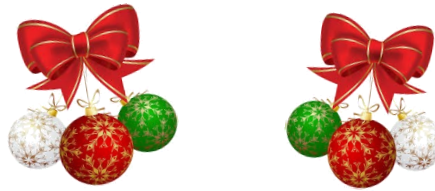








# Cedars December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Please keep in mind.....</b> <b>All Activities and/or</b> <b>activity times are</b> <b>subject to change.</b>	Free Transportation between 7:30 a.m. and 1:30 p.m. to Dr. appointments Monday thru Friday  48 Hour Notice  Call The Cedars office at 319-393-9500	<u><b>Important Note:</b></u> Any Activity in <b>RED</b> is an activity you will need to sign up for.  The sign up book is located across from the mail- boxes.	1st Floor Locations: AR—Activity Room DR—Dining Room CY—Court Yard PDR—Private Dining Room P—Parlor SRA—Select Resident Apt	2nd Floor Locations: F—Fitness Room T—Theater  	1 9:30 Coffee & Current Events AR 10:15 I Am Fit F 10:15 Card Games 1:00 <b>Nativity Displays * Lob</b> 1:15 Tabletop Air Hockey AR 2:00 Social Hour AR 3:00 Card Games AR	2 9:30 Senior Stretches F 10:30 Penny Bingo AR 1:30 Christmas Sing Along AR
3 10:00 Catholic Service AR 1:30 Music: Concert Chorale — Christmas Carols AR 3:00 Kings Corners AR	4 10:15 I Am Fit F 10:15 <b>Chef Chat AR</b> 1:30 <b>Music AR</b> 3:00 Adult Xmas Coloring AR 3:00 Card Games AR 6:15 Bingo AR	5 <b>Lunch at Place</b> 9:30 Morning Pick Me Up AR 10:15 <b>Craft: Christmas Luminaries AR</b> 11:15 <b>* Lunch at Place * Lob</b> 1:30 <b>Music AR</b> 4:00 Holiday Dinner DR 6:00 Holiday Dinner DR	6 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:15 Women's Coffee Chat AR 2:15 Grab Bag Bingo AR 3:00 Getting to Know You SRA 3:30 Catholic Discussion Group AR 4:15 Rosary AR	7 <b>Pearl Harbor Remembrance Day</b> 9:30 Chair Yoga F 10:00 Bible Study AR 10:30 Manicures T 1:15 <b>Birthday Party w/ Music AR</b> 3:00 Kings Corner AR 6:15 Bingo AR  	8 9:30 <b>Craft: Pipe Cleaner Snowflakes AR</b> 10:15 I Am Fit F 10:15 <b>Caption Call Presentation w/ Families AR</b> 1:00 Immaculate Conception Service AR 2:00 Social Hour AR 3:00 Card Games AR	9 9:00 <b>* Casino Lob</b> 9:30 Chair Yoga F 10:30 Penny Bingo AR 1:00 <b>Craft: Mason Jar Lid Wreaths AR</b>
10 10:00 Catholic Service AR 1:30 U10 Hockey Team to Sing Christmas Carols AR 3:00 Kings Corners AR  	11 <b>Podiatrist to Visit</b> 9:00 Podiatrist AR 10:15 I Am Fit F 10:15 <b>* Target Lob</b> 1:15 <b>Music AR</b> 2:30 Popcorn & A Christmas Movie AR 3:00 Card Games AR 6:15 Bingo AR	12 <b>Hearing Aid Cleaning</b> 9:15 Hearing Aid Cleaning PDR 9:30 Morning Pick Me Up AR 10:15 Name That Tune Game AR 1:30 <b>Presentation: Discovering Newfoundland AR</b> 2:45 <b>Craft: Paper Snowflakes AR</b> 3:00 Card Games AR	13 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:30 Wii Bowling AR 2:15 <b>Craft: Christmas Ornament AR</b> 3:00 Getting to Know You SRA 3:30 Catholic Discussion Group AR 4:15 Rosary AR	14 9:30 Chair Yoga F 10:00 Bible Study T 10:30 <b>Music AR</b> 1:30 <b>Music AR</b> 2:30 <b>Dementia Support Group T</b> 3:00 Kings Corner AR 6:15 Bingo AR  	15 9:30 Grinch Grab Game AR 10:15 I Am Fit F 10:15 Decorate Gingerbread Cookies AR 1:15 Snowball Toss AR 2:00 Social Hour AR 3:00 Card Games AR	16 9:30 Senior Stretches F 10:30 Penny Bingo AR 1:30 <b>Music: Community Choir X-Mas Songs AR</b>
17 10:00 Catholic Service AR 1:30 <b>Book Reading AR</b> 3:00 Kings Corners AR	18 10:15 I Am Fit F 10:15 <b>* Hy-Vee Lob</b> 1:30 <b>Music AR</b> 2:30 Jingle Ball Bounce AR 3:00 Card Games AR 3:00 Christmas Anagrams AR 6:15 Bingo AR	19 9:30 Morning Pick Me Up AR 10:15 Men's Coffee Chat AR 1:30 <b>New Music AR</b> 2:45 Make Holiday Chocolate Pret- zel Bark AR 3:00 Card Games AR 3:00 UNO AR	20 <b>Christmas Sweater Day</b> 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:30 Marci's Memorables AR 1:30 <b>Hot Cocoa Bar &amp; Chat AR</b> 2:15 Christmas Bingo AR 3:00 Xmas Memories Reminiscing AR 4:15 Rosary AR 6:00 <b>Christmas Lights Bus Ride * Lob</b>  	21 <b>First Day of Winter</b> 9:30 Chair Yoga F 10:00 Bible Study AR 10:30 Christmas Traditions Around the World T 11:15 <b>* Lunch Out * Lob</b> 1:30 <b>Music AR</b> 3:00 Kings Corner AR 6:15 Bingo AR  	22 9:30 Hand Massages AR 10:15 I Am Fit F 10:15 <b>Craft: Paper Towel Poinsettias AR</b> 1:15 Christmas Trivia AR 2:00 <b>Xmas Party Social Hour AR</b> 3:00 Card Games AR	23 9:30 Chair Yoga F 10:30 Penny Bingo AR 1:00 Christmas Carol Sing A Long w/ Cookies & Hot Cocoa AR 1:30 <b>Music AR</b>
24 <b>Christmas Eve</b> 10:00 Catholic Service AR 3:00 Kings Corners AR	25 <b>Christmas Day</b>   <b>10:00 Christmas Service</b> Activity Packets Will be Available	26 9:30 Morning Pick Me Up AR 10:15 Finish the Line Game AR 1:00 <b>Craft: Make &amp; Take New Years Cards AR</b> 2:00 Book Club AR 3:00 Christmas Reminiscing AR 3:00 Card Games AR	27 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:15 Raffle Bingo AR 1:30 <b>Music AR</b> 3:00 Getting to Know You SRA 3:30 Catholic Discussion Group AR 4:15 Rosary AR	28 9:30 Chair Yoga F 10:00 Bible Study AR 10:30 Manicures T 1:30 Kings Corner AR 3:00 <b>Music AR</b> 6:15 Bingo AR	29 9:30 Coffee & New Year's Wisdom AR 10:15 I Am Fit F 10:15 Fact or Fiction—Old Wives Tales AR 1:15 <b>Music AR</b> 2:00 New Year's Eve Social Hour AR 3:00 Card Games AR	30 9:30 Chair Yoga F 10:30 Penny Bingo AR 1:00 Music & Memories AR
31 <b>New Year's Eve</b> 10:00 Catholic Service AR 3:00 Kings Corners AR						