




# Cottage 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 <b>RED</b> is an activity you will need to sign up for.  The sign up book is located in the Activity Room	1 <b>5:30am Fire Drill</b> 9:45 Music Therapy 10:30 Shape Shifters 12:30 Hydration Rounds  <b>1:15 Birthday Party w/ Music AR</b> 2:30 Snack 3:00 Bingo AR	2 International Beer Day 9:30 Exercise 10:15 Twister w/ A Twist 12:30 Hydration Rounds 1:15 Bean Bag Toss 2:30 Social hour AR	3 9:30 Soft Stretches  10:30 Word Search  1:30 Movie
4 10:00 Catholic Service AR  1:30 Board Games  2:00 Snack	5 9:30 Sit & Be Fit 10:15 Bingo 12:30 Hydration Rounds <b>1:30 Music:</b> 2:30 Snack & Red or Black Game	6 <b>Lunch at Place</b> 9:30 Exercise 10:15 Make Apple Dump Cake 12:30 Hydration Rounds <b>11:15 * Lunch at Place *Lob</b> 1:30 <b>Wellpoint Social AR</b> 2:30 Snack 3:00 Knock em Down	7 9:30 Exercise 10:15 Hand Massages 12:30 Hydration Rounds <b>1:30 Music:</b> 2:30 Snack 3:00 Rosary (MC) 6:15 Bingo AR	8 9:45 Music Therapy 10:30 Shape Shifters 12:30 Hydration Rounds <b>1:30 Barry Grove: Civil War Presentation AR</b> 2:30 Bingo	9 9:30 Exercise 10:15 Race Car Painting 12:30 Hydration Rounds 1:15 Make & Take Tags 2:30 Hawaiian Social Hour AR	10 9:30 Exercise  10:30 Penny Bingo AR  <b>1:30 Music:</b>
11 10:00 Catholic Service AR  1:30 Jenga  2:00 Snack	12 9:30 Sit & Be Fit 10:15 Bingo 12:30 Hydration Rounds <b>1:30 Music:</b> 2:30 Snack & Cards	13 9:30 Exercise 10:15 Manicures 12:30 Hydration Rounds <b>1:15 Music:</b> 2:30 Snack 3:00 Spin the Wheel Bingo	14 9:30 Exercise 10:15 Cottage Cup Races 12:30 Hydration Rounds <b>1:30 Floyd Sandford:</b> 2:30 Snack 3:00 Rosary (MC) 6:15 Bingo AR	15 <b>9:30 Pontoon Ride</b> 9:45 Music Therapy 10:30 Shape Shifters 12:30 Hydration Rounds 1:30 Color in 4 Parts 2:30 Snack 3:00 Bingo AR 	16 <b>Tell A Joke Day</b> 9:30 Exercise <b>10:30 Faith Bible Church Service</b> 12:30 Hydration Rounds 1:15 Honey Comb Painting 2:30 Social Hour AR	17 9:30 Soft Stretches 10:30 Crossword & Art  1:30 Movie
18 10:00 Catholic Service AR  1:30 Bendominoes  2:00 Snack	19 9:30 Sit & Be Fit 10:15 Bingo <b>10:30 Picnic at the Park</b> 12:30 Hydration Rounds 1:30 Bean Bag Toss 2:30 Snack on the Patio	20 9:45 Music Therapy 10:15 Scarf Fitness 12:30 Hydration Rounds <b>1:30 New Music:</b> 2:30 Snack 3:00 Balloon Bat	21 9:30 Exercise <b>10:15 Marci's Memorables:</b> 12:30 Hydration Rounds 1:30 Ring Toss 2:30 Snack 3:00 Rosary (MC) 6:15 Bingo AR	22 9:45 Zumba Class 10:30 Manicures 12:30 Hydration Rounds <b>1:30 Music:</b> 2:30 Snack 3:00 Bingo AR	23 <b>ALZ Pancake Breakfast Free will Donation 7:30—9:30am</b> 9:30 Exercise 10:15 Card Bingo 12:30 Hydration Rounds 1:30-3:00 End of Summer Social Hour CY	24 9:30 Chair Yoga F 10:30 Penny Bingo AR  <b>1:30 Music: Paino Player AR</b>
25 10:00 Catholic Service AR  1:30 UNO  2:00 Snack	26 <b>Podiatrist Visit—AR</b> 9:30 Sit & Be Fit 10:15 Bingo 12:30 Hydration Rounds 1:30 Guess the Price 2:30 Snack & Movie	27 9:30 Exercise 10:15 Manicures 12:30 Hydration Rounds <b>1:30 New Music:</b> 2:30 Snack 3:00 Left Right Center Game	28 9:30 Exercise 10:15 Aqua Art 12:30 Hydration Rounds <b>1:30 Music:</b> 2:30 Snack 3:00 Rosary (MC) 6:15 Bingo AR	29 9:45 Music Therapy 10:30 Shape Shifters 12:30 Hydration Rounds <b>1:00 Music:</b> 2:30 Snack 3:00 Bingo AR	30 9:30 Exercise <b>10:15 Fishing Trip w/ Picnic *Lob</b> 12:30 Hydration Rounds 1:15 Wooden Spoon Décor 2:30 Social Hour AR 	31 9:30 Soft Stretches  10:30 Go Fish Card Game  1:30 Movie





# Keystone Cottage

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