

Place August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations: AR - Activity Room P - Pool LOB - Lobby CY - Court Yard R - Restaurant LB- Library CH- Club House F—Fitness Studio	Free Transportation between 8 a.m. and 2 p.m. to Dr. appointments Monday- Friday 48 Hour Notice Call The Cedars office at 319-393-9500	Restaurant Phone: 319-393-7905	<u>Important Note:</u> Any Activity in RED is an activity you will need to sign up for. The sign up book is located across from the mailboxes		1 9:15 I Am Fit F 10:15 Shopping Lob 1:00 500 CH 1:30 Nix The Six Game AR 2:15 Chair Drumming F 3:00 Happy Hour AR <i>Grill Out For Lunch & Dinner</i>	2 1:15 Pinochle CH 1:30 New Music: Lob 6:30 Resident Led Games AR
3 9:00 Catholic Service AR 12-4 AR RESERVED 3:00 Kings Corners CH 6:45 Concert In The Park Lob	4 8:45 Chair Fitness F 10:00 Blood Pressure Checks 10:15 Bank & Post Office Lob 1:00 500 CH 1:30 Natural Juicing W/ Jessie AR 3:00 Fudgesicles CY	5 Cedars Comes For Lunch 8:30 Water Exercise P 10:00 Resident Meeting R 10:30 Bingo AR 1:30 Inspirational Rock Painting AR 2:00 Men's Pool League CH 3:00 Music: CY 6:00 Bridge CH	6 8:45 Chair Fitness F 10:00 Tye Dye T-Shirts For ALZ AR 1:00 500 CH 1:30 Bus Ride W/ Ice Cream Lob 3:00 Music: "Lob 7:00 Nickel Bingo AR	7 8:30 Water Exercise P 10:30 Chair Yoga F 1:30 August Birthday Party & Sing- A-Long AR 2:00 Men's Pool League CH 2:45 Music: Lob 6:30 Resident Led Games AR	8 8:45 Chair Fitness F 10:00 Picnic At The Park Lob 1:00 500 CH 1:15 Uno AR 2:15 Music: Lob 3:00 Happy Hour AR	9 9:00 Casino Lob 1:15 Pinochle CH 2:00 Bible Study W/ Eileen R 3:15 Music: Lob 6:30 Resident Led Games AR
10 9:00 Catholic Service AR 3:00 Kings Corners CH	11 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Sassy Swimsuit Design Craft AR 2:00 Neck Or Hand Massage W/ Jessie, Sign Up Required F 3:00 Music: Lob 6:30 Hand & Foot CH	12 8:30 Water Exercise P 9:30 Manicures AR 10:30 Bingo AR 1:30 Woodfire Pizza W/Lynne AR 2:00 Men's Pool League CH 2:45 Music: Lob 6:00 Bridge CH	13 ALZ Pancake Breakfast 8-10 R 8:45 Chair Fitness F 10:00 Craft: Tissue Paper Flowers AR 1:00 500 CH 1:30 Sequence AR 3:00 Speaker "AR 7:00 Nickel Bingo AR	14 8:30 Water Exercise P 9:30 Ty Dye T-Shirts For ALZ AR 10:30 Chair Yoga F 11:15 Lunch Out: Lob 1:30 Ladder Ball CY 2:00 Men's Pool League CH 3:00 Music: Lob 6:30 Resident Led Games AR	15 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Spin The Wheel Bingo AR 3:00 Happy Hour AR <i>Grill Out For Lunch & Dinner</i>	16 1:15 Pinochle CH 6:30 Resident Led Games AR
17 9:00 Catholic Service AR 1:00 Good Shepherd Worship Lob 3:00 Kings Corners CH	18 8:45 Chair Fitness F 10:00 Blood Pressure Checks 10:15 Shopping Lob 1:00 500 CH 1:30 Music: Lob 2:30 Nutty Nutrition W/Jessie AR	19 8:30 No Water Exercise P 10:30 Bingo AR 1:30 Flower Pot Faces Craft AR 1:30 Podiatrist Visit, He Will Come To Your Room 2:00 Men's Pool League CH 3:15 Music: Lob 6:00 Bridge CH	20 8:45 Chair Fitness F 10:00 Blackjack AR 1:00 500 CH 1:30 Words In A Word AR 2:15 Music: Lob 3:00 Armchair Travel: The Wonders Of Norway AR 7:00 Nickel Bingo AR	21 National Senior Citizen Day! 8:30 Water Exercise P 10:30 Chair Yoga F 10:30 Anamosa Day Out With Lunch Lob 2:00 Men's Pool CH 3:00 Music: Lob 6:30 Resident Led Games AR	22 8:45 Chair Fitness F 10:00 Rummikub AR 11:15 ROMEO: Lob 1:00 500 CH 1:30 Mexican Train AR 3:00 Happy Hour AR	23 10:00 Recycling Meeting- 1st Floor, Hallway By Ship 1:15 Pinochle CH 6:30 Resident Led Games AR
24 9:00 Catholic Service AR 2:00 Worship W/ Pastor Dan AR 3:00 Kings Corners CH	25 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 National Banana Splits Day AR 3:00 Music: Lob 4:15 Dinner Out: Lob 6:30 Hand & Foot CH	26 8:30 Water Exercise P 9:30 Manicures AR 10:30 Bingo AR 1:30 Ice Cream Sandwiches CY 2:00 Men's Pool League CH 2:45 Music: Lob 6:00 Bridge CH	27 8:45 Chair Fitness F 10:00 Craft: Water Bead Essential Oil Diffusers AR 1:00 500 CH 1:15 Sing- A- Long AR 2:15 Ice Cream Truck *FREE* Front Parking Lot 7:00 Nickel Bingo AR	28 Bow Tie Day 8:30 Water Exercise P 10:30 Chair Yoga F 12:30 Resident Council AR 1:30 Book Club W/ Jo AR 1:30 KCRG Everyday IA Hosting Bingo R 2:00 Men's Pool CH 2:30 Music: Lob 6:30 Resident Led Games AR	29 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Triominos AR 3:00 Happy Hour AR <i>Grill Out For Lunch & Dinner</i>	30 1:15 Pinochle CH 6:30 Resident Led Games AR
31 9:00 Catholic Service AR 3:00 Kings Corners CH						



July Birthday Party



The Keystones
of Cedar Rapids
A Life Fulfilling Retirement Community



Place



August



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