

# HAPPY BIRTHDAY

Willis Schnell-4th  
Maxine Johnson-15th  
Edge Watts-18th  
Carolyn Jones-23rd  
Mary Eoff- 26th  
Ken Torno-26th  
Pat Crawford-27th  
Maureen Hay-30th  
Jeanne Evans-31st

The Pointe  
SCHOOL OF DANCE  
Come watch young children dance in the evening of October 8th



Wednesday, October 13th  
RIVERSIDE  
CASINO & GOLF RESORT

## Home Free Ministries 1st & 3rd Thursday Chapel Non-denominational Service 3:15pm

Home Free Ministries is a 501 non-profit organization and is currently involved in serving seniors in Cedar Rapids and surrounding communities. We are a Christ centered and Biblically based outreach program. Our services provide seniors with a sense of future and hope.

**Brain Boosters**  
:a well-rounded set of activities that provide MULTIPLE types of brain stimulation!  
**Wednesdays**

Keystone Trunk or Treat Drive By  
Located in the front of the building!  
Candy will be passed out! Please wear a mask!  
**Wednesday, October 27th, 2021**  
**6:00PM-7:00PM** | *Keystone Place*

**Chair Yoga**  
Every Thursday Morning  
10:30am  
We Focus On  
3 Key Things:  
Stretching  
Relaxing  
Breathing



# Keystone Place Independent Living October 2021





# October 2021– Keystone Place Independent Living

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|--|---|---|--|--|
| <p>Free transportation between 8:30 am and 2:30 pm to Dr.</p> <p>Appointments on Tuesdays, Wednesdays, &amp; Thursdays!</p> <p><u>48 Hour Notice Call The Cedars Office! 393-9500</u></p> | <p><b>First Floor Rooms</b><br/>AR-Activity Room<br/>CY-Courtyard<br/>Lob.-Lobby<br/>P-Pool<br/>R-Restaurant</p> <p><b>Second Floor Rooms</b><br/>BR - Break Room<br/>CH-Club House<br/>B-Billiards Room<br/>L-Library</p> | <p>Blood Pressure checks are held every Wednesday at 9:30am in the staff break room</p>  | <p>Activities Subject to Change!</p>  |   | <p>1<br/>9:15 I AM FIT- AR<br/>10:15 Never Have I Ever Game-AR<br/>1:15 Yosemite Nat. Park Tour-AR<br/>1:30 500- CH<br/>3:00 HAPPY HOUR</p>                                    | <p>2<br/>10:00 Exercise<br/>1:30 Pinochle- CH<br/>2:30 Ladies Pool League- B<br/>3:15 Music: Harold Gray-AR</p>  |
| <p>3<br/>9:00 Catholic Service- AR<br/>1:30 Cedar Rapids Concert- Lob (only those who purchased tickets)<br/>2:00 Sunday Movie ch. 992<br/>3:00 Music: Relax &amp; Remember- Lob</p>      | <p>4<br/>9:00 *Banking and Post Office- Lob<br/>9:15 I AM FIT - AR<br/>10:30 *Half Price Books/ Twix Town- Lob<br/>1:30 500-CH<br/>1:30 Water Volleyball-P<br/>3:00 *Pizza Pan Craft Pt 1-AR<br/>4:00 Aperitif- CH</p>     | <p>5<br/>8:10 Water Exercise -P<br/>9:15 