Sign up required)</p>  <p>14</p>
<p>4:00PM-6:00 PM Music Activity in person</p>  <p>17</p>	<p>10 am - Noon: Skill Development 5 pm - 7 pm: Online Movie (Sign up required)</p>   <p>18</p>	<p>Hike Ginko petrified forest sign up required 1:00PM-3:00PM</p>  <p>19</p>	<p>1:00 - 3:00 pm: Fishing Signup required</p>  <p>20</p>	<p>4:00 - 6:00 pm: Online Cooking Activity (Sign up required)</p>  <p>21</p>
<p>4:00PM-6:00 PM Music Activity in person</p>  <p>24</p>	<p>10 am - Noon: Skill Development 5 pm - 7 pm: Online Movie (Sign up required)</p>   <p>25</p>	<p>1:30 - 3:00 pm: Community Activity (Sign up required)</p> <p>26</p>	<p>1:00 - 3:00 pm: Gardening Downtown community garden sign up required 1:30 Pm- 2:30 PM Online art activity (Sign up required)</p>  <p>27</p>	<p>No activity</p> <p>28</p>
<p>4:00PM-6:00 PM Music Activity in person</p>  <p>31</p>				



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