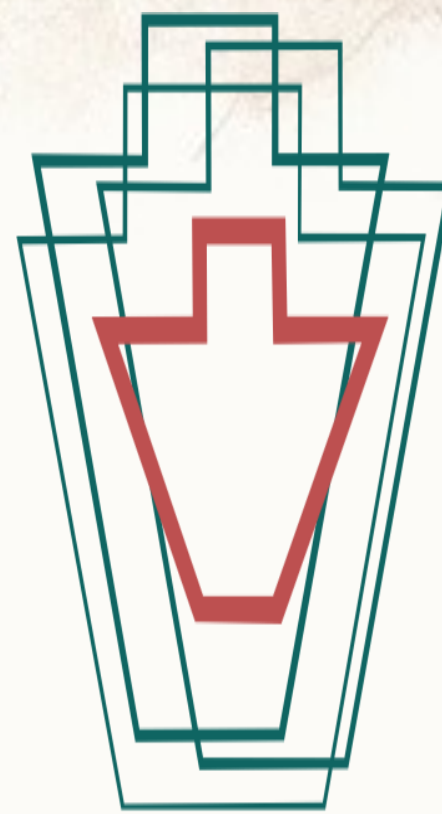
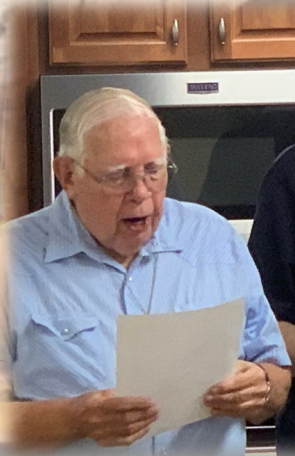
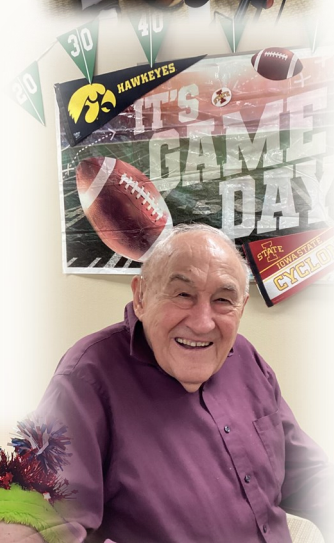


