

HAPPY BIRTHDAY

Bud Vandersee– 1st
Mary Utley– 2nd
Sale Kuusik– 4th
Gladys Valencic– 13th
Mariella Schmitz– 17th
Don Recker– 19th
Connie Wehr– 22nd
Lucille Zieser– 29th
Maurice Garnant– 30th
Joe Pusateri– 31st

Keystone's Trunk or Treat

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 Cedars*



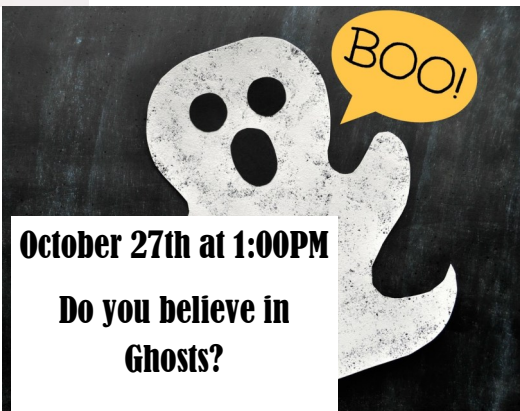
**Fitness Classes
Everyday**



Pine Cone Owl



Oct. 18th



BINGO

Bus Rides



**All About
Harvesting
Oct. 26th**



DOLLAR TREE

**FREE 15 Minute
Chair Massage
October 11th**



**Podiatrist Visits
Oct 13th & 15th**



Keystone Cedars Assisted Living October 2021



October 2021– Keystone Cedars Assisted Living

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Free transportation between 8:30 am and 2:30 pm to Dr. Appointments on Tuesdays, Wednesdays, & Thursdays! 48 Hour Notice Call The Cedars Office! 393-9500	First Floor Locations AR Activity Room CY Courtyard DR Dining Room PDR Private Dining Room KC Keystone Cottage	Second Floor Locations: F Fitness Room T Theater	Menu Times Always Available Menu 7:30AM-6:00PM Breakfast 7:30-9:00AM Lunch Specials 12-1:00PM Dinner Specials 5-6:00PM		1 Sue 9:30 Wii Bowling-AR 10:00 Care Support Group- T 10:15 I AM FIT w/ Elizabeth- F 1:15 Manicures-AR 3:00 SOCIAL HOUR-AR 3:30 Card Games- AR 6:00 Dominos- AR	2 Brooklyn 10:00 Stretches- AR 10:45 Penny BINGO- AR 1:30 Music: Harold Gray-AR 3:00 Rummikub- AR
	3 9:45 Catholic Service—AR 1:30 Music: Relax & Remember- Lob 3:00 Kings Corners- T	4 Sue 9:30 Fabric Fall Wreath-AR 10:15 I AM FIT w/ Elizabeth- F 1:30 Balloon Bat 2:30 Faces and Places-AR 3:30 Card Games- AR 6:15 BINGO w/ Diane & Laura-AR	5 Sue 9:30 Chair Exercise- AR 10:30 Riddle Me This-AR 1:30 Resident Meeting-AR 2:30 Person, Place or Thing-AR 3:30 Card Games- AR 6:15 UNO- T	6 9:30 Hot Apple Cider -AR 10:15 I AM FIT w/ Elizabeth- F 1:15 500- T 1:15 Start to Finish-AR 2:15 Blackout Word BINGO-AR 3:30 Card Games- T 4:15 Rosary- AR	7 Anne 9:30 Chair Yoga-AR 10:30 Dollar General-Lob 1:15 Bridge- T 1:15 Birthday Party w/ Music-AR 2:15 Chapel-T 3:00 Bus Ride- Lob 3:30 Card Games- AR 6:15 BINGO w/ Diane & Laura-	8 Brooklyn 9:30 Ladder Ball-AR 10:15 I AM FIT w/ Elizabeth- F 10:45 This Day in History-AR 1:30 Color Me Happy 3:00 SOCIAL HOUR-AR 3:30 Card Games- AR 6:00 Dominos- AR
10 9:45 Catholic Service- AR 1:15 Bus Ride 3:00 Kings Corners- T	11 Sue Columbus Day 9:30 Beachball Volleyball-AR 10:15 I AM FIT w/ Elizabeth- F 1-4pm Tender Touch 15 minute chair massage- F *sign up* 1:30 Music: Betty Debban-AR 2:30 All About Columbus-AR 3:30 Card Games- AR 6:15 BINGO w/ Brooklyn-AR	12 Sue 9:30 Men's Coffee Chat 10:30 Junk Drawer Detective-AR 11:15 Lunch at Place- Lob 1:30 Half Price Books-Lob 3:00 Blackjack-AR 3:30 Card Games- AR 6:15 UNO- T	