

Cedars January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	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	Red: Outing (*LOB) Blue: Music Orange: Tornado or Fire Drill Purple: Speaker ROMEO: GUY's Lunch Outing	Important Note: 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 Happy New Year 	2 9:45 Chair Fitness F 10:30 Kickball AR 1:00 Tiddly Winks Game AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	3 Fitness Stations (F) Any Time— All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
4 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	5 9:45 Chair Fitness F 10:15 Bank & Post Office *LOB 1:30 Bingo AR 3:00 Herbal Hot Toddy w/ Jessie AR	6 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 11:15 Lunch At Place *LOB 1:30 Community Blanket Project: Part 1 AR 3:00 Euchre AR	7  9:30 Fire Drill 9:45 Chair Fitness F 10:30 Flameless Snowman Craft w/ Shawna AR 1:15 Rockwell Walking Club *LOB 1:30 Music: 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	8  9:45 Chair Yoga F 10:30 Resident Led Devotions T 1:15 Monthly Birthday Party w/ Music AR 3:00 Bingo AR	9 9:45 Chair Fitness F 10:15 Shopping: 10:30 Frisbee Throwing AR 1:00 Skee Ball AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	10 Fitness Stations (F) Any Time— All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
11 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	12 9:45 Chair Fitness F 10:15 Shopping: 1:30 Bingo AR 3:00 Frozen Fruit Ice Cream w/ Jessie AR	13 9:45 Chair Drumming F 10:30 Manicures *Sign up AR 1:30 Speaker: 3:30 Euchre AR	14 9:45 Chair Fitness F 10:30 Balloon Badminton AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	15  9:45 Chair Yoga F 10:30 Resident Led Devotions T 11:15 Lunch Out: 1:30 Music: 3:00 Bingo AR	16 9:45 Chair Fitness F 10:30 Faith Bible Church Service with Communion AR 1:00 Tabletop Basketball Game AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	17 Fitness Stations (F) Any Time— All Weekend 3:00 Resident Led Game of Choice AR
18 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	19 Martin Luther King Day 9:45 Chair Fitness F 10:15 Shopping: 1:30 Bingo AR 3:00 Date Snickers w/ Jessie AR	20  9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 1:30 New Music: 3:00 Euchre AR	21 9:00 Casino *LOB 9:45 Chair Fitness F 10:30 Craft: Beaded Snowflake AR 1:15 Rockwell Walking Club *LOB 1:30 Engineering Club AR 4:15 Rosary AR 6:15 Bingo AR	22 9:45 Chair Yoga F 10:30 Resident Led Devotions T 1:30 Thirsty Thursdays: Baileys & Brownies AR 3:00 Bingo AR	23 9:45 Chair Fitness F 10:30 Good Shepherd Lutheran Church Service AR 1:00 Shut The Box Dice Game AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	24 Fitness Stations (F) Any Time— All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
25 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	26 9:45 Chair Fitness F 10:15 Shopping: 1:30 Bingo AR 3:00 National Green Juicing Day w/ Jessie AR	27  9:45 Chair Drumming F 10:30 Music Therapy: Joy of Music AR 1:30 Community Blanket Project: Part 2 AR 3:00 Euchre AR	28 9:45 Chair Fitness F 10:30 Manicures *Sign up AR 1:30 Bean Bag Corn Hole AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR	29  9:45 Chair Yoga F 10:30 Resident Led Devotions T 1:30 Music: 3:00 Bingo AR	30 9:45 Chair Fitness F 10:15 Shopping: 1:00 Hot Chocolate Toss AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	



The Keystones of Cedar Rapids

A Life Fulfilling Retirement Community

Cedars Activity Calendar January 2026

