

HAPPY BIRTHDAY

Don Schram— 9th
Ann Hufford— 12th
Bernie Tiedemann— 15th
Audrey Drewes— 22nd
Helena Turner— 23rd
Marjorie McFate— 27th
Fred Gable— 28th

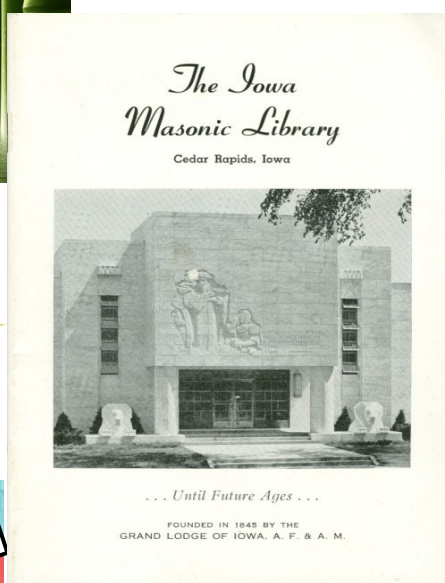


KOHL'S
expect great things®
BINGO!

Shake Up
A Memory

HOBBY LOBBY
November 1st

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



Keystone Place Independent Living November 2021

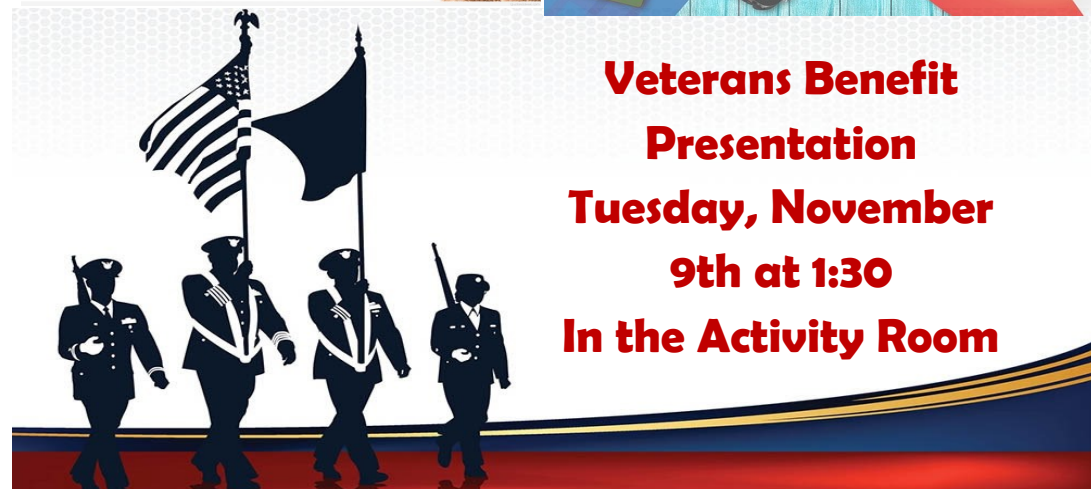
HAPPY THANKSGIVING




Men's Coffee
Tuesday, 9th
10:00
in the Activity Room



PASSPORT TO FUN
We're traveling
to Switzerland



November 2021 Keystone Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 *Banking and Post Office- Lob 9:15 I AM FIT - AR 10:15 *Northland Square- Lob 1:00 *Indian Ink Jewelry Pt. 2-AR 1:30 500-CH 3:00 Manicure-AR 4:00 Aperitif- CK=H 6:30 Cedar Rapids Concert- Lob	2 Election Day 8:10 Water Exercise -P 9:00 *Bus to Polling Place-Lob 10:00 Resident Meeting-DR 1:00 Walking Club- Lob 1:15 *HyVee-Lob 3:00 Mexican Train Dominos-AR 6:00 Bridge- CH	3 9:15 I AM FIT - AR 10:30 BINGO- AR 1:00 Crossword- AR 1:30 500-CH 2:00 Switzerland Scavenger Hunt- Lob 6:30 Rosary- CH 7:00 Penny BINGO- AR	4 8:10 Water Exercise 9:30 Color Me Happy-AR 10:30 Chair Yoga- AR 1:00 Walking Club- Lobby 1:30 Birthday Party- AR 2:00 Men's Pool League- B	5 9:15 I AM FIT - AR 10:30 *Target-Lob 1:15 Susan B. Anthony Documentary- Ch.992 1:30 500-CH 3:00 HAPPY HOUR	6 10:00 Chair Yoga-AR 1:30 Pinochle- CH 2:30 Ladies Pool League- B
7 9:00 Catholic Service- AR 3:00 *Bus Ride	8 9:15 I AM FIT - AR 10:30 *Hobby Lobby/Homegoods-Lob 1:15 Water Volleyball-P 1:30 500-CH 3:30 Community Project-AR 4:00 Aperitif- CH	9 8:10 Water Exercise- P 10:00 Men's Coffee-AR 11:30 Cedars Lunch Guests 1:00 Walking Club- Lob 1:30 Veterans Benefit Pres.—AR 2:00 Men's Pool League- B 3:00 Brainboosters-AR 6:00 Bridge- CH	10 8:45 Mesquaki Casino-Lob 9:15 I AM FIT- AR 10:30 Bingo 1:30 500-CH 2:45 Hand & Foot-AR 6:30 Rosary- CH 6:30 Cedar Rapids Concert- Lob 7:00 Penny BINGO- AR	11 Veterans Day 8:10 Water Exercise -P 9:15 *Veterans Day Program at Cedars 10:30 Chair Yoga- AR 1:00 Walking Club- Lob 1:00 Rummikub-AR 2:00 Men's Pool League- B 2:45 Travel to Switzerland-AR 3:15 Chapel- CH	12 9:15 I AM FIT - AR 10:30 Crazy Needlers-AR 1:30 500-CH 3:00 HAPPY HOUR	13 10:00 Exercise video- ch. 992 1:30 Pinochle- CH 2:30 Ladies Pool League-B
