

Cedars August 2025

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	<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	1st Floor Locations: AR—Activity Room DR—Dining Room CY—Court Yard PDR—Private Dining Room	2nd Floor Locations: F—Fitness Room T—Theater	Red: Outing (*LOB) Blue: Music Orange: Tornado or Fire Drill Purple: Speaker ROMEO: GUY's Lunch Outing	1 Fire Drill 5:30am Fire Drill 9:45 Chair Fitness F 10:15 Kickball AR 1:00 Blurt Game AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	2 Fitness Stations (F) Any Time— All Day 3:00 Resident Led Game of Choice AR
3 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR 6:45 Outing:	4 9:45 Chair Fitness F 10:30 Hand & Neck Massages with Jessie AR *Sign up 1:15 Music: 3:00 Euchre AR	5 9:45 Chair Drumming F 10:15 Manicures AR 11:15 Lunch At Place *LOB 1:30 Music: 3:00 Bingo AR	6 Engineer Day 9:45 Chair Fitness F 10:30 Engineering Day Games AR 1:30 Music: 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	7 9:15 Chair Yoga F 10:00 Worship Service AR 10:00 Spelling Quiz *2nd Floor 1:15 Monthly Birthday Party W/ Music AR 3:00 Bingo AR	8 9:45 Chair Fitness F 10:00 Picnic at the Park *LOB 1:00 Music: 2:30 Social Hour AR 3:30 Resident Led Card Games AR	9 9:00 Riverside Casino *LOB 10:30 Penny Bingo AR 1:30 Music:
10 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	11 9:45 Chair Fitness F 10:15 Shopping: 10:30 Nutritional Juicing with Jessie AR 1:15 Music: 3:00 Euchre AR	12 9:45 Chair Drumming F 10:15 Tie Dye Shirts AR 1:30 Music: 3:00 Bingo AR	13 ALZ Pancake Breakfast 9:45 Chair Fitness F 10:30 Pancake Toss CY 1:30 Speaker: 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	14 9:15 Chair Yoga F 10:00 Worship Service AR 10:00 Word Riddles *2nd Floor 11:15 Lunch Out: 1:30 Music: 2:30 Dementia Support Group T 3:00 Bingo AR	15 9:45 Chair Fitness F 10:30 Faith Bible Church Service with Communion AR 1:00 AR Closed 1:15 Team Cup Toss CY 2:30 Social Hour AR 3:30 Resident Led Card Games AR	16 Fitness Stations (F) Any Time— All Day 3:00 Resident Led Game of Choice AR
17 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	18 9:45 Chair Fitness F 10:30 Hand & Neck Massages with Jessie AR *Sign up 1:30 Welcome Social AR 3:00 Euchre AR	19 Podiatrist 8:45 Podiatrist Visit AR 9:45 Chair Drumming F 10:15 Manicures AR 1:00 Music: 3:00 Bingo AR	20 9:45 Chair Fitness F 10:30 Speaker: 1:30 Music: 2:45 Chef Chat AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	21 9:15 Chair Yoga F 10:00 Worship Service with Communion AR 10:30 Outing: 1:30 Music: Janet Lieb AR 3:00 Bingo AR	22 9:45 Chair Fitness F 10:30 Good Shepherd's Lutheran Church Service AR 11:15 ROMEO: 1:00 Badminton Volleyball AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	23 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
24 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	25 9:45 Chair Fitness F 10:15 Shopping: 1:30 Music: Craig Dove Duo AR 3:00 Euchre AR 4:15: Dinner Out:	26 9:45 Chair Drumming F 10:15 Tie Dye Shirts AR 1:30 Music: 3:00 Bingo AR	27 9:45 Chair Fitness F 10:15 New Music: 1:30 The Freeze Ice Cream Truck *Pond 2:00 Water Balloon Fun & Games *Pond 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	28 9:15 Chair Yoga F 10:00 Worship Service AR 10:00 4 Pics 1 Word *2nd Floor 1:15 Music: 3:00 Bingo AR	29 9:45 Chair Fitness F 10:30 Kickball AR 1:00 Football Toss CY 2:30 Social Hour AR 3:30 Resident Led Card Games AR	30 Fitness Stations (F) Any Time— All Day 3:00 Resident Led Game of Choice AR
31 10:00 Catholic Service AR 12-6PM AR CLOSED 3:00 Resident Led Kings Corners *2nd Floor						



Cedars Activity Calendar

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