

CEDARS - 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 Call Cedars Front Office at 319-393-9500	Important Note: Any activity in RED is an activity you need to SIGN UP for. The Sign Up book is located in the Activity Room.		1st Floor Locations Lob-Lobby AR- Activity Room DR- Dining Room CY- Court Yard PDR-Private Dining room	2nd Floor Locations F -Fitness Room T - Theater		1) Fitness Stations (F) Any time/all weekend ~~~~~ 10:30 Penny Bingo (AR) 3:00 Resident Led Games of Choice
2) 10:00 Catholic Service (AR) 3:00 Resident Led Kings Corner (AR)	3) 9:30 Chair Fitness (F) 1:00 Prize Bingo (AR) 3:00 Nutrition w/ Jessie: Watermelon Lime Juice (AR)	4) 9:30 Manicures (AR) 10:30 Chair Dancing (F) 1:30 Music: (AR) 3:00 Prize Bingo (AR)	5) 9:30 Balance Fitness (F) 10:15 Craft: Aroma Stones(AR) 1:30 Music (AR) 3:00 Chef Chat w/ Abby (AR) 3:30 Faith Discussion Group (T) 4:15 Rosary (T) 6:15 Penny Bingo (AR)	6) 9:15 Resident Led Devotions (T) 10:00 Bank and Post Office (Lob) 10:30 Chair Yoga (F) 3:00 August Birthday Party w/ Music (AR)	7) 9:30 Chair Fitness (F) 10:15 Universal Yums: Turkey (AR) 3:00 Social Hour: Music (AR)	8) Fitness Stations (F) Any time/all weekend ~~~~~ 3:00 Resident Led Games of Choice
9) 10:00 Catholic Service (AR) 1:30 Worship Service (AR) 3:00 Resident Led Kings Corner (AR)	10) 9:30 Chair Fitness (F) 1:00 Prize Bingo (AR) 3:00 Nutrition w/ Jessie: Peppers and Dip (AR)	11) 9:00 Fall Screen Clinic (F) 9:30 Massages (T) 10:30 Chair Drumming (F) 1:30 Documentary: “Titanic Sinks Tonight - The Unsinksble Ship” (T) 3:00 Chat w/ Lynn (AR)	12) 9:30 Balance Fitness (F) 10:15 Craft: Origami (AR) 1:00 Music: (AR) 3:30 Faith Discussion Group (T) 4:15 Rosary (T) 6:15 Penny Bingo (AR)	13) 9:15 Resident Led Devotions (T) 10:00 Shopping(Lob) 10:30 Chair Yoga (F) 1:30 Music: (AR) 3:00 Prize Bingo (AR)	14) 9:30 Chair Fitness (F) 10:15 Engineering Club (AR) 11:15 Romeo: Out to Lunch (Lob) 2:30 Social Hour w/ Special Speaker (AR)	15) Fitness Stations (F) Any time/all weekend ~~~~~ 3:00 Resident Led Games of Choice
16) 10:00 Catholic Service (AR) 1:30 Good Sheperd Service (AR) 3:00 Resident Led Kings Corner (AR)	17) 9:30 Chair Fitness (F) 1:00 Prize Bingo (AR) 3:00 Nutrition w/ Jessie: Peach Raspberry Cobbler Ice Cream (AR)	18) 9:30 Manicures (AR) 10:30 Chair Dancing (F) 1:30 Documentary: “Titanic Sinks Tonight - A Chance of Rescue ” (T) 3:00 Euchre (AR)	19) 9:30 Balance Fitness (F) 10:30 Marci’s Memorables: “Lydia the Seller of Purple” (AR) 1:00 Craft: Paper Flower Bouquets (AR) 3:30 Faith Discussion Group (T) 4:15 Rosary (T) 6:15 Penny Bingo (AR)	20) 9:15 Resident Led Devotions (T) 10:00 Shopping (Lob) 10:30 Chair Yoga (F) 1:30 Music: Janet Lieb (AR) 3:00 Prize Bingo (AR)	21) 9:30 Chair Fitness (F) 10:30 Faith Bible Church (AR) 2:30 Social Hour / Card Games(AR)	22) Fitness Stations (F) Any time/all weekend ~~~~~ 10:30 Penny Bingo (AR) 3:00 Resident Led Games of Choice
23) 10:00 Catholic Service (AR) 3:00 Resident Led Kings Corner (AR)	24) 9:30 Chair Fitness (F) 1:00 Prize Bingo (AR) 3:00 Nutrition w/ Jessie: Sweet Corn (AR)	25) 9:30 Massages (T) 10:30 Chair Drumming (F) 1:30 Music: (AR) 3:00 Euchre (AR)	26) 9:30 Balance Fitness (F) 10:15 Craft: Scrabble Art (AR) 1:00 Scenic Bus Ride (LOB) 3:30 Faith Discussion Group (T) 4:15 Rosary (T) 6:15 Penny Bingo (AR)	27) 9:15 Resident Led Devotions (T) 10:00 Shopping (Lob) 10:30 Chair Yoga (F) 1:00 C.R. Library Tour (Lob) 3:00 Prize Bingo (AR)	28) 9:30 Chair Fitness (F) 10:15 Engineering Club (AR) 2:30 Social Hour / Penny Bingo (AR)	29) Fitness Stations (F) Any time/all weekend ~~~~~ 3:00 Resident Led Games of Choice
30) 10:00 Catholic Service (AR) 3:00 Resident Led King Corners (AR)	31) 9:30 Chair Fitness (F) 1:00 Prize Bingo (AR) 3:00 Nutrition w/ Jessie: Caprese Skewers (AR)					