

# CEDARS – JUNE 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Free Transportation</b> Between 8:00 a.m. and 2:00 p.m. for doctor appointments <b>Monday - Friday</b> <b>48 Hour Notice</b> Call The Cedars Front Office at <b>319-393-9500</b></p>	<p>9:45 Chair Fitness (F) <span style="float: right;">1</span> <b>10:15 Shopping * (Lob)</b> 1:30 Prize Bingo (AR) 3:00 Nutrition - Papaya Smoothies (AR)</p>	<p>9:45 Chair Drumming (F) <span style="float: right;">2</span> <b>10:30 Massages * Sign Up (T)</b> 1:30 Engineering Club (AR) 3:00 Resident Led Euchre (AR)</p>	<p>9:45 Balance Fitness (F) <span style="float: right;">3</span> 10:30 UNO (AR) <b>11:15 Lunch Out * (Lob)</b> <b>1:15 Walking Club * (Lob)</b> <b>1:30 Music (AR)</b> 3:30 Faith Discussion Group (AR) 4:15 Rosary (AR) 6:15 Penny Bingo (AR)</p>	<p>9:45 Chair Yoga (F) <span style="float: right;">4</span> 10:30 Words in a Word (AR) <b>1:15 June Birthday Party w/ Music (AR)</b> 3:00 Learn/Play Sodoku (AR)</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">5</span> 10:30 Dice Bingo (AR) 1:00 Ladder Toss (AR) 2:30 Social Hour (AR)</p>	<p>Fitness Stations (F) <span style="float: right;">6</span> Any Time / All Weekend  10:30 Penny Bingo (AR) 3:00 Resident Led Games of Choice (AR)</p>
<p>10:00 Catholic Service (AR) <span style="float: right;">7</span> 3:00 Resident Led Kings Corners (AR)</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">8</span> <b>10:15 Shopping * (Lob)</b> 1:30 Prize Bingo (AR) 3:00 Nutrition - Asparagus Soup</p>	<p>9:00 C.R. HEARING (PDR) <span style="float: right;">9</span> 9:45 Chair Dancing (F) <b>10:30 Manicures * Sign Up (AR)</b> 1:30 RC Boat Races (Pond) 3:00 Resident Led Euchre (AR)</p>	<p><b>10:00 Walking at a Local Park * (Lob)</b> 10:30 Senior Talk Dice Game (AR) 3:30 Faith Discussion Group (AR) 4:15 Rosary (AR) 6:15 Penny Bingo (AR)</p>	<p>9:45 Chair Yoga (F) <span style="float: right;">11</span> 10:30 Devotions w/ Chaplain William (T) <b>1:30 Music (AR)</b> 3:00 Universal Yums - Germany (AR)</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">12</span> 10:30 Kickball (AR) 1:00 Craft: Alcohol Ink Coasters(AR) 2:30 Social Hour (AR)</p>	<p>Fitness Stations (F) <span style="float: right;">13</span> Any Time / All Weekend  3:00 Resident Led Games of Choice (AR)</p>
<p style="text-align: center;"><b>Flag Day</b> <span style="float: right;">14</span></p> <p>10:00 Catholic Service (AR) 1:30 Worship Service (AR) 3:00 Resident Led Kings Corners (AR)</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">15</span> <b>10:15 Shopping * (Lob)</b> 1:30 Prize Bingo (AR) 3:00 Nutrition w/ Jessie - Lemon Basil Frozen Yogurt (AR)</p>	<p>9:45 Chair Drumming (F) <span style="float: right;">16</span> <b>10:30 Massages * Sign Up (T)</b> 2:00 - 3:30 Father's Day Event 8:00 Fire Drill</p>	<p>9:45 Balance Fitness (F) <span style="float: right;">17</span> <b>10:30 Marci's Memorables "Walt Disney" (AR)</b> <b>1:15 Walking Club * (Lob)</b> <b>1:30 Music (AR)</b> 3:30 Faith Discussion Group (AR) 4:15 Rosary (AR) 6:15 Penny Bingo (AR)</p>	<p>9:45 Chair Yoga (F) <span style="float: right;">18</span> 10:30 Scrabble (AR) <b>1:30 Music (AR)</b> 3:00 The Last Unknown Video (AR)</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">19</span> 10:30 Faith Bible Church (AR) <b>11:15 ROMEO: Lunch Out * (Lob)</b> 1:00 Hangman (AR) 2:30 Social Hour (AR)</p>	<p>Fitness Stations (F) <span style="float: right;">20</span> Any Time / All Weekend  3:00 Resident Led Games of Choice (AR)</p>
<p style="text-align: center;"><b>Father's Day</b> <span style="float: right;">21</span></p> <p>10:00 Catholic Service (AR) 1:30 Good Shepherd Service (AR) 3:00 Resident Led Kings Corners (AR)</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">22</span> <b>10:15 Shopping * (Lob)</b> <b>1:30 Music (AR)</b> 3:00 Prize Bingo (AR)</p>	<p>9:45 Chair Dancing (F) <span style="float: right;">23</span> <b>10:30 Manicures * Sign Up (AR)</b> 1:30 Ice Cream Sandwiches &amp; Reminicing Show &amp; Tell (CY) 3:00 Resident Led Euchre (AR)</p>	<p><b>10:00 Walk at Park* (Lob)</b> <span style="float: right;">24</span> 10:15 Craft: Summer Ornaments (AR) <b>1:30 Speaker: Alaska &amp; Inside Passage (AR)</b> 3:30 Faith Discussion Group (AR) 4:15 Rosary (AR) 6:15 Penny Bingo (AR)</p>	<p>9:45 Chair Yoga (F) <span style="float: right;">25</span> 10:30 Devotions w/ Chaplain William (T) <b>1:30 Joy The Therapy Dog (AR)</b> 3:00 Bomb Pops by the Pond</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">26</span> 10:30 Coffee Chat (AR) 1:00 Corn Hole (AR) 2:30 Social Hour w/ Trivia (AR)</p>	<p>Fitness Stations (F) <span style="float: right;">27</span> Any Time / All Weekend  10:30 Penny Bingo (AR) 3:00 Resident Led Games of Choice (AR)</p>
<p>10:00 Catholic Service (AR) <span style="float: right;">28</span> 3:00 Resident Led Kings Corners (AR)</p>	<p>9:45 Chair Fitness (F) <span style="float: right;">29</span> <b>10:15 Shopping * (Lob)</b> 1:30 Prize Bingo (AR) 3:00 Nutrition - Quinoa Tater Tots (AR)</p>	<p>9:45 Chair Drumming (F) <span style="float: right;">30</span> <b>10:30 Massages * Sign Up (T)</b> <b>1:30 Music (AR)</b> 3:00 Resident Led Euchre (AR)</p>	<p><u>Important Note:</u> 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><u>1<sup>st</sup> Floor Locations:</u> LOB = Lobby AR = Activity Room DR = Dining Room CY = Court Yard PDR = Private Dining Room</p>	<p><u>2<sup>nd</sup> Floor Locations:</u> F = Fitness Room T = Theater</p>	