





Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p>Abbreviation Key</p> <p>AR Activity Room FD Fireside Dining Room L Loft LR Living Room PD Pines Dining Room CY Courtyard / Patio RC Residential Care RR Resident Run * Sign-Up \$ Bring Money † Weather Permitting</p>				<p>Happy New Year 1</p> <p>10:00 Activity Packets</p> <p>1:00 A Face In The Crowd Channel 101</p> <p>3:00 Back To The Future Part 2 Channel 16</p>
2	3	4	5	6	7	8	
<p>10:00 Journey Church Service Channel 11</p> <p>10:00 Catholic Mass Channel 12</p> <p>3:00 Lone Star Law Channel 68</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 True Or False PD 2:00 Rummikub IL W113 3:00 10,000 IL W113</p>	<p>9:00 Be Balanced W113 9:30 Bi-Mart Shopping IL 10:30 Sit & Be Fit PD 10:45 True Or False PD 1:00 Bingo RC PD 1:00 Bi-Mart Shopping RC 2:30 Bingo IL W113</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Mind Games PD 1:00 Creative Coloring PD 2:30 Creative Coloring W113</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:30 Bingo IL W113</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Mind Games PD 11:30 Lunch Outing Jakes RC 1:00 Collage Making PD 2:30 Collage Making W113</p>	<p>9:00 Be Balanced W113 10:00 Walking Group PD 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:30 Bingo IL W113</p>	
9	10	11	12	13	14	15	
<p>10:00 Journey Church Service Channel 11</p> <p>10:00 Catholic Mass Channel 12</p> <p>3:00 Winter In Vail Channel 66</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 True Or False PD 2:00 Rummikub IL W113 3:00 10,000 IL W113</p>	<p>9:00 Be Balanced W113 9:30 Safeway Shopping IL 10:30 Sit & Be Fit PD 10:45 True Or False PD 1:00 Bingo RC PD 1:00 Safeway Shopping RC 2:30 Bingo IL W113</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Mind Games PD 1:00 Tie Dye PD Drawstring Bags 2:30 Tie Dye W113 Drawstring Bags 3:00 Happy Hour Cart</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:30 Bingo IL W113</p>	<p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Mind Games PD 11:30 Lunch Outing IL El Caporal 1:00 Terra Cotta Snowman Craft PD 2:30 Terra Cotta Snowman Craft W113</p>	<p>9:00 Be Balanced W113 10:00 Walking Group PD 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:30 Bingo IL W113</p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>10:00 Journey Church Service Channel 11</p> <p>10:00 Catholic Mass Channel 12</p> <p>3:00 A Star Is Born Channel 101</p>	<p>17</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 True Or False PD 2:00 Rummikub IL W113 3:00 10,000 IL W113</p>	<p>18</p> <p>9:00 Be Balanced W113 9:30 Fred Meyer IL Shopping 10:30 Sit & Be Fit PD 10:45 True Or False PD 1:00 Bingo RC PD 1:00 Fred Meyer Shopping RC 2:30 Bingo IL W113</p>	<p>19</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Mind Games PD 1:00 Teddy Bear Bank Craft PD 2:30 Teddy Bear Bank W113 Craft 3:00 Happy Hour Cart</p>	<p>20</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:00 Chef Chat IL W113 2:30 Chef Chat RC PD 2:30 Bingo IL W113</p>	<p>21</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Mind Games PD 11:30 Lunch Outing To Black Bear Diner RC 1:00 Marbled Mug Craft PD 2:30 Marbled Mug Craft W113</p>	<p>22</p> <p>9:00 Be Balanced W113 10:00 Walking Group PD 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:30 Bingo IL W113</p>
<p>23</p> <p>10:00 Journey Church Service Channel 11</p> <p>10:00 Catholic Mass Channel 12</p> <p>3:00 The First 48 Hours Channel 130</p>	<p>24</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 True Or False PD 2:00 Rummikub IL W113 3:00 10,000 IL W113</p>	<p>25</p> <p>9:00 Be Balanced W113 9:30 Wal-Mart Shopping IL 10:30 Sit & Be Fit PD 10:45 True Or False PD 1:00 Bingo RC PD 1:00 Wal-Mart RC 2:30 Bingo IL W113</p>	<p>26</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Mind Games PD 1:00 Soap Making Fun PD 2:30 Soap Making Fun W113 3:00 Happy Hour Cart</p>	<p>27</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:00 Resident Shopping Council IL W113 2:30 Resident Council RC PD 2:30 Bingo IL W113</p>	<p>28</p> <p>9:00 Be Balanced W113 9:00 Outing To Indian Head Casino +\$ IL 10:30 Sit & Be Fit PD 10:45 Mind Games PD 1:00 10,000 Dice RC PD 2:30 10,000 Dice IL W113</p>	<p>29</p> <p>9:00 Be Balanced W113 10:00 Walking Group PD 10:30 Sit & Be Fit PD 10:45 Trivia PD 1:00 Bingo RC PD 2:30 Bingo IL W113</p>
<p>30</p> <p>10:00 Journey Church Service Channel 11</p> <p>10:00 Catholic Mass Channel 12</p> <p>3:00 Hocus Pocus Channel 65</p>	<p>31</p> <p>9:00 Be Balanced W113 10:30 Sit & Be Fit PD 10:45 True Or False PD 2:00 Rummikube IL W113 3:00 10,000 IL W113</p>		<p>Doctor Appointments <i>Please sign-up at Concierge's Desk</i></p> <p>Wednesdays 8:00am to 5:00pm</p> <p>Thursdays 8:00am to 3:00pm</p>	 <p>Happy Birthday</p> <p>Sandy P. 1/13</p> <p>Phyllis S. 1/24</p>		