

Place December 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	1 8:45 Chair Fitness F 10:15 Bank & Post Office Lob 11:00 Blood Pressure Checks, CH 1:00 500 CH 1:30 Cheese Tasting & Nutrition AR 3:00 Bingo AR 4:15 Dinner Lob	2 8:30 Water Exercise P 10:30 Music: Lob 2:00 Men's Pool League CH 3:00 Hot Cocoa/Eggnog Bar AR 3:00 Mini Massages F 6:00 Bridge CH	3 8:45 Chair Fitness F 10:00 Craft: Floating Christmas Centerpiece AR 1:00 500 CH 1:15 Walking Club Lob 1:30 Words In A Word AR 3:00 Music: Lob 7:00 Nickel Bingo AR	4 8:30 Water Exercise P 10:30 Chair Yoga F 1:30 December Birthday Party, & Sing- A-Long AR 2:00 Men's Pool League CH 2:45 Music: Lob 6:30 KCOP Practice AR	5 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Farkle AR 2:15 Chair Drumming F 3:00 Happy Hour AR	6 1:00 Pinochle CH 3:00 KCOP Practice AR
7 9:00 Catholic Service AR 3:00 New Music: Linn-Mar High School Honor Society Lob Pick & Choose 3:00 Linn-Mar High School Games W/ Honor Society AR	8 8:45 Chair Fitness F 9:30 Assumption Of Mary, W/ Communion R 10:15 Shopping Lob 11:00 Blood Pressure Checks CH 1:00 500 CH 1:30 "Paper Pie" Store Shopping Experience AR 1:30 Fire Drill 3:00 Music: Lob 6:30 KCOP Practice AR	9 8:30 Water Exercise P 10:30 Bingo AR 1:15 Tone Chime Choir Presentation AR 2:00 Men's Pool League CH 3:00 KCOP Practice AR 6:00 Bridge CH	10 8:45 Chair Fitness F 1:00 500 CH 1:30 Write Christmas Cards AR 3:00 Gingerbread House Making AR 3:00 KCOP Practice AR 7:00 Nickel Bingo AR	11 8:30 Water Exercise P 10:30 Chair Yoga F 11:15 Lunch Out: Lob 1:30 Saran Wrap Game AR 2:00 Men's Pool League CH 3:00 KCOP Practice AR 6:00 Christmas Lights Bus Ride Lob 6:30 Resident Led Games AR	12 8:45 Chair Fitness F 10:30 Resident & Staff Water Volleyball P 1:00 500 CH 1:30 KCOP SHOW AR 2:15 Chair Fitness F 3:00 Happy Hour AR	13 9:00 Casino Lob 1:00 Pinochle CH 2:00 Bible Study W/ Eileen R
14 9:00 Catholic Service AR	15 8:45 Chair Fitness F 10:00 Resident Meeting R 11:00 Blood Pressure Checks CH 1:00 500 CH 1:30 Frozen Fruit Ice Cream Nutrition AR 3:00 Music: Lob 6:30 Hand & Foot CH	16 Thanksmas! 4 & 6pm Seatings 8:30 Water Exercise P 9:30 Manicures AR 10:30 Bingo AR 1:30 Candy Cane Taste Test AR 2:00 Men's Pool League CH 3:00 Mini Massages F 6:00 Bridge CH	17 8:45 Chair Fitness F 10:00 White Elephant Santa Switch Game AR 1:00 500 CH 1:15 Walking Club Lob 3:00 Engelbert Humperdinck Christmas Special AR 7:00 Nickel Bingo AR	18 8:30 Water Exercise P 10:30 Chair Yoga F 12:30 Resident Council AR 2:00 Men's Pool League CH 3:00 Music: Lob 6:30 Resident Led Games AR	19 8:45 Chair Fitness F 10:15 Christmas Tour Lob 1:00 500 CH 1:30 Mexican Train AR 2:15 Chair Drumming F 3:00 Happy Hour AR	20 1:00 Pinochle CH 1:30 Music: Lob
21 9:00 Catholic Service AR 1:00 Good Shepherd Worship Lob	22 8:45 Chair Fitness F 10:15 Aldi Lob 11:00 Blood Pressure Checks CH 1:00 500 CH 1:30 Mulled Wine Tasting & Nutrition AR 3:00 Music: AR	23 8:30 Christmas Water Exercise P 10:30 Bingo AR 1:30 Bendomino's AR 2:00 Men's Pool League CH 3:00 Craft: Flameless Snowman Candle AR 6:00 Bridge CH	24 8:45 Christmas Chair Fitness F 10:00 Christmas Grab Bag Bingo AR 1:00 500 CH 1:30 Holiday Jeopardy AR 3:00 Christmas Sweater Party AR 4:00-8 CH Reserved 7:00 Nickel Bingo AR	25 	26 8:45 Chair Fitness F 10:00 Mimosas, Bloody Mary's & Memories AR 1:00 500 CH 1:30 Uno AR 2:15 Chair Fitness F 3:00 Happy Hour AR	27 1:00 Pinochle CH
28 9:00 Catholic Service AR 11:00-5:30 AR & Pool Reserved	29 8:45 Chair Fitness F 10:15 Shopping Lob 11:00 Blood Pressure Checks CH 1:00 500 CH 1:30 Holiday Juicing Nutrition AR 3:00 Roll A Snowman Game AR 6:30 Hand & Foot CH	30 8:30 NYE Water Exercise F 9:30 Manicures AR 10:30 Bingo AR 1:30 Sequence AR 2:00 Men's Pool League CH 3:00 Mini Massages F 6:00 Bridge CH	31 New Years Eve! 8:45 New Years Chair Fitness F 10:00 New Years Traditions & Resolutions AR 1:00 500 CH 1:15 Walking Club Lob 1:30 Book Club W/Jo L 3:00 New Years Eve Party AR 7:00 Nickel Bingo 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	Restaurant Phone: 319-393-7905	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



The Keystones of Cedar Rapids

A Life Fulfilling Retirement Community

November Birthday Party!



Place

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