

SUN	MON	TUE	WED	THUR	FRI	SAT							
ROOM KEY 2 AR - 2nd Floor Activity Room 3 CR - 3rd Floor Card Room	CDR - Commons Dining Room CP - Commons Patio HC AR - HC Activity Room SH - Sedlacek Hall	Grdns - The Gardens	9:00 AM Coffee on the Patio (CP) 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 1:00 PM Blood Pressure Clinic (Commons Breakfast Area) 6:50 PM Transportation to Municipal Band Concert at McGrath Amphitheater	1 10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Stretch' 1:00 PM Resident Council Mtg. (2 AR) 1:00 PM Stitching & Coloring (3 CR)	2 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Friday Reading Group with Dot (3 CR) 12:30 PM Pool for Fun (Pub) 4:30 PM Soft Jazz Piano with Grant Lapointe in Dining Room (CDR)	3 1:00 PM Cribbage Group (Kitchenette Area, Sedlacek Hall)							
5:20 PM Transportation to Municipal Band Concert at Bever Park 7:00 PM Movies by Merrill & Lani: 'Murder on the Orient Express' (SH)	5	10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Life Stories (3 CR) 1:00 PM Bridge Group (3 CR) 6:00 PM Dominoes (2 AR)	6	10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Strength' (SH) 12:30 PM Pool for Fun (Pub) 1:00 PM Bingo (2 AR) 3:00 PM CGP Methodist Communion Service (SH) 7:00 PM Poker Game (Kitchenette Area, Sedlacek Hall) 7:00 PM Concert with 'Unstrung Heroes' (SH)	7	9:00 AM Coffee on the Patio (CP) 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 1:00 PM Woodcarving (Art Room) 1:00 PM Summer Guest Speaker, Amanda Lensing, Senior Living Communities Program Coordinator at the University of Iowa Stanley Museum of Art (SH) 3:00 PM All Resident Meeting (SH) 7:00 PM Wolle Family Music Concert (SH)	8	10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Stretch' 11:15 AM Ox Yoke Inn & Old Creamery Theater, 'The Tin Women' 1:00 PM Stitching & Coloring (3 CR) 4:00 PM 1st Lutheran (SH)	9	9:10 AM Indian Creek Nature Center, Lifelong Learning Program, 'Plant Based Nutrition for Seniors' 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Friday Reading Group with Dot (3 CR) 12:30 PM Pool for Fun (Pub) 1:00 PM State Fair Day at CGP (Commons Courtyard) 4:00 PM Catholic Mass, St. Matthews (SH)	10	1:00 PM Cribbage Group (Kitchenette Area, Sedlacek Hall) 1:00 PM In-Room Documentary: Bombshell: The Hedy Lamarr Story	11
7:00 PM Movies by Merrill & Lani: "My Favorite Wife" (SH)	12	10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Life Stories (3 CR) 1:00 PM Bridge Group (3 CR) 6:00 PM Dominoes (2 AR)	13	10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Strength' (SH) 12:30 PM Pool for Fun (Pub) 1:00 PM Bingo (2 AR)	14	9:00 AM Coffee on the Patio (CP) 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 4:00 PM Church Service with Bethany Lutheran (SH)	15	4:25 AM Soft Jazz Piano with Grant Lapointe in Dining Room (CDR) 10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Stretch' 10:45 AM Monthly Lunch Outing to Tin Roost in North Liberty 1:00 PM Stitching & Coloring (3 CR)	16	8:15 AM Goofy Golf Outing at Hunters Ridge to Benefit the Alzheimer's Association 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Friday Reading Group with Dot (3 CR) 12:30 PM Pool for Fun (Pub) 1:30 PM Hills Bank Birthday Party & Bingo (2 AR)	17	1:00 PM Cribbage Group (Kitchenette Area, Sedlacek Hall)	18
7:00 PM Movies by Merrill & Lani: "A Brief Encounter" (SH)	19	10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Life Stories (3 CR) 1:00 PM Bridge Group (3 CR) 6:00 PM Dominoes (2 AR)	20	10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Strength' (SH) 12:30 PM Pool for Fun (Pub) 1:00 PM Bingo (2 AR) 2:00 PM Dingalings Bell Ringing Group Concert and Social (SH) 7:00 PM Poker Game (Kitchenette Area, Sedlacek Hall)	21	9:00 AM Coffee on the Patio (CP) 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 1:00 PM Woodcarving (Art Room) 1:00 PM Matinee Movie & Popcorn, 'The Greatest Showman' (SH) 3:00 PM Classic Delivery, Guitar Music (Grdns)	22	10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Stretch' 1:00 PM Stitching & Coloring (3 CR) 2:00 PM Ice Cream Sundaes to benefit the Alzheimer's Association (The Grill)	23	10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Friday Reading Group with Dot (3 CR) 12:30 PM Pool for Fun (Pub) 3:00 PM Monthly Cookout, Happy Hour and Live Music!!! (Commons Patio Area)	24	1:00 PM Cribbage Group (Kitchenette Area, Sedlacek Hall)	25
7:00 PM Movies by Merrill & Lani: "Showboat" (SH)	26	10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Life Stories (3 CR) 1:00 PM Bridge Group (3 CR) 1:30 PM Rosary (HC AR) 6:00 PM Dominoes (2 AR)	27	9:30 AM Cedar Rapids Hearing Center (2 AR) 10:00 AM McGrath Auto Show at Cottage Grove Place (Main Driveway, 10am-12:30pm) 10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Strength' (SH) 12:30 PM Pool for Fun (Pub) 1:00 PM Bingo (2 AR) 2:00 PM Conversation with Books, Sponsored by the Cedar Rapids Library Foundation (3 CR)	28	9:00 AM Coffee on the Patio (CP) 9:30 AM Day Trip to Dubuque 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH)	29	10:00 AM Chair Exercise with DVD, 'Stronger Seniors: Stretch' 1:00 PM Stitching & Coloring (3 CR)	30	8:30 AM Dr. Tanner, Podiatrist (2 AR) 10:00 AM Exercise for Everyone (SH) 10:30 AM Balance & Stretch (SH) 11:00 AM Friday Reading Group with Dot (3 CR) 12:30 PM Pool for Fun (Pub) 4:30 PM Soft Jazz Piano with Grant Lapointe in Dining Room (CDR)	31		

August 2018

Independent Living
Cottage Grove Place Calendar