14 9:00 Catholic Service- AR 2:00 Protestant Worship Service- Lob	15 9:15 I AM FIT - AR 10:30 *Walmart-Lob 1:15 Worse Case Scenario Game-AR 1:30 500-CH 3:00 Guided Meditation-AR 4:00 Aperitif- CH	16 8:10 Water Exercise-P 9:30 Women's Coffee-AR 1:00 Walking Club- Lob 1:30 Kings on the Corner-AR 2:00 Men's Pool League- B 3:00 Crossword-AR 6:00 Bridge- CH	17 9:15 I AM FIT - AR 10:30 Bingo- AR 1:15 *Fareway/Dollar Tree-Lob 1:30 500-CH 6:30 Rosary- CH 7:00 Penny BINGO- AR	18 National Apple Cider Day 8:10 Water Exercise -P 9:00 FIRE DRILL 9:30 Taste of Switzerland-AR 10:30 Chair Yoga- AR 1:00 Walking Club- Lobby 1:00 Mexican Train Dominos-AR 2:00 Men's Pool League- B 4:30 *Dinner at Lighthouse-Lob	19 9-12 *Tender Touch Massage 15 Minute Chair Massage- B 9:15 I AM FIT- AR 10:15 Shake Up A Memory-AR 1:00 Hand & Foot-AR 1:30 500- CH 3:00 HAPPY HOUR	20 10:00 Chair Yoga-AR 1:30 Pinochle- CH 2:30 Ladies Pool League- B
21 9:00 Catholic Service- AR 3:00 *Bus Ride	22 9:15 I AM FIT - AR 10:15 *Iowa Masonic Library Museum 1:15 Water Volleyball-P 1:30 500-CH 2:15 *Art Appreciation for Monat-AR 4:00 Aperitif- CH	23 8:10 Water Exercise-P 9:15 Sticky Rolls & Coffee 11:00 *ROMEO- Tommy's 1:00 Walking Club- Lob 1:30 Christmas Ornaments-AR 2:00 Men's Pool League- B 3:00 Rummikub-AR 6:00 Bridge- CH	24 9:15 I AM FIT - AR 10:30 BINGO- AR 1:00 Brainboosters-AR 1:00 Resident Council-BR 1:30 500-CH 2:00 Chef Chat-AR 6:30 Rosary- CH 7:00 Penny BINGO- AR	25 	26 National Native American Day 9:15 I AM FIT - AR 10:15 Sequence-AR 1:15 Book Club-AR 1:30 500-CH 3:00 HAPPY HOUR	27 10:00 Exercise video- ch. 992 1:30 Pinochle- CH 2:30 Ladies Pool League-B
28 9:00 Catholic Service- AR 2:00 Protestant Worship Service- Lob	29 9:15 I AM FIT-AR 11:15 *Lunch at Panera-Lob 1:15 Christmas Ornaments Pt 2. -AR 1:30 500-CH 4:00 Aperitif-Ch	30 8:10 Water Exercise-P 10:00 Penny Card Bingo-AR 1:00 Walking Club 1:15 Farkle-AR 2:00 Men's Pool League 3:00 Healthy Habits-AR 6:00 Bridge-CH				