






Cedars February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activities are subject to change.		1 9:30 * Casino: Riverside – Lob 9:30 Men’s Coffee Chat– AR 10:15 I AM FIT – F 1:30 Music: Relax & Remember – AR 3:00 Chicken Foot– AR & Bridge – T 4:15 Rosary– AR	2 9:30 Chair Yoga-F 10:15 * Dollar Tree – Lob 1:15 Birthday Party w/ Music -AR 3:00 Kings Corner-AR 6:15 BINGO – AR	3 9:30 Brain Games-AR 10:15 I AM FIT – F 10:15 Craft: Heart Puzzle (part 1) 1:30 500 Card Game-AR 2:00 Happy Hour-AR	4 9:30 Senior Stretch– F 10:30 Penny Bingo– AR 1:30 Music: Harold Gray – AR 3:00 Rummikub– AR
5 9:45 Catholic Service– AR 1:30 Valentine’s Family Feud – AR 3:00 Kings Corners– AR	6 9:30 Brain Games- AR 10:15 I AM FIT– F 10:15 * Walgreens – Lob 1:30 Music: Dave Wirtz 2:30 * Scenic Bus Ride – Lob 3:00 Card Games– AR 6:15 BINGO – AR	7 Lunch at Place 9:30 Chair Zumba– F 10:15 Craft: Puzzle Heart (part 2)- AR 11:15 * Lunch @ Place – Lob 1:30 Popcorn & a Movie: West Side Story– T 3:00 Euchre-AR	8 9:30 Wii Bowling– AR 10:15 I AM FIT – F 11:15 * Ladies Lunch @ Applebee’s – Lob 1:30 Music: Country Love Songs w/ Rosemary – AR 3:00 Chicken Foot– AR & Bridge – T 4:15 Rosary– AR	9 9:30 Chair Yoga-F 10:30 Manicures 12:00 Valentine’s Day Lunch 1:30 Music: Tim Moran – AR 3:00 Dementia Care Support Group– T 3:00 Kings Corner– AR 6:15 BINGO -AR	10 9:30 Brain Games– AR 10:15 I AM FIT – F 10:30 Coffee & Donuts w/ Lynn– AR 1:30 500 Card Game– AR 2:00 Super Bowl Happy Hour-AR	11 9:30 Chair Yoga- F 10:30 Penny Bingo– AR 3:00 Rummikub– AR
12 Super Bowl Sunday 9:45 Catholic Service- AR 1:30 Music: Terry McCauley –AR 3:00 Kings Corners– AR 5:30 Super Bowl Game 	13 9:30 Brain Games-AR 10:15 I AM FIT– F 10:15 * Hy-Vee – Lob 1:30 Music: Larry Jensen – AR 2:45 * Scenic Bus Ride – Lob 3:00 Card Games– AR 6:15 BINGO -AR	14 Valentine’s Day 9:30 Senior Stretches– F 10:15 V-day Bingo– AR 1:30 Balloon Pop– AR 2:15 Music: Dale Merch – AR 3:30 Euchre– AR 	15 FIRE DRILL 9:30 * Casino: Meskwaki – Lob 10:15 I AM FIT – F 10:30 Interactive Presentation: Valentine’s Day w/ craft– AR 1:30 All in 6 Game– AR 3:00 FIRE DRILL 3:00 Chicken Foot– AR & Bridge – T 4:15 Rosary– AR	16 9:30 Chair Yoga-F 10:15 Wii Bowling– AR 1:30 Craft: Book Markers– AR 3:00 Kings Corner– AR 4:15 Dinner Out @ The Lighthouse – Lob 6:15 BINGO – AR	17 9:30 Brain Games– AR 10:15 I AM FIT – F 10:15 * Barnes & Noble – Lob 1:30 Show & Tell– AR 2:00 Happy Hour– AR	18 9:30 Senior Stretch– F 10:30 Penny Bingo– AR 3:00 Rummikub– AR
19 9:45 Catholic Service- AR 3:00 Kings Corners– AR	20 Podiatrist Visit Today 9:00-Noon * Tender Touch Massage 9:30 Brain Games-AR 10:15 I AM FIT – F 10:15 * Fareway – Lob 1:30 Craft: Decorate Mardi Gras Masks– AR 2:30 * Scenic Bus Ride - Lob 3:00 Card Games - AR 6:15 BINGO -AR	21 Mardi Gras 9:30 Chair Zumba-F 10:30 Mardi Gras Video– AR 1:30 Dice Bingo– AR 2:30 Mardi Gras Party– AR 3:00 Euchre-AR 	22 Ash Wednesday 9:00 Ash Wednesday Service- AR 10:15 I AM FIT – F 10:30 Wacky Wordies– AR 1:00 Music: Treasured Music – AR 2:15 Wii Bowling– AR 3:00 Chicken Foot– AR 3:00 Bridge– T 4:15 Rosary– AR	23 9:30 Chair Yoga-F 9:30 Manicures– AR 11:15 ROMEO @ Field House – Lob 1:15 Hangman–AR 2:30 New Horizons Chat w/ Justin–AR 6:15 BINGO – AR	24 9:30 Brain Games– AR 10:15 I AM FIT – F 1:15 Music: Ron Burgess – AR 2:00 Happy Hour- AR	25 9:30 Chair Yoga- F 10:30 Penny Bingo– AR 3:00 Rummikub– AR
26 9:45 Catholic Service-AR 1:30 What 1940’s Movie Am I? – AR 2:15 Paper Puzzles– AR 3:00 Kings Corners– AR	27 9:30 Brain Games-AR 10:15 I AM FIT – F 10:15 * Target – Lob 1:30 Music: Betty Debban – AR 2:30 * Scenic Bus Ride – Lob 3:00 Card Games– AR 6:15 BINGO -AR	28 9:30 Senior Stretches-F 10:30 Book Club– T 1:30 Craft: March Table Decorations– AR 3:00 Euchre-AR	Free transportation between 8:30 am and 2:30 pm to Dr. Appointments on Mondays, Tuesdays, Wednesdays, & Thursdays! 48 Hour Notice Call The Cedars Office! 393-9500	First Floor Locations AR - Activity Room CY - Court Yard DR - Dining Room PDR - Private Dining Rm KC- Keystone Cottage	Second Floor Locations F- Fitness Room T-Theatre	Important Note: Any Activity in RED * is an activity you will need to sign up for. The sign up book is located in the Activity Room.