

# Cedars May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Important Note:</u></b> Any Activity in <b>RED</b> is an activity you will need to sign up for. The sign up book is located in the Activity Room</p>	<p><b>Locations:</b> Lob—Lobby AR—Activity Room DR—Dining Room CY—Court Yard PDR—Private Dining Room <b>2nd Floor Locations:</b> F—Fitness Room T—Theater</p>	<p><b>Free Transportation</b> Between 8:00 a.m. and 2:00 p.m. to Dr. appointments Monday through Friday <b>48 Hour Notice</b> Call The Cedars office at 319-393-9500</p>				
<p><b>3</b> 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>	<p><b>4</b> 9:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:30 Prize Bingo AR 3:00 Pecan Banana "Ice Cream" AR</p>	<p><b>5</b> 9:45 Chair Drumming F 10:30 <b>Manicures *Sign up</b> AR 1:30 Cinco De Mayo Party AR 3:00 Resident Led Euchre AR</p>	<p><b>6</b> 10:00 <b>Walking At Local Park</b> Lob 11:5 <b>Lunch Out: Daisy's Garage</b> Lob 1:30 <b>Music</b> AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Bingo AR</p>	<p><b>7 Mothers Day Event</b> 9:45 Chair Yoga F 10:00 Bagels &amp; Bouquets, Mothers Day Event AR 1:15 <b>Monthly Birthday Party W/ Music</b> AR 3:00 Scrabble AR</p>	<p><b>8</b> 9:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:00 Resident Led Card Games AR 2:30 Social Hour AR</p>	<p><b>9</b> Fitness Stations (F) Any Time—All Weekend 1:30 <b>Music:</b> AR 3:00 Resident Led Game of Choice AR</p>
<p><b>10</b> 10:00 Catholic Service AR 1:30 Worship Service AR 3:00 Resident Led Kings Corners AR</p> 	<p><b>11</b> 9:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:30 Prize Bingo AR 3:00 Avocado Chocolate Pudding AR</p>	<p><b>12</b> 9:45 Chair Drumming F 10:30 Tone Chine Bell Choir W Elisabeth AR 1:30 Coy Pond Facts W/ Kelly AR 3:00 Resident Led Euchre AR</p>	<p><b>13</b> 9:45 Balance Fitness F 1:15 <b>Rockwell Walking Club</b> Lob 1:30 All Staff Meeting 3:00 Chef Chat W/ Abbie AR 4:15 Rosary AR 6:15 Penny Bingo AR</p>	<p><b>14</b> 9:45 Chair Yoga Video F 10:00 <b>Tornado Drill</b> 10:30 Devotions W/ William T 1:30 Universal Yums Box: Poland AR 3:00 Prize Bingo AR</p>	<p><b>15</b> 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><b>16</b> Fitness Stations (F) Any Time—All Weekend 3:00 Resident Led Game of Choice AR</p>
<p><b>17</b> 10:00 Catholic Service AR 1:30 Good Shepherd Worship Service AR 3:00 Resident Led Kings Corners AR</p>	<p><b>18</b> 9:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:30 <b>Music:</b> AR 3:00 Prize Bingo AR</p>	<p><b>19</b> 9:45 Chair Drumming F 10:30 <b>Hand &amp; Neck Massages *Sign up T</b> 1:30 Ladder Ball CY 3:00 Resident Led Euchre AR</p>	<p><b>20</b> 9:45 Balance Fitness F 10:30 Marci's Memorable's "Clara Barton" AR 1:30 <b>Walking At Local Park</b> Lob 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR</p>	<p><b>21</b> 9:45 Chair Yoga F 10:30 Rock Painting AR 1:30 Thirsty Thursday AR 3:00 Arlington—Field Of Honor Documentary AR</p>	<p><b>22</b> 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><b>23</b> Fitness Stations (F) Any Time—All Weekend 9:00 <b>Casino:</b> Lob 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR</p>
<p><b>24</b> 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>	<p><b>25</b></p> 	<p><b>26</b> 9:45 Chair Drumming F 10:30 <b>Manicures *Sign Up</b> AR 1:30 Prize Bingo AR 3:00 Resident Led Euchre AR</p>	<p><b>27</b> 9:45 Balance Fitness W/ Amber F 11:00 <b>Baseball Game</b> Lob 1:30 <b>Music:</b> AR 3:30 Faith Discussion Group AR 4:15 Rosary AR 6:15 Penny Bingo AR</p>	<p><b>28</b> 9:45 Chair Yoga Video F 10:30 Seated Volleyball AR 1:30 Chat W/ Lynn AR 3:00 Memorial Service AR</p>	<p><b>29</b> 9:45 Chair Fitness W/ Amber F 10:30 Good Shepherd Lutheran Church Service AR 1:00 Resident Led Card Games AR 2:30 Social Hour AR</p>	<p><b>30</b> Fitness Stations (F) Any Time—All Weekend 10:30 Penny Bingo AR 3:00 Resident Led Game of Choice AR</p>
<p><b>31</b> 10:00 Catholic Service AR 3:00 Resident Led Kings Corners AR</p>						

April  
Birthday  
Party!



# The Keystones of Cedar Rapids

*A Life Fulfilling Retirement Community*

## Cedars

## May

## 2026