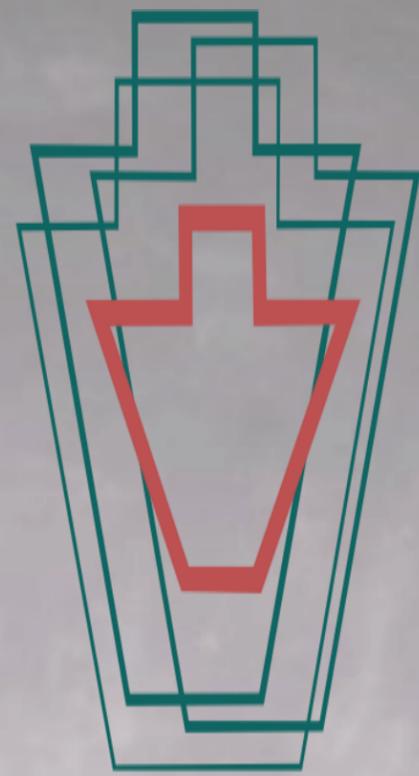


Place January 2026

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	Restaurant Phone: 319-393-7905	<u>Important Note:</u> Any Activity in RED is an activity you will need to sign up for. The sign up book is located across from the mailboxes	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			
4 9:00 Catholic Service AR 11-4 AR & Pool Reserved	5 8:45 Chair Fitness F 10:15 Bank & Post Office Lob 1:00 500 CH 1:30 Herbal Hot Toddy W/ Jessie AR	6 Cedars Comes For Lunch 8:30 Water Exercise P 10:00 Bingo AR 1:30 Popcorn Taste Test & Facts AR 2:00 Men's Pool League CH 6:00 Bridge CH 6:30 Music: Lob	7 8:15 Fire Drill 8:45 Chair Fitness F 10:00 9 Letter Word Square AR 11:00 Blood Pressure Checks CH 1:00 500 CH 1:15 Walking Club Lob 1:30 Travelogue, Anchorage Alaska AR 3:00 Music: Lob 7:00 Nickel Bingo AR	8 8:30 Water Exercise P 10:30 Chair Yoga F 1:30 January Birthday Party, & Sing-A-Long AR 2:00 Men's Pool League CH 2:45 Music: Lob 6:30 Resident Led Games AR	9 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Quiddler Game AR 2:15 Chair Fitness F 3:00 Happy Hour AR	10 1:00 Pinochle CH 2:00 Bible Study W/ Eileen R
11 9:00 Catholic Service AR 7:00 Music: Lob	12 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Frozen Fruit Ice Cream W/ Jessie AR 6:30 Hand & Foot CH	13 8:30 Water Exercise P 10:00 Bingo AR 1:30 Cranium Crunches AR 2:00 Men's Pool League CH 2:30 Mini Massages F 3:00 Speaker " Hiking in Catalonia" AR 6:00 Bridge CH	14 8:45 Chair Fitness F 10:00 Pinecone Bird Feeders AR 1:00 Blood Pressure Checks CH 1:00 500 CH 1:30 All Staff Meeting 3:00 Chair Fitness F 7:00 Nickel Bingo AR	15 8:30 Water Exercise P 10:30 Chair Yoga F 11:15 Lunch Out: Lob 1:30 Men's & Woman's Afternoon Coffee Chat AR 2:00 Men's Pool League CH 6:30 Resident Led Games AR	16 NON MEDICAL DRIVES 12-3 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Fig Newton Day AR 2:15 Chair Drumming F 3:00 Happy Hour AR	17 1:00 Pinochle CH
18 9:00 Catholic Service AR	19 Martin Luther King Day 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Date Snickers W/ Jessie AR	20 8:30 Water Exercise P 10:00 Bingo AR 1:30 Craft: Book Page Wreath w/Karen AR 2:00 Men's Pool League CH 6:00 Bridge CH	21 8:45 Chair Fitness F 9:00 Casino Lob 11:00 Blood Pressure Checks CH 1:00 500 CH 1:15 Walking Club Lob 7:00 Nickel Bingo AR	 22 Wear Poka Dots 8:30 Water Exercise P 10:30 Chair Yoga F 12:30 Resident Council AR 1:45 Universal Yums Box , United Kingdom AR 2:00 Men's Pool League CH 6:30 Resident Led Games AR	23 8:45 Chair Fitness F 10:00 Golf Card Game AR 1:00 500 CH 1:30 Manicures AR 2:15 Chair Fitness F 3:00 Happy Hour AR	24 1:00 Pinochle CH
25 9:00 Catholic Service AR	26 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 National Green Juicing Day W/ Jessie AR 3:00 Book Club W/ Jo L 6:30 Hand & Foot CH	27 8:30 Water Exercise F 10:00 Bingo AR 1:30 Resident Meeting W/ Lynn AR 2:00 Men's Pool League CH 2:30 Mini Massages F 6:00 Bridge CH	28 8:45 Chair Fitness F 10:00 Armchair Travel To Alaska AR 11:00 Blood Pressure Checks CH 1:00 500 CH 1:30 Community Project Tie Blankets AR 3:00 Chair Fitness F 7:00 Nickel Bingo AR	29 8:30 Water Exercise P 10:30 Chair Yoga F 2:00 Men's Pool League CH 3:30 Music: Lob 6:30 Resident Led Games AR	30 NON MEDICAL DRIVES 12-3 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Sequence AR 2:15 Chair Drumming F 3:00 Happy Hour AR	31 1:00 Pinochle CH



December Birthday Party



*The Keystones
of Cedar Rapids*
A Life Fulfilling Retirement Community



Place
January
2026