Men's Coffee Chat-AR<br/>10:00 Resident Meeting-DR<br/>1:00 Walking Club- Lob<br/>1:30 Clarks Pharmacy "You &amp; Your Medication Presentation-AR<br/>3:00 Mexican Train Dominos-AR<br/>6:00 Bridge- CH</p>                         | <p>6<br/>9:15 I AM FIT - AR<br/>10:30 BINGO- AR<br/>1:00 Crossword- AR<br/>1:30 500-CH<br/>3:00 Sing A Long w/ Audrey-AR<br/>6:30 Rosary- CH<br/>7:00 Penny BINGO- AR</p>   | <p>7<br/>8:10 Water Exercise<br/>9:30 Germany Scavenger Hunt-Lob<br/>10:30 Chair Yoga- AR<br/>1:00 Walking Club- Lobby<br/>1:30 Birthday Party- AR<br/>2:00 Men's Pool League- B<br/>2:45 Music: Dick &amp; Gary- Lob<br/>3:15 Chapel- CH</p> | <p>8<br/>9:15 I AM FIT - AR<br/>10:30 Crazy Needlers-AR<br/>1:15 *HyVee-Lob<br/>1:30 500-CH<br/>3:00 HAPPY HOUR<br/>6:30 "The Pointe" Kids Dance Group- Front Parking Lot</p>  | <p>9<br/>10:00 Exercise video- ch. 992<br/>1:30 Pinochle- CH<br/>2:30 Ladies Pool League-B</p>   |
| <p>10<br/>9:00 Catholic Service- AR<br/>2:00 Protestant Worship Service- AR<br/>2:30 Sunday Movie- ch. 992<br/>3:00 *Bus Ride to Mt. Trashmore</p>  | <p>11<br/>9:15 I AM FIT - AR<br/>10:30 *Ushers Ferry-Lob<br/>1:15 *Paper Quilling Part 1- AR<br/>1:30 500-CH<br/>2:30 Piano Music: Betty Debban-Lob<br/>4:00 Aperitif- CH</p>  | <p>12<br/>8:10 Water Exercise- P<br/>10:00 Bird Feeders- AR<br/>11:30 Cedars Lunch Guests<br/>1:00 Walking Club- Lob<br/>1:15 Rummikub-AR<br/>2:00 Men's Pool League- B<br/>3:00 Travel to Germany-AR<br/>6:00 Bridge- CH</p>  | <p>13<br/>8:45 Riverside Casino-Lob<br/>9:15 I AM FIT- AR<br/>10:30 Fire Safety Talk- AR<br/>1:00 Bingo-AR<br/>1:30 500-CH<br/>3:00 Brainboosters-AR<br/>6:30 Rosary- CH<br/>7:00 Penny BINGO- AR</p>   | <p>14<br/>8:10 Water Exercise -P<br/>9:00 *Bagels at Cedars-Lob<br/>10:30 Chair Yoga- AR<br/>1:00 Walking Club- Lob<br/>1:00 Farkle-AR<br/>1:30 Music: Dave Wirtz- L<br/>2:00 Men's Pool League- B<br/>3:00 Men's Oktoberfest Event-AR</p>    | <p>15<br/>9-12 *Tender Touch Massage 15 Minute Chair Massage- B<br/>9:15 I AM FIT- AR<br/>10:15 *Target-Lob<br/>1:00 Sequence Game-AR<br/>1:30 500- CH<br/>3:00 HAPPY HOUR</p> | <p>16<br/>10:00 Exercise video- ch. 992<br/>1:30 Pinochle- CH<br/>2:30 Ladies Pool League- B<br/>2:45 Music: Terry McCauley- Lob</p>   |
