

Cedars April 2026

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>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>1 9:45 Balance Fitness F 10:30 Coffee Chat AR 1:15 Walking Club Lob 1:30 Music: AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR</p>	<p>2 9:45 Chair Yoga F 10:30 Devotions W/ William T 1:15 Monthly Birthday Party w/ Music AR 3:00 Scenic Bus Ride Lob</p>	<p>3 Good Friday 9:45 Chair Fitness F 10:30 Travelogue Brazil AR 1:00 Resident Led Card Games AR 2:30 Social Hour AR</p>	<p>4 Fitness Stations (F) Any Time—All Weekend 10:00 Easter Egg Hunt CY 10:30-1:30 Easter Brunch 3:00 Resident Led Game of Choice AR</p>
<p>5 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR Happy Easter</p>	<p>6 9:45 Chair Fitness F 1:30 Prize Bingo AR 3:00 Cauliflower Pizza Crust Nutrition AR</p>	<p>7 9:45 Chair Drumming F 10:30 Manicures *Sign up AR 1:30 Music: Drum Presentation AR 3:00 Resident Led Euchre AR</p>	<p>8 9:45 Balance Fitness F 10:30 Community Project AR 1:30 Guitar Music and Presentation AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR</p>	<p>9 9:45 Chair Yoga F 10:30 Universal Yums, Brazil AR 1:30 Music: AR 3:00 Make Your Own Humming Bird Feeder AR 6:30 Dress Rehearsal, "The Little Mermaid" Lob</p>	<p>10 9:45 Chair Fitness F 9:00 Casino: Lob 1:00 Resident Led Card Games AR 2:30 Social Hour AR</p>	<p>11 Fitness Stations (F) Any Time—All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR</p>
<p>12 10:00 Catholic Service AR 1:30 Worship Service AR 3:00 Resident Led Kings Corners AR</p>	<p>13 9:45 Chair Fitness F 10:15 Shopping Lob 1:30 Prize Bingo AR 3:00 Kale Apple Nut Butter Smoothie AR</p>	<p>14 9:45 Chair Drumming F 10:00 Tornado Drill 10:30 Hand & Neck Massages *Sign up T 1:30 Starter Plants For Garden W/ Abbie AR 3:00 Resident Led Euchre AR</p>	<p>15 9:45 Balance Fitness F 10:30 Marci's Memorable's "Maggie Brown" AR 1:15 Walking Club Lob 1:30 Speaker "China" AR 3:00 Remembering The Titanic AR 4:15 Rosary AR 6:15 Penny Bingo AR</p>	<p>16 Pajama Day! 9:45 Chair Yoga Video F 10:30 Devotions W/ William T 11:15 Lunch Out: Lob 1:30 Music: AR 3:00 Craft: Alcohol Ink Bowls AR</p>	<p>17 9:45 Chair Fitness W/ Amber F 10:30 Faith Bible Church Service AR 1:00 Resident Led Card Games AR 2:30 Social Hour AR</p>	<p>18 Fitness Stations (F) Any Time—All Weekend 3:00 Resident Led Game of Choice AR</p>
<p>19 10:00 Catholic Service AR 1:30 Good Shepherd Worship Service AR 3:00 Resident Led Kings Corners AR</p>	<p>20 9:45 Chair Fitness F 10:15 Shopping Lob 1:30 Prize Bingo AR 3:00 Quinoa Tator Tots Nutrition AR</p>	<p>21 9:45 Chair Drumming F 10:30 The Joy Of Music, Music Therapy AR 1:30 Scenic Bus Ride Lob 3:00 Resident Led Euchre AR</p>	<p>22 National Jelly Bean Day 9:45 Balance Fitness F 11:15 ROMEO: Lob 1:30 Jelly Bean Taste Test AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR</p>	<p>23 9:45 Chair Yoga F 10:30 Chat With Lynn AR 1:30 Thirsty Thursday, Pina Coladas & Mini Muffins AR 3:00 Bocce Ball CY</p>	<p>24 9:45 Chair Fitness F 10:30 Good Shepherd Lutheran Church Service AR 1:00 Resident Led Card Games AR 2:30 Social Hour AR</p>	<p>25 Fitness Stations (F) Any Time—All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR</p>
<p>26 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>	<p>27 9:45 Chair Fitness F 10:15 Shopping Lob 1:30 Prize Bingo AR 3:00 Strawberry Coconut Lime Juicing AR</p>	<p>28 9:45 Chair Drumming F 10:30 Hand & Neck Massages *Sign up T 1:30 Babe Ruth, Who Was He? AR 3:00 Resident Led Euchre AR</p>	<p>29 9:45 Balance Fitness F 1:15 Walking Club Lob 1:30 Music: AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR</p>	<p>30 9:45 Chair Yoga F 10:30 Sing-A-Long AR 1:30 Cornerstone Caregiving Presentation AR 3:00 Make May Day Baskets AR</p>	<p>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 through Friday 48 Hour Notice Call The Cedars office at 319-393-9500</p>



The keystones
of Cedar Rapids
A Life Fulfilling Retirement Community

March Birthday Party!



Cedars

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