

PLACE ~ AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Free transportation between 8:00 a.m. and 2:00 p.m. for doctor appointments Monday - Friday. 48 hour notice is requested. Call the Keystone Cedars Front Office at 319-393-9500	<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.	<u>1st Floor Locations</u> Lob - Lobby AR - Activity Room P - Pool R - Restaurant CY - Court Yard	<u>2nd Floor Locations</u> CH - Club House F - Fitness Studio L - Library NP-North Pod	Restaurant phone # 319-393-7905		1) 1:00 Pinochle (CH) 6:30 Resident Led Games (CH)
2) 9:15 Catholic Service (AR) ** Sunday movies are on break until Fall **	3) 9:45 Coffee Chat (AR) 10:30 Chair Fitness (F) 1:30 Nutrition: Watermelon Lime Juice (AR) 3:00 Rosary (AR)	4) 8:30 Water Exercise (P) 10:00 Bingo (AR) 1:30 Scenic Bus Ride (Lob) 3:00 Music: (Lob) 3:00 Balance Class (F)	5) 10:30 Chair Yoga (F) 11:00 Blood Pressure Checks (CH) 1:30 Chef Chat w/Abby(AR) 3:00 Music: (Lob)	6) 8:30 Water Exercise (P) 10:00 Bank & Post Office (Lob) 12:30 Mini Massages (F) 1:30 Music: (Lob) 2:30 Walking Club (Lob) 3:00 August Birthday Party (AR)	7) 10:30 Chair Fitness (F) 2:00 Chair Dancing (F) 2:00 Music: (Lob) 3:00 Social Hour (AR)	8) 1:00 Pinochle (CH) 2:00 Bible Study w/ Eileen (R) 6:30 Resident Led Games (CH)
9) 9:15 Catholic Service (AR)	10) 9:45 Coffee Chat (AR) 10:30 Chair Fitness (F) 1:30 Nutrition: Peppers and Dip (AR) 3:00 Rosary (AR)	11) 8:30 Water Exercise (P) 10:00 Bingo (AR) 1:30 Chat w/ Lynn (AR) 3:00 Balance Class (F)	12) 9:00 Fall Screening Clinic (F) 10:30 Chair Yoga (F) 11:00 Blood Pressure Checks (CH) 1:30 Craft: Aroma Stones (AR) 2:30 Music: (Lob)	13) 8:30 Water Exercise (P) 10:00 Shopping (Lob) 12:30 Mini Massages (F) 1:30 Music: (AR) 2:30 Rockwell Walking Club (Lob)	14) 10:30 Chair Fitness (F) 11:15 Romeo: Lunch Out (Lob) 1:30Special Speaker (AR) 2:00 Chair Drumming (F) 3:00 Social Hour	15) 9:00 Casino: (Lob) 1:00 Pinochle (CH) 6:30 Resident Led Games (CH)
16) 9:15 Catholic Service (AR)	17) 9:45 Coffee Chat (AR) 10:30 Chair Fitness (F) 1:30 Nutrition: Peach Raspberry Cobbler Ice Cream (AR) 3:00 Rosary (AR)	18) 8:30 Water Exercise (P) 10:00 Bingo (AR) 1:30 Conversation Dice and Cookies (AR) 3:00 Balance Class (F)	19) 10:30 Chair Yoga (F) 11:00 Blood Pressure Checks (CH) 1:30 Universal Yums: Turkey (AR) 3:00 Mexican Train (AR)	20) 8:30 Water Exercise (P) 10:00 Shopping (Lob) 12:30 Mini Massages (F) 1:30 Craft: Origami (AR) 2:30 Walking Club (Lob)	21) 10:30 Chair Fitness (F) 1:30 KOP's Play (AR) 2:00 Chair Dancing (F) 3:00 Social Hour (AR)	22) 1:00 Pinochle (CH) 6:30 Resident Led Games (CH)
23) 9:15 Catholic Service (AR)	24) 9:45 Coffee Chat (AR) 10:30 Chair Fitness (F) 1:30 Nutrition: Sweet Corn (AR) 3:00 Rosary (AR)	25) 8:30 Water Exercise (P) 10:00 Bingo (AR) 1:30 Women's Coffee Chat (AR) 3:00 Balance Class (F) 3:00 Music: (Lob)	26) 10:30 Chair Yoga (F) 11:00 Blood Pressure Checks (CH) 1:30 Men's Coffee Chat (AR) 3:00 Rummikub (AR)	27) 8:30 Water Exercise (P) 10:00 Shopping (Lob) 12:30 Mini Massages (F) 1:00 C.R. Library Tour (Lob) 2:30 Rockwell Walking Club (Lob)	28) 10:30 Chair Fitness (F) 1:30 Good Shepherd Worship Service (AR) 2:00 Chair Drumming (F) 3:00 Social Hour (AR)	29) 1:00 Pinochle (CH) 2:00 Bible Study w/ Eileen (R) 6:30 Resident Led Games (CH)
30) 9:15 Catholic Service (AR)	31) 9:45 Coffee Chat (AR) 10:30 Chair Fitness (F) 1:30 Nutrition: Caprese Skewers (AR) 3:00 Book Club w/ Jo (NP) 3:00 Rosary (AR)					