





Place February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please note: Activities are subject to change.		1 Blood Pressure Checks 9:15 I Am Fit- F 9:30 * Riverside Casino- Lob 9:30 Blood Pressure Check- Staff Lounge 10:30 Music: Relax & Remember-Lob 1:00 500- CH 1:30 Farkle- AR 3:00 Large Group Crossword- AR	2 Ground Hog Day 8:15 Water Exercise- P 9:30 1,000 Dot to Dot- AR 10:30 Chair Yoga- F 1:30 Birthday Party- AR 2:00 Men's Pool League- CH 2:45 Music: Dick & Gary- Lob 6:30 Chamber Theater- AR	3 9:15 I Am Fit- F 10:15 * Marion Walmart- Lob 1:00 500- CH 1:30 UNO- AR 3:00 Happy Hour- AR	4 10:30 Exercise Video- 99.2 1:15 Pinochle- CH 3:00 Chamber Theater- AR 3:15 Music: Harold Gray- Lob
5 9:00 Catholic Service- AR 1:00 Movie- CH 3:00 Kings Corner- CH	6 9:15 I Am Fit- F 10:15 * Bank & Post Office- Lob 1:00 500- CH 1:30 Valentine's Day Search Game- AR 3:00 Music: Dave Wirtz- Lob	7 Cedars Guests for Lunch 8:15 Water Exercise- P 9:30 Men's Coffee Chat- AR 10:30 Bingo- AR 1:30 Love Poems- AR 2:00 Men's Pool League- CH 3:00 2 Truths & 1 Lie Game- AR 6:00 Bridge- CH	8 9:15 I Am Fit- F 10:00 Resident Meeting- Lob 11:15 * Ladies Lunch @ Applebee's- Lob 1:00 500- CH 1:30 V-Day Family Feud Game- AR 3:00 Music: Country Love Songs w/ Rosemary- Lob 6:30 Rosary- Apt 211	9 8:15 Water Exercise- P 9:30 Donuts w/ Lynn- AR 10:30 Chair Yoga- F 12:00 Hand & Foot- CH 1:30 * Bus Ride- Lob 2:00 Men's Pool League- CH 3:00 Music: Tom Moran- Lob 5:00 Valentine's Day Dinner- DR 6:30 Chamber Theater- AR 	10 9:15 I Am Fit- F 10:15 Craft: Heart Pins- AR 1:00 500- CH 1:30 American Football Quiz & Fill in the Blank- AR 3:00 Super Bowl Happy Hour- AR	11 10:30 Chair Yoga- F 1:15 Pinochle- CH 3:00 Chamber Theater- AR
12 Super Bowl Sunday 9:00 Catholic Service- AR 1:00 Movie- CH 2:00 Protestant Worship- AR 3:00 Kings Corner- CH 5:30 Super Bowl Games, Snacks & Fun- AR 	13 9:15 I Am Fit- F 10:15 * Hy-Vee- Lob 1:00 500- CH 1:30 V-Day Puzzles & Trivia- AR 2:00 History of Valentine's Day-AR 2:45 Music: Larry Jensen- Lob	14 Valentine's Day 8:15 Water Exercise- P 9:30 Manicures- AR 10:30 Valentine's Bingo- AR 1:30 Valentine's Day Party- AR 2:00 Fire Drill 2:00 Men's Pool League- CH 3:00 Music: Chris & Laura- Lob 6:00 Bridge- CH 	15 9:15 I Am Fit- F 9:30 * Meskwaki Casino- Lob 10:00 Women's Coffee Chat- AR 1:00 500- CH 1:30 Golf Card Game- AR 2:30 Music: Sharon Pattison- Lob 3:00 Color Me Happy- AR 6:30 Rosary- Apt 211 7:00 Nickel Bingo- AR	16 8:15 Water Exercise- P 9:30 Memory Tray- AR 10:30 Chair Yoga- F 1:30 Memorial Service- AR 2:00 Men's Pool League- CH 3:00 Rummikub- AR 4:30 * Dinner Out @ The Lighthouse- Lob 6:30 Chamber Theater- AR	17 9:15 I Am Fit- F 10:15 * Barnes & Noble- Lob 1:00 500- CH 1:30 Triominos- AR 3:00 Happy Hour- AR	18 10:30 Exercise Video- 99.2 1:15 Pinochle- CH 3:00 Chamber Theater- AR
19 9:00 Catholic Service- AR 1:00 Movie- CH 3:00 Kings Corner- CH	20 President's Day 9:15 I Am Fit- F 10:15 * Fareway- Lob 1:00 500- CH 1:30 Book Club w/ Jo- AR 3:00 Mardi Gras Mask Making- AR	21 Mardi Gras 8:15 Water Exercise- P 9:30 Mardi Gras Video- AR 10:30 Bingo- AR 1:30 Mardi Gras Social- AR 2:00 Men's Pool League- CH 3:00 Name That Tune- AR 6:00 Bridge- CH 	22 Ash Wednesday 9:15 I Am Fit- F 10:00 Ash Wednesday Service- AR 12:45 Resident Council Meeting- AR 1:00 500- CH 1:30 Mexican Train- AR 3:15 Music: Treasured Music- Lob 6:30 Rosary- Apt 211 7:00 Nickel Bingo- AR	23 8:15 Water Exercise- P 9:30 Brain Boosters- AR 10:30 Chair Yoga- F 11:15 * ROMEO @ Field House- Lob 12:00 Hand & Foot- CH 1:00 New Horizons Chat w/ Justin- AR 2:00 Men's Pool League- CH 3:00 Sequence- AR 6:30 Chamber Theater- AR	24 Tender Touch Massages 9:00-Noon * Tender Touch Massages- AR 9:15 I Am Fit- F 10:15 Short Stories & Jokes- AR 1:00 500- CH 2:45 Happy Hour- AR 3:00 Music: Ron Burgess- Lob	25 10:30 Chair Yoga- F 1:15 Pinochle- CH 3:00 Chamber Theater- AR
26 9:00 Catholic Service- AR 1:00 Movie- CH 2:00 Protestant Worship- AR 3:00 Kings Corner- CH	27 Podiatrist Visit 9:15 I Am Fit- F 10:15 * Target- Lob 1:00 500- CH 1:30 Air Freshener Craft- AR 2:30 Podiatrist- Apt 2:30 Music: Betty Debban- Lob 3:00 * Bus Ride- Lob	28 ** No Water Exercise today ** 9:30 Manicures- AR 10:30 Bingo- AR 1:30 Choc Covered Food Tasting- AR 2:00 Men's Pool League- CH 3:00 Community Project w/ Shawna- AR 6:00 Bridge- CH	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 LOB - Lobby DR - Dining Room P- Pool	Second Floor Locations F- Fitness Room CH- Club House L - Library	Important Note: Any Activity in RED is an activity you will need to sign up for. The sign up book is located across from the mailboxes.