



October Birthdays

Marvin Vandersee- 10/1
Mary Utley- 10/2
Sale Kuusik- 10/4
Gladys Valencic- 10/13
Mary Humphreys- 10/17
Don Recker- 10/19
Connie Wehr- 10/22
Margaret Jacobs- 10/27
Lucile Zieser- 10/29
Maurice Garnant- 10/30
Joe Pusateri- 10/31

Smile Award Winner



Delores Frantz

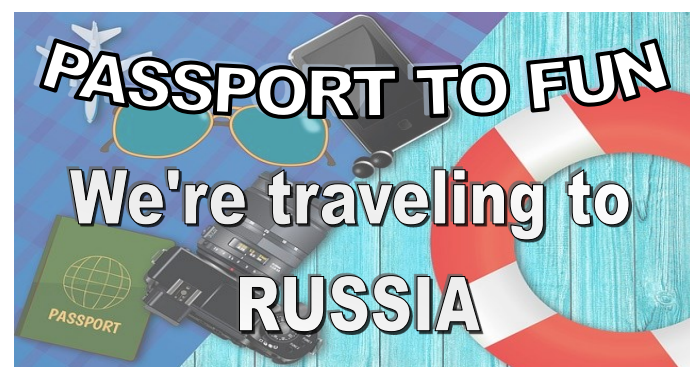


**Wear your Iowa or
Iowa State Gear on
Tuesday, October
13th**

**Podiatrist Visits
October 14th & 16th**



**3:00 Wednesday
October 21st**



**Pumpkin Decorating
on October 23rd & 26th**



**Trunk or Treat Drive by
on HALLOWEEN
morning from 10-11AM
Come out and enjoy
the FUN**



**Door Decorating
Contest!!!**

Keystone Cedars October 2020



Keystone Cedars Assisted Living

October 2020

First Floor Locations

AR Activity Room
CY Courtyard
DR Dining Room
PDR Private Dining Room
KC Keystone Cottage

Second Floor Locations

C Computer Room
T Theatre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free transportation between 8:30 am and 2:30 pm to Dr. Appointments on Tuesdays, Wednesdays, & Thursdays!	Menu Times Always Available Menu 7:30AM-6:00PM Breakfast 7:30-9:00AM Lunch Specials 11:30 & 12:30PM Dinner Specials 4:30 & 5:30PM			1 Angi/Tasha 9:00-11:00 Flu Shots– AR 1:30 Walking Group– L 2:30 Snack & Chat– AR	2 Angi/Haley 9:00 I AM FIT– AR 10:15 Sing A Long– AR 1:30 UNO– AR 2:30 Happy Hour	3 Angi 9:30 Exercise 10:15 BINGO (1st Floor) 11:15 BINGO (2nd Floor)
	4 3:00 Kings Corner –T	5 Angi/Haley 9:00 I AM FIT– AR 10:00 Candy Corn Wreaths– AR 1:30 500 Card Game– AR 3:00 Bean Bag Toss –AR	6 Angi/Shawna 9:30 Chair Yoga– AR 10:30 Apple Cider Donuts– AR 1:30 Walking Group– L 1:30 Sites to Visit in Russia– AR 3:00 Indoor Bowling– AR	7 Angi/Shawna 9:00 I AM FIT– AR 10:00 Ladder Ball– AR 2:00 BINGO– DR 3:00 BINGO– DR	8 Angi/Tasha 9:00 Stretch and Flex– AR 9:45 Brain Boosters– AR 1:30 Walking Group– L 2:30 Snack & Chat– AR	9 Angi/Haley 9:00 I AM FIT– AR 10:00 Mason Jar Craft– AR 1:30 Fall Favorites– AR 2:30 Happy Hour
11 3:00 Kings Corner –T	12 Angi/Haley 9:00 I AM FIT– AR 10:00 Women’s Coffee Chat– AR 1:30 Pumpkin Ring Toss– AR 3:00 4 pics 1 word– AR	13 Angi/Shawna <u>Wear your IA or IA State Gear</u> 9:30 Chair Yoga– AR 10:30 Explore Russian Culture-AR 1:30 Walking Group– L 1:30 Iowa/Iowa State Facts 3:00 Caramel Apple Nachos– AR	14 Angi/Shawna 9:00 I AM FIT– AR 10:00 Men’s Coffee Chat– AR 1:30 Podiatrist-1st Floor/Cottage 2:00 BINGO– DR 3:00 BINGO– DR	15 Angi/Tasha 9:00 Stretch and Flex– AR 9:45 Brain Boosters– AR 1:30 Walking Group– L 2:30 Snack & Chat– AR	16 Angi/Haley 9:00 I AM FIT– AR 9:00 Podiatrist– 2nd Floor 10:00 Daily Chronicles– AR 1:15 Make Cake balls-AR 2:30 Happy Hour	17 Haley 9:30 Exercise 10:15 BINGO (1st Floor) 11:15 BINGO (2nd Floor)
18 3:00 Kings Corner –T	19 Angi/Haley 9:00 I AM FIT– AR 10:15 Buckeye Necklaces– AR 1:30 Food From Russia-AR 3:00 Kickball– AR	20 Angi/Shawna 9:30 Chair Yoga– AR 10:30 Waterfalls Worldwide– AR 1:30 Walking Group– L 1:30 Adult Coloring– AR 3:00 Halloween Door Decorating	21 Angi/Shawna 9:00 I AM FIT– AR 10:15 Reminiscing Sing A Long– AR 2:00 BINGO– DR 3:00 BINGO– DR 3:00 FIRE DRILL	22 Angi/Tasha 9:00 Stretch and Flex– AR 9:45 Brain Boosters– AR 1:30 Walking Group– L 2:30 Snack & Chat– AR	23 Angi/Haley 9:00 I AM FIT– AR 10:15 Pumpkin Decorating– AR 1:00 Halloween Door Decorating 2:30 Happy Hour	24 Jo 9:30 Exercise 10:15 BINGO (1st Floor) 11:15 BINGO (2nd Floor)
25 3:00 Kings Corner –T Activities Subject to Change!	26 Angi/Haley 9:00 I AM FIT– AR 10:15 Pumpkin Decorating-AR 1:30 Smore Pies-AR 3:00 Wii– Price is Right– AR	27 Angi/Shawna 9:30 Chair Yoga– AR 10:30 Tree Ghost Craft– AR 1:30 Walking Group– L 1:30 Facts about Russia– AR 3:00 Fill Treat Bags– AR	28 Angi/Shawna 9:00 I AM FIT– AR 10:00 Spooky Fun Facts– AR 1:30 Halloween Movie w/ Pop-corn– T 2:00 Halloween BINGO– DR 3:00 Halloween BINOG– DR	29 Angi/Tasha 9:00 Stretch and Flex– AR 9:45 Brain Boosters– AR 1:30 Walking Group– L 2:30 Snack & Chat– AR 3:30 Fill Treat Bags– AR	30 Angi/Haley 9:00 I AM FIT– AR 10:15 Halloween Door Voting Walk around building– AR 2:00 Halloween Party– DR	31 HALLOWEEN Tasha 10-11 Drive Thru Trunk or Treat- Front parking lot