

Place December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free Transportation between 7:30 a.m. and 1:30 p.m. to Dr. appointments Monday-Friday 48 Hour Notice Call The Cedars office at 319-393-9500	<u>Important Note:</u> Any Activity in DARK GREEN is an activity you will need to sign up for. The sign up book is located across from the mailboxes 	Restaurant Phone: 319-393-7905 	Locations: AR - Activity Room P - Pool LOB - Lobby CY - Court Yard R - Restaurant LB- Library CH- Club House F—Fitness Studio	Blood Pressure Checks Are Every Wednesday Morning In The Staff Lounge On 2nd Floor At 9:30am. Right Off The Elevator By The Restaurant.	1 9:15 I Am Fit F 10:30 Craft: Christmas Note Boards AR 1:00 500 CH 1:00 Nativity Set Displays Lob 3:00 Happy Hour AR	2 10:30 Chair Yoga F 1:15 Pinochle- CH 1:30 Bible Study AR 3:00 Holiday Sing- A-Long AR
3 9:00 Catholic Service AR 2:00 Music: Concert Chorus Lob 3:00 Kings Corners CH	4 9:15 I Am Fit F 10:15 Bank & Post Office Lob 10:30 Music Lob 1:00 500 CH 1:30 Craft: Christmas Luminaries AR 3:00 Jeopardy AR	5 Cedars Guests for Lunch 8:15 Water Exercise P 9:30 Manicures AR 10:30 Bingo AR Lob 1:00 Men's Pool League CH 1:15 Holiday Drink Social AR 2:30 Music Lob 6:00 Bridge CH	6 9:15 I Am Fit- F 10:00 Make Holiday Pretzel Bark AR 1:00 500- CH 1:30 All About St. Nicholas Day AR 3:00 Christmas Sing A Long w/ The Keystone Keynotes AR 6:30 Rosary- Apt 211 7:00 Nickle Bingo AR	7 8:15 Water Exercise P 10:15 Christmas Scavenger Hunt AR 10:30 Chair Yoga F 1:30 December Birthday Party AR 2:00 Men's Pool League CH 2:45 Music Lob 4:00 Holiday Dinner R 6:00 Holiday Dinner R	8 9:15 I Am Fit F 10:30 Kirkland's Lob 1:00 500 CH 1:30 Farkle AR 3:00 Happy Hour AR 	9 9:00 Casino Lob 1:15 Pinochle CH 1:30 Bible Study AR
10 9:00 Catholic Service AR 2:00 Worship Service AR 2:15 10U Hockey Team Singing Christmas Carols Lob 3:00 Kings Corners CH	11 Foot Doctor Here! 9:15 I Am Fit F 10:15 Target Lob 1:00 500 CH 1:30 Holiday Painting Class W/ Eva AR 2:30 Foot Doctor, He Will Come To Your Room. 3:00 Music Lob	12 8:15 Water Exercise P 10:00 Hearing Aid Cleaning CH 10:30 Bingo AR 1:00 Men's Pool League CH 1:15 Who Am I? AR 3:00 Presentation "Exploring Newfoundland" AR 6:00 Bridge CH	13 9:15 I Am Fit- F 10:00 Golf Card Game AR 1:00 500- CH 1-4 Funky Zebras Pop Up Shop Lob 1:30 Decorate Christmas Cookies AR 6:30 Rosary- Apt 211 7:00 Nickle Bingo AR	14 8:15 Water Exercise- P 10:15 Men's Coffee Chat AR 10:30 Chair Yoga- F 12:00 Hand & Foot CH 1:30 4 Pictures 1 Word AR 2:00 Men's Pool League CH 3:00 Music Lob	15 9:15 I Am Fit F 10:30 Craft: Christmas Ornaments AR 1:00 500 CH 1:30 Triominoes AR 3:00 Happy Hour AR	16 10:00 Swim Group Brunch Lob 10:30 Chair Yoga F 1:15 Pinochle CH 1:30 Bible Study AR 2:45 Music: Community Choir Lob
17 9:00 Catholic Service AR 1:00 Baptist Worship Lob 1:30 Worship Service AR 2:30 Book Reading Lob 3:00 Kings Corners CH	18 9:15 I Am Fit F 10:15 Hy-Vee Lob 1:00 500 CH 1:30 History Of Christmas Carols AR 2:30 Music Lob 3:00 Menu Review AR	19 8:15 Water Exercise P 9:30 Manicures AR 10:30 Christmas Bingo AR 1:00 Men's Pool League CH 1:30 Review January Calendar W/ Shawna AR 3:00 Music Lob 6:00 Bridge CH	20 9:15 I Am Fit- F 10:00 Make & Take New Years Cards AR 1:00 500- CH 1:30 Finish The Line Game AR 2:30 Music Lob 6:30 Rosary- Apt 211 7:00 Nickle Bingo AR	21 8:15 Water Exercise P 10:15 Woman's Coffee Chat AR 10:30 Chair Yoga F 11:15 Lunch At 3rd Base Brewery Lob 1:30 Sequence AR 2:00 Men's Pool League CH 3:00 Music Lob 6:00 Christmas Light's Bus Ride Lob	22 9:15 I Am Fit F 10:30 Christmas Grab Bag Bingo W/ Shawna AR 1:00 500 CH 1:30 Rummikub AR 3:00 Christmas Sweater Happy Hour AR	23 1:15 Pinochle CH 1:30 Bible Study W/ Eileen AR 3:15 Music Lob
24 9:00 Catholic Service AR 3:00 Kings Corners CH	25 Merry Christmas!  Activity Packets will be available in the Activity Room	26 8:15 Water Exercise P 10:30 Bingo AR 1:00 Men's Pool League CH 1:15 Uno AR 3:00 Snack & Chat AR 6:00 Bridge CH	27 9:15 I Am Fit- F 10:30 Music Lob 1:00 500- CH 1:30 Which Happened Last? AR 3:00 Chef Chat AR 6:30 Rosary- Apt 211 7:00 Nickle Bingo AR	28 8:15 Water Exercise- P 10:30 Chair Yoga- F 12:00 Hand & Foot CH 12:45 Resident Council AR 1:30 2024 Goals AR 2:00 Men's Pool League CH 3:00 Music Lob	29 9:15 I Am Fit F 10:30 Fareway Lob 1:00 500 CH 2:00 New Years Happy Hour AR 3:30 Music Lob	30 1:15 Pinochle CH 1:30 Bible Study W/ Eileen AR
31 Happy New Years Eve! 9:00 Catholic Service AR 3:00 Kings Corners CH						