13 Sue Podiatrist Visits 9:00 Riverside Casino- Lob 9:30 October Poems-AR 10:15 I AM FIT w/ Elizabeth- F 1:15 500- T 1:30 Decorate Pumpkins-AR 2:30 Snack & Chat-AR 3:30 Card Games- T 4:15 Rosary- AR	14 Anne 9:15 Bagels with Place Guests-AR 9:30 Chair Yoga- F 10:00 Walmart- Lob 1:15 Bridge- T 1:15 Pumpkin Bowling-AR 2:45 Men's Octoberfest at Place 3:00 Music: Dave Wirtz-AR 6:15 BINGO w/ Diane & Laura-	15 Brooklyn Podiatrist Visits 9:30 Hand Massages-AR 10:15 I AM FIT w/ Elizabeth- F 1:30 October Trivia-AR 3:00 SOCIAL HOUR-AR 3:30 Card Games- AR 6:00 Dominos- AR	16 Brooklyn 10:00 Stretches- AR 10:45 Penny BINGO- AR 1:30 Music: Terry McCauley- AR 3:00 Rummikub- AR
17 9:45 Catholic Service—AR 3:00 Kings Corners- T	18 Sue 9:30 Pine Cone Owls-AR 10:15 I AM FIT w/ Elizabeth- F 10:45 Word Puzzles-AR 1:30 Music: Eddie Piccard-AR 3:00 Apple Cider-AR 3:30 Card Games- AR 6:15 BINGO w/ Diane & Laura-AR	19 Sue 9:30 Chair Dance Exercise-AR 10:30 Interactive Presentation "Halloween"- AR 11:15 ROMEO: Lucky Penny-Lob 2:00 Color Candy Corn Wreath-AR 3:30 Card Games- AR 6:15 UNO- T	20 Sue 10:15 I AM FIT w/ Elizabeth- F 1:15 500- T 1:15 Autumn Crossword-AR 2:30 FIRE DRILL 2:45 Pet Therapy with Layla-AR (the dog) 3:30 Card Games- T 4:15 Rosary- AR	21 Anne 9:30 Chair Yoga-F 10:00 Fareway- Lob 1:15 Bridge- T 1:00 Dem Bones Dice Game-AR 2:15 Chapel-T 2:30 Bus Ride-Lob 3:30 Card Games- AR 6:15 BINGO w/ Diane & Laura-AR	22 Sue 9:30 Wii Bowling-AR 10:15 I AM FIT w/ Elizabeth- F 1:30 I Love Lucy- Lost Episodes-AR 3:00 SOCIAL HOUR-AR 3:30 Card Games- AR 6:00 Dominos- AR	23 Jo 10:00 Stretches- AR 10:45 Penny BINGO- AR 3:00 Rummikub- T
24 9:45 Catholic Service- AR 1:15 Bus Ride 3:00 Kings Corners- T Activities Subject to Change!	25 Sue 9:30 Ladies Coffee and Pastries 10:15 I AM FIT w/ Elizabeth- F 1:15 Coloring in 4 Parts-AR 2:30 The Queen of Halloween-AR 3:30 Card Games- AR 6:15 BINGO w/ Diane and Laura-AR	26 Sue 9:30 Chair Dance- AR 10:30 Dollar Tree-Lob 1:15 All About Harvesting-AR 2:30 Pumpkin Patch Balloon Pop-AR 3:30 Card Games- AR 6:15 UNO- T	27 Sue Salute to the Navy 9:30 Blue Angels- Navy Video-AR 10:15 I AM FIT w/ Elizabeth- F 10:30 Chef Chat- AR 1:00 Do You Believe in Ghosts-AR 1:15 500- T 2:45 HALLOWEEN BINGO-AR 3:30 Card Games- T 4:15 Rosary- AR 6:00 Trunk or Treat- Front Parking Lot	28 Anne 9:30 Chair Yoga- F 10:15 Aldi-Lob 1:00 Sing A Long-AR 1:15 Bridge- T 2:45 World Series Trivia- AR 3:30 Card Games- AR 6:15 BINGO w/ Diane & Laura-AR	29 Brooklyn 9:30 Wii Golf-AR 10:15 I AM FIT w/ Elizabeth- F 1:30 Bean Bag Toss 3:00 SOCIAL HOUR-AR 3:30 Card Games- AR 6:00 Dominos- AR	30 Brooklyn 10:00 Stretches- AR 10:45 Penny BINGO- AR 1:30 Music: Skip Clark- AR 3:00 Rummikub- AR
31 HALLOWEEN 9:45 Catholic Service—AR 3:00 Kings Corners- T						