Place October 2025

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	1 8:45 Chair Fitness F 10:00 Pontoon Boat Ride , Lob 1:00 500 CH 7:00 Nickel Bingo AR	2 8:30 Water Exercise P 10:30 Chair Yoga F 1:30 October Birthday Party & Sing-A-Long AR 2:00 Men's Pool League CH 2:45 Music : 6:30 Resident Led Games AR	3 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Apple Tasting AR 2:15 Musical Drumming F 3:00 Happy Hour AR	4 1:00 Pinochle CH
5 9:00 Catholic Service AR 3:00 Kings Corners CH	6 8:45 Chair Fitness F 10:00 BP Checks, Staff Lounge 10:15 Bank & Post Office Lob 1:00 500 CH 1:30 Mini Neck Massages F 2:00 Pumpkin Patch Lob 6:30 Community Concert Lob	7 Cedars Comes For Lunch 8:30 Water Exercise P 9:30 Manicures AR 10:30 Bingo AR 1:30 Hallway Putt Putt Golf, Meet In AR 2:00 Men's Pool League CH 3:00 "Engineering" Activities AR 6:00 Bridge CH	8 Wear PINK for Breast Cancer Awareness 8:45 Chair Fitness F 10:30 Anointing Of The Sick AR 1:00 500 CH 1:30 Chili Cook Off W/ Oak Street Health AR 3:00 Golf Card Game AR 7:00 Nickel Bingo AR	9 8:30 Water Exercise P 9:30 Woman's Coffee Chat AR 10:30 Chair Yoga F 1:30 Kickball F 2:00 Men's Pool League CH 3:00 Music : Lob 6:30 Resident Led Games AR	10 8:45 Chair Fitness F 10:30 Book Author, Barbara Hannon. WWII, "Her Parents Story" AR 1:00 500 CH 1:15 Jeopardy AR 2:00 Chair Fitness F 3:00 Happy Hour AR	11 9:00 Casino Lob 1:00 Pinochle CH 2:00 Bible Study W/ Eileen R
12 9:00 Catholic Service AR 3:00 Kings Corners CH	13 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Juicing W/ Jessie AR 3:00 Review Nov. Calendar W/ Shawna AR 4:15 Dinner Out : Lob 6:30 Hand & Foot CH	14 8:30 Water Exercise P 10:30 Bingo AR 1:30 Pumpkin Craft W/ Cedars Lob 2:00 Men's Pool League CH 3:00 Fall Scavenger Hunt, Meet In AR 6:00 Bridge CH	15 8:45 Chair Fitness F 10:00 Card Bingo AR 1:00 500 CH 1:15 Learn To Play Euchre AR 2:15 Music : Lob 3:15 Spelling Bee AR 7:00 Nickel Bingo AR	16 8:30 Water Exercise P 9:30 Men's Coffee Chat AR 10:30 Chair Yoga F 1:30 "Would You Rather", Fall Edition AR 2:00 Men's Pool League CH 2:00 Olive The Therapy Dog Lob 3:00 Color Me Happy AR 6:00 Fire Pit & S'mores CY	17 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Mexican Train AR 2:15 Musical Drumming F 3:30 Music With Happy Hour -C.R. Opera Lob 6:30 Resident Led Games AR	18 10:30 Recycling Committee AR 1:00 Pinochle CH
19 9:00 Catholic Service AR 1:00 Good Shepherd Worship Lob 3:00 Kings Corners CH	20 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Chocolate Nutrition & Tasting AR 3:00 Music : Lob	21 8:30 Water Exercise P 9:30 Manicures AR 10:30 Bingo AR 1:30 Make & Take Pumpkin Seeds AR 2:00 Men's Pool League CH 3:00 Ghost Blast AR 6:00 Bridge CH	22 8:45 Chair Fitness F 10:00 Yahtzee AR 1:00 500 CH 1:30 Tastes Of Fall AR 3:00 Bus Ride, Roller Dam Lob 7:00 Nickel Bingo AR	23 8:30 Water Exercise P 10:30 Chair Yoga F 12:30 Resident Council AR 1:45 Travelogue California AR 2:00 Men's Pool CH 3:00 Sequence AR 6:30 Resident Led Games AR	24 8:45 Chair Fitness F 10:30 Lunch Out : Lob 1:00 500 CH 1:15 Caramel Me Delicious AR 2:00 Chair Fitness F 3:00 Happy Hour AR	25 11:30-2:30 AR Reserved 1:00 Pinochle CH 3:00 Music : Lob
26 9:00 Catholic Service AR 2:00 Worship W/ Pastor Dan AR 3:00 Kings Corners CH	27 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Juicing W/ Jessie AR 3:00 Book Club W/ Jo AR 6:30 Hand & Foot CH	28 8:30 Water Exercise P 10:30 Bingo AR 1:30 Chat W/Lynn AR 2:00 Men's Pool League CH 2:45 Music : Lob 6:00 Bridge CH	29 8:45 Chair Fitness F 10:00 Halloween Bingo AR 1:00 500 CH 1:00 Flu Shots Lob 3:00 History Of Halloween W/ Treat AR 6:30 Trick- Or-Treating Lob & Hallways	30 8:30 Water Exercise P 10:30 Chair Yoga F 1:30 Homemade Hot Apple Cider Bar AR 2:00 Men's Pool CH 2:45 Music : Lob 6:30 Resident Led Games AR	31 Wear A Costume! 8:45 Spooky Chair Fitness F 10:15 Shopping 1:00 500 CH 1:30 Uno AR 2:15 Musical Drumming F 3:00 Halloween Happy Hour Party AR 	Important Note: Any Activity in RED is an activity you will need to sign up for. The sign up book is located across from the mailboxes



September Birthday Party



The Keystones of Cedar Rapids

A Life Fulfilling Retirement Community

Place

October

2025