

Cedars October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Floor Locations: AR—Activity Room DR—Dining Room CY—Court Yard PDR—Private Dining Room 2nd Floor Locations: F—Fitness Room T—Theater	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	1 9:45 Chair Fitness F 10:00 Fall Boat Ride at Delhi *LOB 10:30 Anointing of the sick AR 1:30 Apple Bobbin Contest CY 3:30 Faith Discussion Group AR 4:15 Rosary AR	2 9:45 Chair Yoga F  10:30 Resident Led Devotions T 10:30 Coffee, Croissants, & Crosswords AR 1:15 Monthly Birthday Party w/ Music AR 3:00 Bingo AR	3 9:45 Chair Fitness F 10:30 Balloon Badminton AR 1:00 Giant Crossword AR 2:30 Social Hour with Susie AR 3:30 Resident Led Card Games AR	4 Fitness Stations (F) Any Time – All Day 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
5 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	6 9:45 Chair Fitness F 10:30 Seasoned Popcorn Tasting with Jessie AR 1:00 Dice Bowling AR 2:00 Pumpkin Patch *LOB	7 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 11:15 Lunch at Place *LOB 1:30 Candy Dice Game AR 3:00 Euchre AR	8 Wear Pink for Breast Cancer Awareness  9:45 Chair Fitness F 10:30 Football Toss AR 1:30 Scenic Bus Ride *LOB 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	9 9:45 Chair Yoga F  10:30 Resident Led Devotions T 10:30 9 Letter Word Square AR 1:30 Music: 2:30 Dementia Support Group T 3:00 Bingo AR	10 9:45 Chair Fitness F 10:30 Table Hockey AR 1:30 Book Arthur: 2:30 Social Hour AR 3:30 Resident Led Card Games AR	11 9:00 Casino *LOB Fitness Stations (F) Any Time – All Day 10:30 Penny Bingo AR
12 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	13 9:45 Chair Fitness F 10:15 Shopping: 10:30 Juicing with Jessie AR 1:30 Craft: Make Autumn Spice Potpourri Jars AR 3:00 Bingo AR 4:15 Dinner Out:	14 9:45 Chair Drumming F 10:30 Manicures *Sign up AR 1:15 Fire Drill 1:30 Pumpkin Craft with Place Residents AR 3:00 Euchre AR	15  9:45 Chair Fitness F 10:30 Speaker: 1:30 Music: 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	16 9:45 Chair Yoga F 10:30 Resident Led Devotions T 10:30 Make Your Own Jewelry AR 1:30 Olive the Therapy Dog AR 3:00 Bingo AR	17 9:45 Chair Fitness F 10:30 Faith Bible Church Service with Communion AR 1:00 Skee Ball AR 2:30 Social Hour with Susie AR 3:30 Resident Led Card Games AR	18 Fitness Stations (F) Any Time – All Day 3:00 Resident Led Game of Choice AR
19 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	20  9:45 Chair Fitness F 10:15 Shopping: 10:30 Chocolate Nutrition Tasting with Jessie AR 1:30 Music: 3:00 Bingo AR	21 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 1:30 Memorial Service AR 3:00 Euchre AR	22 9:45 Chair Fitness F 10:30 AR Closed 1:30 Corn Hole Bean Bags AR 2:30 Chef Chat AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	23 9:45 Chair Yoga F 10:30 Resident Led Devotions T 10:30 Halloween Jeopardy AR 1:30 Welcome Social AR 3:00 Bingo AR	24 9:45 Chair Fitness F 10:30 Good Shepherd's Lutheran Church Service AR 10:30 Lunch Out: 1:00 Apple Bobbin Contest AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	25 Fitness Stations (F) Any Time – All Day 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
26 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	27 9:45 Chair Fitness F 10:15 Shopping: 10:30 Juicing with Jessie AR 1:30 Candy Corn Cocktail AR 3:00 Halloween Bingo AR	28  9:45 Chair Drumming F 10:30 Manicures *Sign up AR 1:30 Music: 3:00 Euchre AR	29 9:30 Flu Shots AR 9:45 Chair Fitness F 10:30 Witches Hat Ring Toss T 1:30 Speaker: 3:30 Faith Discussion Group AR 4:15 Rosary A 6:30 Trick or Treating AR & LOB	30  9:45 Chair Yoga F 10:30 Resident Led Devotions T 10:30 Ghost Blast AR 1:35 Music: 3:00 Bingo AR	31 Happy Halloween 9:45 Chair Fitness F 10:30 Halloween Trivia AR 1:00 Tiddly Winks / Tic Tac Toe AR 2:30 Halloween Social Hour AR 3:30 Resident Lead Card Games AR 	Red: Outing (*LOB) Blue: Music Orange: Tornado or Fire Drill Purple: Speaker ROMEO: GUY's Lunch Outing



The keystones of Cedar Rapids

A Life Fulfilling Retirement Community

Cedars Activity Calendar October 2025