| <p>17<br/>9:00 Catholic Service- AR<br/>2:00 Sunday Movie ch. 992<br/>2:00-5:00 CLUBHOUSE RESERVED</p>  | <p>18<br/>9:15 I AM FIT - AR<br/>10:30 *Lindale Mall-Lob<br/>1:00 Water Volleyball-P<br/>1:30 500-CH<br/>2:15 Manicures-AR<br/>3:00 Music: Eddie Piccard-Lob<br/>4:00 Aperitif- CH</p>                                     | <p>19<br/>8:10 Water Exercise-P<br/>9:30 Ladies Coffee Chat- AR<br/>11:00 *ROMEO-Lucky Penny-Lob<br/>1:00 Walking Club- Lob<br/>1:15 Hand &amp; Foot Game-AR<br/>2:00 Men's Pool League- B<br/>3:00 *Healthy Habits-AR<br/>6:00 Bridge- CH</p>                               | <p>20<br/>9:15 I AM FIT - AR<br/>10:30 Bingo- AR<br/>1:30 500-CH<br/>2:00 *Aldi-Lob<br/>6:30 Rosary- CH<br/>7:00 Penny BINGO- AR</p>  | <p>21<br/>8:10 Water Exercise -P<br/>9:30 Rebus Puzzles-AR<br/>10:30 Chair Yoga- AR<br/>1:00 Walking Club- Lobby<br/>1:00 Mexican Train Dominos-AR<br/>2:00 Men's Pool League- B<br/>3:15 Chapel- CH<br/>4:30 *Dinner at Zeppelins-Lob</p>    | <p>22<br/>9:15 I AM FIT - AR<br/>10:15 Crossword-AR<br/>1:15 Kings on the Corner-AR<br/>1:30 500-CH<br/>3:00 HAPPY HOUR</p>  | <p>23<br/>10:00 Exercise video- ch. 992<br/>1:30 Pinochle- CH<br/>2:30 Ladies Pool League-B</p>  |
| <p>24<br/>9:00 Catholic Service- AR<br/>2:00 Protestant Worship Service- AR<br/>2:30 Sunday Movie- ch. 992<br/>3:00 *Bus Ride</p> <p><u>*indicates sign up sheet or bus trip</u></p>      | <p>25<br/>9:15 I AM FIT - AR<br/>10:15 Art Appreciation "Picasso" AR<br/>11:00 *Lunch at Granite City-Lob<br/>1:30 500-CH<br/>1:30 *Paper Quilling Part 2- AR<br/>3:00 Community Project-AR<br/>4:00 Aperitif- CH</p>      | <p>26 <i>National Pumpkin Day</i><br/>8:10 Water Exercise-P<br/>9:30 <b>TORNADO DRILL</b><br/>10:00 Shake up a Memory-AR<br/>1:00 Walking Club- Lob<br/>1:30 Coffee &amp; Pumpkin Bars-AR<br/>2:00 Men's Pool League- B<br/>3:00 Penny Card Bingo-AR<br/>6:00 Bridge- CH</p> | <p>27<br/>9:15 I AM FIT - AR<br/>10:30 BINGO- AR<br/>1:00 Brainboosters-AR<br/>1:00 Resident Council-BR<br/>1:30 500-CH<br/>3:00 Music: Sharon Pattison-Lob<br/>6:00 Trunk or Treat- Front Parking Lot<br/>6:30 Rosary- CH<br/>7:00 Penny BINGO- AR</p> | <p>28<br/>8:10 Water Exercise—P<br/>9:30 Statue of Liberty-AR<br/>10:30 Chair Yoga- AR<br/>1:00 Walking Club- Lob<br/>1:15 *Pizza Pan Craft Pt 2-AR<br/>2:00 Men's Pool League- B<br/>3:00 Rummikub-AR</p>                                    | <p>29<br/>9:15 I AM FIT - AR<br/>10:15 *Target-Lob<br/>1:15 Book Group-AR<br/>1:30 500-CH<br/>3:00 HAPPY HOUR</p>  | <p>30<br/>10:00 Exercise video- ch. 992<br/>1:30 Pinochle- CH<br/>2:30 Ladies Pool League- B<br/>3:00 Music: Skip Clark-Lob</p>  |
| <p>31<br/>9:00 Catholic Service- AR<br/>2:00 Sunday Movie ch. 992</p>   |  |  |   |   |  | <p><b>Continental Breakfast</b><br/>6:30-10:00 M,T,TH,F, S &amp; Sun. (except <i>Sunday Brunch</i> day)<br/>6:30-9:00 Wednesdays<br/><b>Select Items Available</b><br/>Upon Request 10am - 11am<br/><b>Lunch</b> -11:00-1:00<br/><b>Wed. Brunch</b> -10:00-1:00<br/><b>Dinner</b> -4:30-6:30</p> |