




Place February 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| 1 9:00 Catholic Service AR 11-5 AR & Pool Reserved | 2 Ground Hogs Day 8:45 Chair Fitness F 10:15 Bank & Post Office Lob 1:00 500 CH 1:30 Fruit Chia Seed Pudding AR 3:00 Rosary AR 6:30 Resident Led Games AR | 3 8:30 Water Exercise P 10:00 Bingo AR 1:30 Tone Chime Choir W/Elisabeth AR 2:00 Men's Pool League CH 3:00 Valentines Jeopardy AR 4:15 Dinner Out: Lob 6:00 Bridge CH | 4 8:45 Chair Fitness F 10:00 Craft: Flameless Snowman Candle AR 11:00 Blood Pressure Checks CH 1:00 500 CH 1:15 Walking Club Lob 1:30 Make Valentines for Veterans AR 3:00 Music: Lob 3:00 Balance Class F 7:00 Nickel Bingo AR | 5 8:30 Water Exercise P 10:30 Chair Yoga F 1:30 February Birthday Party, & Sing-A-Long AR 2:00 Men's Pool League CH 2:45 Music: Lob 6:30 Resident Led Games AR | 6 Wear Red For Woman's Heart Day 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Triomino's AR 2:15 Chair Fitness F 3:00 Super Bowl Happy Hour AR | 7 1:00 Pinochle CH 6:30 Resident Led Games AR |
| 8 9:00 Catholic Service AR 5:30 Watch The Super Bowl AR  | 9 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Valentines Strawberry Smoothies AR 3:00 Rosary AR 6:30 Resident Led Games AR 6:30 Hand & Foot CH | 10 8:30 Water Exercise P 10:00 Love Bingo AR 1:30 Winter Olympics, "Ice Hockey" F 2:00 Men's Pool League CH 2:30 Mini Massages F 3:00 Music: Lob 6:00 Bridge CH | 11 8:45 Chair Fitness F 10:00 Decorate Sugar Cookies AR 11:00 Blood Pressure Checks CH 1:00 500 CH 1:30 Chocolate Dipping Fountain AR 2:15 Chair Fitness F 3:00 Speaker "8 Interesting Places AR 7:00 Nickel Bingo AR | 12 8:30 Water Exercise P 10:30 Chair Yoga F 1:30 Mardi Gras Mask Making AR 2:00 Men's Pool League CH 3:15 Chat W/ Lynn AR 6:30 Theatre Cedar Rapids Lob 6:30 Resident Led Games AR | 13 NON MEDICAL DRIVES 12-3 Wear Red or Pink 8:45 Chair Fitness F 10:15 Valentines Day Bingo AR 1:00 500 CH 1:30 Candy Lover's Dice Game AR 2:15 Chair Drumming F 3:00 Valentines Day Happy Hour AR | 14 1:00 Pinochle CH 6:30 Resident Led Games AR  |
| 15 9:00 Catholic Service AR | 16 President's Day 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Lemon Coconut Flaxseed Protein Balls AR 3:00 Rosary AR 6:30 Resident Led Games AR | 17 Mardi Gras  8:30 Water Exercise P 10:00 Bingo AR 1:30 Podiatrist Visit: He Will Come To Your Room 2:00 Men's Pool League CH 3:00 Mardi Gras Celebration AR 6:00 Bridge CH | 18 Ash Wednesday 8:45 Chair Fitness F 10:00 Ash Wednesday Service 11:00 Blood Pressure Checks CH 1:00 500 CH 1:15 Walking Club Lob 1:30 Try Freeze Dried Candy AR 2:30 Music: Lob 3:00 Balance Class F 7:00 Nickel Bingo AR | 19 8:30 Water Exercise P 10:30 Chair Yoga F 11:15 Lunch Out: Lob 1:30 Universal Yums Box, Greece AR 2:00 Men's Pool League CH 6:30 Resident Led Games AR | 20 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:15 Winter Olympics "Curling" F 2:15 Chair Fitness F 3:00 Happy Hour AR | 21 1:00 Pinochle CH 2:00 Bible Study W/ Eileen R 6:30 Resident Led Games AR |
| 22 9:00 Catholic Service AR | 23 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Juicing AR 3:00 Book Club W/ Jo L 3:00 Rosary AR 6:30 Resident Led Games AR | 24 8:30 Water Exercise P 10:00 Bingo AR 1:30 Manicures AR 2:00 Men's Pool League CH 2:30 Mini Massages F 3:15 Music: Lob 6:00 Bridge CH | 25 8:45 Chair Fitness F 11:00 Blood Pressure Checks CH 1:00 500 CH 2:15 Chair Fitness F 3:00 Resident Led Games AR 7:00 Nickel Bingo AR | 26 8:30 Water Exercise P 10:30 Chair Yoga F 12:30 Resident Council AR 1:30 Bus Ride Lob 2:00 Men's Pool League CH 3:30 Music: Lob 6:30 Resident Led Games AR | 27 NON MEDICAL DRIVES 12-3 8:45 Chair Fitness F 10:15 Shopping Lob 1:00 500 CH 1:30 Worship Service, Non-denominational AR 2:30 Chair Drumming F 3:00 Happy Hour AR | 28 9:00 Casino Lob 1:00 Pinochle CH 6:30 Resident Led Games AR |
| 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 | Locations: AR - Activity Room P - Pool LOB - Lobby CY - Court Yard R - Restaurant L- Library CH- Club House F—Fitness Studio | <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. | | | |



January Birthday Party!



The Keystones of Cedar Rapids

A Life Fulfilling Retirement Community

Place
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