




# May Place 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Restaurant Phone:</b> <b>319-393-7905</b></p>	<p><b>Free Transportation between 8 a.m. and 2 p.m. to Dr.appointments Monday-Friday</b></p> <p><b>48 Hour Notice</b></p> <p><b>Call The Cedars office at 319-393-9500</b></p>	<p><b>Locations:</b> AR - Activity Room P - Pool LOB - Lobby CY - Court Yard R - Restaurant L- Library CH- Club House F—Fitness Studio</p>	<p><b><u>Important Note:</u></b> <b>Any Activity in RED is an activity you will need to sign up for.</b></p> <p><b>The sign up book is located across from the mailboxes.</b></p>		<p><b>1</b> 8:45 Chair Fitness F 9:00 Fresh Fruit &amp; Veggie Juice Lob 10:15 <b>Bank &amp; Post Office</b> Lob 1:00 500 CH 1:15 Craft: Cabochon Earrings AR 2:15 Chair Fitness F 3:00 Happy Hour AR</p>	<p><b>2</b> 1:00 Pinochle CH 3:30 <b>Music:</b> Lob 6:30 Resident Led Games AR</p>
<p><b>3</b> 9:00 Catholic Service AR</p>	<p><b>4</b> 8:45 Chair Fitness F 10:15 <b>Shopping</b>Lob 1:00 500 CH 1:30 Pecan Banana "Ice Cream" AR 3:00 Rosary CH 6:30 Resident Led Games AR 6:30 Hand &amp; Foot CH</p>	<p><b>5</b> 8:30 Water Exercise P 10:00 Bingo AR 1:30 Garden Club Meeting AR 2:00 Men's Pool League CH 3:00 Balance Class F 3:00 Cinco De Mayo Party AR 6:00 Bridge CH</p> 	<p><b>6</b> 10:00 <b>Walking At Local Park</b> Lob 11:00 Blood Pressure Checks CH 11:15 <b>Lunch Out:</b> Lob 1:00 500 CH 1:00 Feedback Focus Group AR 1:30 Creative Input Focus Group AR 3:00 <b>Music:</b> Lob 7:00 Nickel Bingo AR</p>	<p><b>7 Mothers Day Event</b> 8:30 Water Exercise P 10:00 Bagels &amp; Bouquets Mothers Day Event AR 10:30 Chair Yoga F 1:30 Monthly Birthday Party &amp; Sing-A-Long AR 2:00 Men's Pool League CH 2:45 <b>Music:</b> Lob 3:00 <b>Mini Massages</b> F 6:30 Resident Led Games AR</p>	<p><b>8</b> 8:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:00 500 CH 1:30 Resident Led Rummikub AR 2:15 Chair Drumming F 3:00 Happy Hour AR</p>	<p><b>9</b> 1:00 Pinochle CH 6:30 Resident Led Games AR</p>
<p><b>10</b> 9:00 Catholic Service AR</p> 	<p><b>11</b> 8:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:00 500 CH 1:30 Avocado Chocolate Pudding AR 3:00 Rosary AR 6:30 Resident Led Games AR</p>	<p><b>12</b> 8:30 Water Exercise P 10:30 Bingo AR 1:30 Tone Chime Bell Choir W/ Elisabeth AR 2:00 Men's Pool League CH 3:00 Balance Class F 6:00 Bridge CH</p>	<p><b>13</b> 10:00 Craft: Paint Wooden Bird Houses AR 11:00 Blood Pressure Checks CH 1:00 500 CH 1:15 <b>Walking Club</b> Lob 1:30 All Staff Meeting 7:00 Nickel Bingo AR</p>	<p><b>14</b> 8:30 Resident Led Water Exercise P 10:30 Chair Yoga Video F 1:30 Universal Yums Box: Poland AR 12:45 <b>Tornado Drill</b> 2:00 Men's Pool League CH 3:00 <b>Mini Massages</b> F 6:30 Resident Led Games AR</p>	<p><b>15</b> 8:45 Chair Fitness W/ Amber F 10:00 Woman's Coffee Chat AR 1:00 500 CH 1:15 Farkle AR 2:15 Chair Dancing F 3:00 Happy Hour AR</p>	<p><b>16</b> 1:00 Pinochle CH 2:00 Bible Study W/ Eileen R 6:30 Resident Led Games AR</p>
<p><b>17</b> 9:00 Catholic Service AR 2:00 Movie "His Girl Friday" With Captions CH 6:30 Movie "His Girl Friday" Without Captions CH</p>	<p><b>18</b> 8:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:00 500 CH 1:30 Ladder Ball CY 3:00 Rosary AR 3:00 <b>Music:</b> Lob 6:30 Resident Led Games AR 6:30 Hand &amp; Foot CH</p>	<p><b>19</b> 8:30 Water Exercise P 10:00 Bingo AR 1:30 Shirley Temples &amp; Documentary AR 2:00 Men's Pool League CH 3:00 Balance Class F 6:00 Bridge CH 6:30 <b>Community Concert"</b> Paramount Lob</p>	<p><b>20</b> 10:00 Men's Coffee Chat AR 11:00 Blood Pressure Checks CH 1:00 500 CH 1:30 <b>Walking At Local Park</b> Lob 3:00 Scattergories AR 7:00 Nickel Bingo AR</p>	<p><b>21</b> 8:30 Water Exercise P 10:30 Chair Yoga F 12:30 Resident Council AR 1:30 <b>Bus Ride</b> Lob 2:00 Men's Pool League CH 3:00 <b>Mini Massages</b> F 6:30 Resident Led Games AR</p>	<p><b>22</b> 8:45 Chair Fitness F 10:15 <b>Shopping</b> Lob 1:00 500 CH 1:30 Good Shepherd Worship Service, Non- denominational AR 2:15 Chair Drumming F 3:00 Happy Hour AR</p>	<p><b>23</b> 9:00 <b>Casino:</b> Lob 1:00 Pinochle CH 6:30 Resident Led Games AR</p>
<p><b>24</b> 9:00 Catholic Service AR</p>	<p><b>25</b> 1:00 500 CH 6:30 Resident Led Games AR 6:30 Hand &amp; Foot CH</p>	<p><b>26</b> 8:30 Water Exercise P 10:00 Bingo AR 1:30 Chat W/ Lynn AR 2:00 Men's Pool League CH 3:00 Book Club W/ Jo L 3:00 Balance Class F 6:00 Bridge CH</p>	<p><b>27</b> 11:00 <b>Baseball Game</b> Lob 11:00 Blood Pressure Checks CH 1:00 500 CH 2:45 <b>Music:</b> Lob 7:00 Nickel Bingo AR</p>	<p><b>28</b> 8:30 Water Exercise P 10:30 Chair Yoga Video F 1:30 Fraud For Seniors, Presented by Arleene's Son, Jeff AR 2:00 Men's Pool League CH 3:00 Cards Games &amp; Cookies AR 6:30 Resident Led Games AR</p>	<p><b>29</b> 8:45 Chair Fitness W/ Amber F 10:15 Sequence AR 1:00 500 CH 1:15 Home Instead Presentation AR 3:00 Happy Hour AR</p>	<p><b>30</b> 1:00 Pinochle CH 6:30 Resident Led Games AR</p>
<p><b>31</b> 9:00 Catholic Service AR 2:00 Movie "Sea Biscuit" With Captions CH 6:30 Movie "Sea Biscuit" Without Captions CH</p>						



April Birthday Party!



# The Keystones of Cedar Rapids

*A Life Fulfilling Retirement Community*



# Place

# May

# 2026