





Cedars August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free Transportation Between 8:00 a.m. and 2:00 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	2nd Floor Locations: F—Fitness Room T—Theater Please keep in mind..... Activities and/or activity times are subject to change.	<u>Important Note:</u> Any Activity in RED is an activity you will need to sign up for. The sign up book is located in the Activity Room	1 5:30am Fire Drill 5:30 *Fire Drill*  9:15 Sit & Be Fit F 10:00 Worship Service AR 10:30 Hydration Rounds 1:15 Birthday Party w/ Music AR 3:00 Card Games AR	2 9:45 I Am Fit F 10:30 Hydration Rounds 1:00 Manicures AR 2:30 Social Hour AR 3:00 Card Games AR	3 9:00 Casino *Lob 10:00 Exercise F 1:30 Movie In The AR 3:00 Resident Lead Game of Choice AR
4 10:00 Catholic Service AR 1:30 Bingo with Elaine AR 3:00 Kings Corners AR	5 9:45 I Am Fit F 10:30 Hydration Rounds 1:30 Music: 3:00 Bingo AR	6 Lunch at Place 9:45 Sit & Be Fit F 10:30 Hydration Rounds 11:15 * Lunch at Place *Lob 1:30 Wellpoint Social AR 3:00 Resident Choice Card Game AR	7 9:45 I AM Fit F 10:30 Hydration Rounds 1:30 Music: 2:45 Manicures AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	8 9:15 Sit & Be Fit F 10:00 Worship Service with Communion AR 10:30 Hydration Rounds 1:30 Civil War Presentation With Guests From Place AR 2:30 Dementia Support Group T 3:00 Bingo AR	9 9:45 I Am Fit F 10:30 Hydration Rounds 1:00 Make & Take A Tag AR 2:30 Hawaiian Social Hour AR 3:00 Card Games AR	10 9:30 Exercise F 10:30 Penny Bingo AR 1:30 Music: 3:00 Resident Lead Game of Choice AR
11 10:00 Catholic Service AR 1:30 Bingo with Elaine AR 3:00 Kings Corners AR	12 9:45 I Am Fit F 10:30 Hydration Rounds 1:30 Music: Ron Burgess AR 3:00 Bingo AR 4:15 Dinner Outing:	13 9:45 Sit & Be Fit F 10:30 Hydration Rounds 1:15 Music: 3:00 Garbage Card Game AR	14 9:45 I Am Fit F 10:30 Hydration Rounds 1:30 Floyd Sandford: 2:45 Bubbles in the CY 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	15 9:30 Pontoon Outing 10:00 Worship Service AR 10:30 Hydration Rounds 3:00 Bingo AR 	16 9:45 I Am Fit F 10:30 Faith Bible Church Service AR 10:30 Hydration Rounds 1:00 Manicures AR 2:30 Social Hour AR 3:00 Card Games AR	17 10:00 Exercise F 1:30 Movie In The AR 3:00 Resident Lead Game of Choice AR
18 10:00 Catholic Service AR 1:30 Bingo With Elaine AR 3:00 Kings Corners AR	19 9:45 I Am Fit F 10:30 Hydration Rounds 10:30 Picnic At The Park *Lob 1:30 Wii Bowling AR 3:00 Bingo AR	20 9:45 Sit & Be Fit F 10:30 Hydration Rounds 1:30 New Music: 3:00 Kings Corner Card Game AR	21 9:45 I Am Fit F 10:15 Marci's Memorables: 10:30 Hydration Rounds 1:30 Chef Chat AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	22 9:15 Sit & Be Fit F 10:00 Worship Service AR 10:30 Hydration Rounds 1:30 Music: 3:00 Bingo AR	23 ALZ Pancake Breakfast Free will Donation 7:30—9:30am 9:45 I Am Fit F 10:30 Hydration Rounds 1:30pm-3:00pm End of Summer Happy Hour and Carnival Games—CY 	24 9:30 Exercise F 10:30 Penny Bingo AR 1:30 Music: Paino Player AR 3:00 Resident Lead Game of Choice AR
25 10:00 Catholic Service AR 1:30 Bingo with Elaine AR 3:00 Kings Corners AR	26 Podiatrist Visit—AR 9:45 I Am Fit F 10:30 Hydration Rounds 1:30 Music w/ Fun Man AL AR 2:30 Chat With Lynn AR 3:00 Bingo AR	27 9:45 Sit & Be Fit F 10:30 Hydration Rounds 11:15 Lunch Outing: 1:30 New Music: 3:00 Resident Choice Card Game AR	28 9:45 I Am Fit F 10:30 Hydration Rounds 1:30 Music: 2:45 Walk Around The Pond *Lob 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	29 9:15 Sit & Be Fit F 10:00 Worship Service AR 10:30 Hydration Rounds 1:00 Music: 3:00 Bingo AR	30 Fishing Trip 9:45 I Am Fit F 10:15 Fishing Trip w/ Picnic *Lob  10:30 Hydration Rounds 1:30 Wooden Spoon Décor AR 2:30 Social Hour AR 3:00 Card Games AR	31 10:00 Exercise F 1:30 Movie In The AR 3:00 Resident Lead Game of Choice AR



Keystone Cedars

August 2024