

Cedars February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	2 Groundhog Day 9:45 Chair Fitness F 10:15 Bank & Post Office *LOB 1:30 Prize Bingo AR 3:00 Fruity Chia Seed Pudding w/ Jessie AR 	3 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 1:30 Craft- Love You To Pieces Wreath AR 3:00 Euchre AR 4:15 Dinner Out:	4 9:45 Balance Fitness F 10:30 Candy Lovers Dice Game AR 1:15 Rockwell Walking Club *LOB 1:30 Music: 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR	5 9:45 Chair Yoga F 10:30 Resident Led Devotions T 1:15 Monthly Birthday Party w/ Music AR 3:00 Prize Bingo AR	6 Wear Red for Women's Heart Day 9:45 Chair Fitness F 10:15 Shopping: 1:00 Words In a Word AR 2:30 Super Bowl Social Hour AR 3:30 Resident Led Card Games AR	7 Fitness Stations (F) Any Time-All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
8 Super Bowl 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR 5:30 Watch Super Bowl AR 	9 9:45 Chair Fitness F 10:15 Shopping: 1:30 Prize Bingo AR 3:00 Valentine's Strawberry Smoothies w/ Jessie AR	10 9:45 Chair Drumming F 10:30 Manicures *Sign up AR 1:30 Music: 3:00 Euchre AR	11 9:45 Balance Fitness F 10:30 Winter Olympics—Hockey AR 1:30 Speaker: 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR	12 9:45 Chair Yoga F 10:30 Resident Led Devotions T 1:30 Thirsty Thursday—Strawberry Blast AR 3:00 Prize Bingo AR 6:30 Outing:	13 Wear Red or Pink 9:45 Chair Fitness F 10:30 Craft- Yarn Wrapped Hearts AR 1:00 Valentine's Jeopardy AR 2:30 Valentine's Social Hour AR 3:30 Resident Led Card Games AR	14 Valentine's Day Fitness Stations (F) Any Time-All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR 
15 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR 1:30 Worship Service AR	16 Presidents Day 9:45 Chair Fitness F 10:15 Shopping: 1:30 Prize Bingo AR 3:00 Lemon Coconut Flaxseed Protein Balls w/ Jessie AR	17 Mardi Gras 9:00 Podiatrist Visit AR 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 2:00 Mardi Gras Social AR 3:30 Euchre AR	18 Ash Wednesday 9:45 Balance Fitness F 10:30 Ash Wednesday Service AR 1:15 Rockwell Walking Club *LOB 1:30 Music: 4:15 Rosary AR 6:15 Penny Bingo AR	19 9:45 Chair Yoga F 10:30 Resident Led Devotions T 11:15 Lunch Out: 1:30 Music: 3:00 Prize Bingo AR	20 9:45 Chair Fitness F 10:30 Faith Bible Church Service AR 1:00 Name That Tune AR 2:30 Social Hour AR 3:30 Resident Led Card Games AR	21 Fitness Stations (F) Any Time-All Weekend 3:00 Resident Led Game of Choice AR
22 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR	23 9:45 Chair Fitness F 10:15 Shopping: 1:30 Prize Bingo AR 3:00 Juicing w/ Jessie AR	24 9:45 Chair Drumming F 10:30 Manicures *Sign up AR 1:30 Music: 3:00 Euchre AR	25 9:45 Balance Fitness F 10:30 Winter Olympics—Curling AR 1:30 Lynn's Monthly Meeting AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR	26 9:45 Chair Yoga F 10:30 Resident Led Devotions T 1:30 Music: 3:00 Prize Bingo AR	27 9:45 Chair Fitness F 10:30 Good Shepherd Lutheran Church Service AR 1:00 Universal Yums Box From the UK AR 2:30 Social Hour w/ Susie AR 3:30 Resident Led Card Games AR	28 9:00 Casino *LOB Fitness Stations (F) Any Time-All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR
<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	Red: Outing (*LOB) Blue: Music Orange: Tornado or Fire Drill Purple: Speaker ROMEO: GUY's Lunch Outing				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



The Keystones of Cedar Rapids

A Life Fulfilling Retirement Community

Cedars Activity Calendar February 2026