


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>December</h1>			Doctor Appointments <i>Please sign-up at Concierge's Desk</i>			
			Wednesdays 8:00am to 5:00pm	Thursdays 8:00am to 3:00pm	1 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Bingo PD 2:30 Bingo AR 6:00 Tile Rummy ^{RR} L	2 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Christmas Ornament Craft PD 2:00 Christmas Sing A long With Sylvie L 3:00 Christmas Ornament Craft AR
4 10:00 Journey Church Service Channel 09 10:00 Catholic Mass Channel 12 1:05 NFL Sunday LR Indianapolis Colts Vs. Dallas Cowboys	5 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Humane Society Thrift Store*\$+ 2:30 Balloon Volleyball PD L 3:00 Rummikub L 6:00 Movie Night ^{RR} LR	6 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 What Am I? PD 11:00 Dollar Store*\$ Shopping 1:00 Gingerbread PD 1:00 Gingerbread AR 3:00 Bingo AR	7 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Mind Games PD 1:00 Christmas Door Hanger Craft PD 2:30 Christmas Door Hanger Craft AR	8 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Bingo PD 2:30 Bingo AR 6:00 Tile Rummy ^{RR} L	9 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Creative Coloring PD 2:00 Street Dog Hero LR 3:30 You Be The Judge AR	10 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Armchair Travels PD 1:00 Pamper Your Hands With Emily PD 2:30 Armchair Travels LR 6:00 Resident Choice ^{RR} L Board Games
11 10:00 Journey Church Service Channel 09 10:00 Catholic Mass Channel 12 1:05 NFL Sunday LR Kansas City Chiefs Vs. Denver Broncos	12 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Goodwill Thrift Store*\$+ 2:30 Balloon Volleyball PD L 3:00 Rummikub L 6:00 Movie Night ^{RR} LR	13 9:00 Be Balanced FR 9:30 Safeway Shopping*\$ 10:00 Sit & Be Fit PD 10:30 What Am I? PD 11:00 Dollar Store*\$ Shopping 1:00 Gingerbread PD 1:00 Gingerbread AR 3:00 Bingo AR	14 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Creative Coloring PD 1:00 Baking Christmas Cookies AR 2:30 Baking Christmas Cookies AR 3:00 Resident Choice L Board Game	15 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Bingo PD 2:30 Bingo AR 6:00 Tile Rummy ^{RR} L	16 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Trivia PD 1:00 Decorating Christmas Cookies PD 2:30 Decorating Christmas Cookies AR	17 9:00 Be Balanced FR 10:00 Sit & Be Fit PD 10:30 Armchair Travels PD 1:00 Pamper Your Hands With Emily PD 2:30 Armchair Travels LR 6:00 Resident Choice ^{RR} L Board Games

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>10:00 Journey Church Service Channel 09</p> <p>10:00 Catholic Mass Channel 12</p> <p>1:05 NFL Sunday LR New England Patriots Vs. Las Vegas Raiders</p> <p>4:30 Bend High Choir PD/FD</p>	<p>19</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Trivia PD</p> <p>11:30 Presentation Luncheon And Music With DR. Lance Adams AR</p> <p>1:00 Balloon Volleyball PD</p> <p>2:30 You Be The Judge AR</p> <p>3:00 Rummikub L</p>	<p>20</p> <p>9:00 Be Balanced FR</p> <p>9:30 Wal-Mart Shopping*\$</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 What Am I? PD</p> <p>1:00 Gingerbread Creation PD</p> <p>1:00 Gingerbread Creation AR</p> <p>3:00 Bingo AR</p>	<p>21</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Mind Games PD</p> <p>1:00 Memory Game PD</p> <p>1:30 Creative Coloring PD</p> <p>2:00 Creative Coloring AR</p> <p>3:00 Resident Choice Board Game L</p>	<p>22</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Trivia PD</p> <p>1:00 Bingo PD</p> <p>2:30 Bingo AR</p> <p>6:00 Tile Rummy^{RR} L</p>	<p>23</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Trivia PD</p> <p>2:00 Holiday Happy Hour & Live Music With Victor Johnson PD</p> <p>2:30 Holiday Happy Hour & Live Music With Victor Johnson L</p>	<p>24</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Armchair Travels PD</p> <p>1:00 Egg Nogg Social PD</p> <p>2:30 Egg Nogg Social AR</p> <p>6:00 Resident Choice^{RR} Board Games L</p>
<p>25</p> <p>10:00 Journey Church Service Channel 09</p> <p>10:00 Catholic Mass Channel 12</p> <p>1:05 NFL Sunday LR Tampa Bay Buccaneers Vs. Arizona Cardinals</p>	<p>26</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Trivia PD</p> <p>1:00 Balloon Volleyball PD</p> <p>2:30 You Be The Judge AR</p> <p>3:00 Rummikub L</p> <p>6:00 Movie Night^{RR} LR</p>	<p>27</p> <p>9:00 Be Balanced FR</p> <p>9:30 Bi-Mart Shopping*\$</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 What Am I? PD</p> <p>12:30 RC Resident Council PD</p> <p>1:00 RC Chef Chat PD</p> <p>1:30 IL Resident Council LR</p> <p>2:00 IL Chef Chat LR</p> <p>2:30 Bingo AR</p>	<p>28</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Mind Games PD</p> <p>1:00 Nerf Target Practice PD</p> <p>2:00 Nerf Target Practice AR</p> <p>3:00 Resident Choice Board Game L</p>	<p>29</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Trivia PD</p> <p>1:00 Bingo PD</p> <p>2:30 Bingo AR</p> <p>6:00 Tile Rummy^{RR} L</p>	<p>30</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Trivia PD</p> <p>1:00 Baking Strawberry Scones PD</p> <p>2:30 Baking Strawberry Scones AR</p>	<p>31</p> <p>9:00 Be Balanced FR</p> <p>10:00 Sit & Be Fit PD</p> <p>10:30 Armchair Travels PD</p> <p>1:00 Pamper Your Hands With Emily PD</p> <p>2:30 Armchair Travels LR</p> <p>6:00 Resident Choice^{RR} Board Games L</p>

Happy Holidays



Abbreviation Key

- AR Activity Room
- CH Chapel
- FD Fireside Dining Room
- FR Fitness Room
- L Loft
- LR Living Room
- PD Pines Dining Room
- CY Courtyard / Patio
- RC Resident Care
- ^{RR} Resident Run
- * Sign-Up
- \$ Bring Money
- † Weather Permitting

December Birthdays

Vyrne S. 12/05 Toni J. 12/26
June N. 12/18 Pat W. 12/28

