

Cedars December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><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</p>	<p>1 9:45 Chair Fitness F 10:30 Cheese Tasting & Nutrition w/ Jessie AR 1:30 Scrabble AR 3:00 Bingo AR 4:15 Dinner Out:</p>	<p>2 9:45 Chair Drumming F 10:00 Music: 1:30 Christmas Sing Along 3:00 Euchre AR</p>	<p>3 9:45 Chair Fitness F 10:30 Frisbee Throwing AR 1:15 Walking Club *LOB 1:30 Music: 2:45 Pop In For Some Popcorn AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR</p>	<p>4 9:45 Chair Yoga F 10:30 Resident Led Devotions T 10:30 Craft: Floating Center Piece AR 1:15 Monthly Birthday Party w/ Music AR 3:00 Bingo AR</p>	<p>5 9:45 Chair Fitness F 9:30 Christmas Glamour Shots 1st Floor AR 1:00 Christmas Glamour Shots 2nd Floor AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR</p>	<p>6 Fitness Stations (F) Any Time–All Day 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR</p>
<p>7 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>	<p>8 Immaculate Conception 9:45 Chair Fitness F 10:30 Holy Day w/ St. Pius AR 1:30 Music: 2:30 Fire drill 3:00 Bingo AR</p>	<p>9 9:45 Chair Drumming F 10:30 Music Therapy: 1:30 Chef Chat AR 3:00 Euchre AR</p>	<p>10 9:45 Chair Fitness F 10:30 Manicures *Sign up AR 1:30 Mulled Wine Tasting AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR</p>	<p>11 9:45 Chair Yoga F 10:30 Resident Led Devotions T 10:30 Holiday Jeopardy AR 11:15 Lunch Out: 1:30 Hot Chocolate Social & Andy Williams Christmas Show AR 3:00 Bingo AR 6:00 Christmas Light Bus Ride *LOB</p>	<p>12 9:45 Chair Fitness F 10:30 Resident & Staff Water Volleyball at Place *LOB 1:00 Craft: Paint Holiday Ceramics AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR</p>	<p>13 9:00 Riverside Casino *LOB Fitness Stations (F) Any Time–All Day 10:30 Penny Bingo AR 12:00pm-6:00pm AR CLOSED 3:00 Resident Led Game of Choice *2nd Floor</p>
<p>14 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>	<p>15 9:45 Chair Fitness F 10:30 Frozen Fruit Ice Cream & Nutrition w/ Jessie AR 1:30 Music: 3:00 Bingo AR</p>	<p>16 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 1:30 Music: 3:00 Euchre AR</p>	<p>17 9:45 Chair Fitness F 10:30 Speaker: 1:15 Rockwell Walking Club *LOB 1:30 Monthly Resident Meeting w/ Lynn AR 4:15 Rosary AR 6:15 Bingo AR</p>	<p>18 Thanksmas Dinner 9:45 Chair Yoga F 10:30 Resident Led Devotions T 10:30 Christmas Bingo AR 1:30 Music: 4:00 Thanksmas Dinner 6:00 Thanksmas Dinner</p>	<p>19 9:45 Chair Fitness F 10:30 Faith Bible Church Service with Communion AR 1:00 Snakes and Ladder Game AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR</p>	<p>20 Fitness Stations (F) Any Time–All Day 3:00 Resident Led Game of Choice AR</p>
<p>21 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>	<p>22 9:45 Chair Fitness F 10:15 Shopping: 10:30 Good Shepherds Lutheran Church Service AR 1:30 Music: 3:00 Bingo AR</p>	<p>23 9:45 Chair Drumming F 10:30 Manicures *Sign up AR 1:30 Cookie Decorating AR 3:00 Euchre AR</p>	<p>24 Wear Your Christmas Sweater 9:45 Christmas Chair Fitness F 10:30 Christmas Present Dice Game AR 1:30 Christmas Sweater Social AR 3:30 Faith Discussion Group AR 4:15 Rosary AR</p>	<p>25 Merry Christmas</p>	<p>26 9:45 Chair Fitness F 10:30 Roll A Snowman Game AR 1:00 Scrabble AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR</p>	<p>27 Fitness Stations (F) Any Time–All Day 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR</p>
<p>28 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>	<p>29 9:45 Chair Fitness F 10:15 Shopping: 10:30 Holiday Juicing Nutrition w/ Jessie AR 1:30 Craft: Make Napkin Holders AR 3:00 Bingo AR</p>	<p>30 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 1:30 Engineering Club AR 3:00 Euchre AR</p>	<p>31 New Years Eve 9:45 New Years Chair Fitness F 10:30 Bell Box Countdown AR 1:15 Walking Club *LOB 2:00 New Year's Eve Social Hour AR 3:30 Faith Discussion Group AR 4:15 Rosary AR</p>	<p>1st Floor Locations: LOB—Lobby AR—Activity Room DR—Dining Room CY—Court Yard PDR—Private Dining Room 2nd Floor Locations: F—Fitness Room T—Theater</p>	<p>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</p>	<p>Red: Outing (*LOB) Blue: Music Orange: Tornado or Fire Drill Purple: Speaker ROMEO: GUY's Lunch Outing</p>



The Keystones of Cedar Rapids

A Life Fulfilling Retirement Community

Cedars Activity Calendar December 2025

