

Cedars January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please keep in mind..... All Activities and/or activity times are subject to change.	1  Activity Packets will be available in the Activity Room	2 Eva 9:30 Morning Pick Me Up AR 10:15 New Year Bingo AR 1:30 Craft: Winter Stamp Painting AR 3:00 Have You Ever Game AR 3:00 Card Games AR	3 Sue 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:15 January Facts & Trivia AR 1:15 Music AR 2:45 Memorial Service AR 3:30 Faith Discussion Group AR 4:15 Rosary AR	4 Sue 9:30 Chair Yoga F 10:00 Bible Study AR 10:30 UNO Card Game T 1:15 Birthday Party w/ Music AR 3:00 Kings Corner AR 3:00 Scrabble Game AR 6:15 Bingo AR	5 Eva Fire Drill 9:30 Fire Drill 10:15 I Am Fit F 10:15 Hangman Word Game AR 1:00 Winter Trivia AR 2:00 Welcome Social Hour AR 3:00 Card Games AR	6 Eva 9:30 Chair Yoga F 10:30 Penny Bingo AR
	7 10:00 Catholic Service AR 3:00 Kings Corners AR	8 Sue 10:15 I Am Fit F 10:15 This Week in History AR 1:30 Senior Story Tellers AR 2:30 Color Me Happy AR 3:00 Card Games AR 6:15 Bingo AR	9 Eva Place for Lunch 9:30 Morning Pick Me Up AR 10:15 Human Dart Board AR 11:15 * Place for Lunch * Lob 1:30 Music AR 3:00 Rummikub AR 3:00 Card Games AR	10 Sue 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:15 Balloon Bat AR 2:45 Card Bingo AR 3:30 Faith Discussion Group AR 4:15 Rosary AR	11 Sue 9:30 Chair Yoga F 10:00 Bible Study AR 10:30 Bendominoes T 1:15 Music AR 3:00 Kings Corner AR 3:00 Manicures AR 6:15 Bingo AR	12 Alisha 9:30 Daily Devotions AR 10:15 I Am Fit F 10:15 Sing Along AR 1:00 Start to Finish Game AR 2:00 Social Hour AR 3:00 Card Games AR
	14 10:00 Catholic Service AR 3:00 Kings Corners AR	15 Martin Luther King Day Sue 10:15 I Am Fit F 10:15 * Target * Lob 1:30 Ladies Snack & Chat AR 2:15 Words In A Word Game AR 3:00 Card Games AR 6:15 Bingo AR	16 Eva 9:30 Morning Pick Me Up AR 10:15 Name That Tune AR 1:30 * Veteran's Memorial Tour Lob 3:00 Dice Bingo AR 3:00 Card Games AR	17 Sue 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:30 Marci's Memorables AR 1:30 Flip Cards & Dice Game AR 2:15 Grab Bag Bingo AR 3:00 Euchre Card Game AR 4:15 Rosary AR	18 Sue 9:30 Chair Yoga F 10:00 Bible Study AR 10:30 Cranium Crunchers T 1:30 Element Presentation: TBA AR 2:30 Dementia Support Group T 3:00 Kings Corner AR 3:00 UNO Card Game AR 6:15 Bingo AR	19 Alisha 9:30 Men's Coffee Chat AR 10:15 I Am Fit F 10:15 Craft: Snowstorm in a Jar AR 11:15 * Lunch out * Lob 1:00 Bendominoes AR 2:00 Social Hour AR 3:00 Card Games AR
	21 National Grandma's Day 10:00 Catholic Service AR 3:00 Kings Corners AR	22 Sue 10:15 I Am Fit F 10:15 This Week in History AR 1:30 Group Crossword Puzzles AR 2:15 Wacky Wordies AR 3:00 Music AR 6:15 Bingo AR	23 Eva 9:30 Morning Pick Me Up AR 10:15 Make & Take Winter Wonderland Snack AR 1:30 "Hunt" the Staff AR 3:00 Rummikub AR 3:00 Card Games AR	24 Sue 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:15 Wii Bowling AR 1:30 Snack & Chat w/ Lynn AR 2:30 Raffle Bingo AR 3:30 Faith Discussion Group AR 4:15 Rosary AR	25 Sue 9:30 Chair Yoga F 10:00 Bible Study AR 10:30 Bendominoes T 1:15 Smoothie Social AR 2:00 Manicures AR 3:00 Kings Corner AR 3:00 Chicken Foot AR 6:15 Bingo AR	26 Alisha 9:30 Hand Massages AR 10:15 I Am Fit F 10:15 Music & Memories AR 1:00 Watercolor Snowflakes AR 2:00 Social Hour AR 3:00 Card Games AR
	28 10:00 Catholic Service AR 3:00 Kings Corners AR	29 Sue 10:15 I Am Fit F 10:15 This Week in History AR 1:30 Music AR 3:00 Chef Chat AR 3:30 Card Games AR 4:30 * Dinner out * Lob 6:15 Bingo AR	30 Eva 9:30 Morning Pick Me Up AR 10:15 Craft: Valentine's Day Cards AR 1:30 Book Club AR 3:00 Jeopardy Game AR 3:00 Card Games AR	31 Sue 9:30 Daily Chronicles & Coffee AR 10:15 I Am Fit F 10:15 February Table Decorations AR 1:30 Scattergories Game AR 2:15 B-N-O Bingo AR 3:30 Faith Discussion Group AR 4:15 Rosary AR	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	1st Floor Locations: AR—Activity Room DR—Dining Room CY—Court Yard PDR—Private Dining Room P—Parlor 2nd Floor Locations F—Fitness Room T—Theater

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