



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>The Great Courses Schedule Monday - Psychology of Human Behavior Starting 5/29 The Great Tours: Washington DC Wednesday – Events That Changed History Friday – Daily Life in the Ancient World</p>	<p>9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Dance Fitness – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS</p> <p style="text-align: center;">May Day</p>	<p>1 National Fitness Day 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Toby – Room Visits 1:00 Spite and Malice —FC 1:00 Wii Bowling/ Games - E 1:45 Bridge —Mezz 2:15 Brain Games – FC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>2 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – Room Visits 1:00 Spite and Malice—FC 2:00 Music Volunteer Mike and Friends – FC 3:00 Bingo - Cancelled</p>	<p>3 Star Wars Day 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon – Room Visits 10:30 Walking Group - LS 11:15 Word Games - WR 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Trivia – FC 3:00 Bingo - AS</p>	<p>4 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 Margaritas and Mariachi, Happy Cinco de Mayo! -FC 3:00 Bingo - Cancelled 7:00 Movie Night - SC</p> <p style="text-align: center;">Cinco de Mayo</p>	<p>5 Kentucky Derby 9:00 Morning TV Social - FC 10:15 Must See Places of the World: Majestic Americas– SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 2:00 Book Club - GR 7:00 Movie Night - SC</p>
<p>National Lemonade Day 9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>7 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Dance Fitness – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>8 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Toby – Room Visits 1:00 Spite and Malice —FC 1:00 Wii Bowling/ Games - E 1:45 Bridge —Mezz 2:00 Resident Town Hall – SC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>9 World Lupus Day 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – Room Visits 1:00 Spite and Malice—FC 2:15 You be the Judge - FC 3:00 Bingo - AS</p>	<p>10 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon – Room Visits 10:30 Walking Group - LS 11:15 Word Games - WR 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Trivia – FC 3:00 Bingo - AS</p>	<p>11 International Nurses Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—Cancelled 1:30 Ice Cream Social with Lolla from Hospice Services of Reno- FC 2:00 Bill Papa and his Ukulele Group - LS 3:00 Bingo – Cancelled 7:00 Movie Night - SC</p>	<p>12 9:00 Morning TV Social - FC 10:15 Must See Places of the World: Romantic Europe– SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 2:00 Encore Band - FC 7:00 Movie Night - SC</p>
<p>9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p> <p style="text-align: center;">Mother's Day National Skilled Nursing Week</p>	<p>14 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Dance Fitness – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>15 National Mimosa Day 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Toby – Room Visits 1:00 Spite and Malice —FC 1:00 Wii Bowling/ Games - E 1:45 Bridge —Mezz 2:00 Karin McCollum Travel Presentation - SC 2:15 Brain Games – FC 3:00 Bingo - AS 3:30 Happy Hour: Serving Mimosas! – FC</p>	<p>16 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – Room Visits 1:00 Spite and Malice—FC 2:15 You be the Judge - Cancelled 3:00 Bingo – AS 7:00 Biggest Little Big Band - LS</p>	<p>17 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon – Room Visits 10:30 Walking Group - LS 11:15 Word Games - WR 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Trivia – FC 3:00 Bingo - AS</p>	<p>18 NASCAR Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:15 News Currents – AS 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>19 9:00 Morning TV Social - FC 10:15 Must See Places of the World: Exotic Islands– SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 2:00 Blue Grass Association - FC 7:00 Movie Night - SC</p> <p style="text-align: center;">Armed Forces Day</p>
<p>9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>21 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Dance Fitness – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS</p> <p style="text-align: center;">Victoria Day (Canada)</p>	<p>22 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Toby – Room Visits 1:00 Spite and Malice —FC 1:00 Wii Bowling/ Games - E 1:45 Bridge —Mezz 2:00 Resident Dining Meeting - SC 2:15 Brain Games – FC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>23 National Tiara Day 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – Room Visits 1:00 Spite and Malice—FC 2:15 You be the Judge - FC 3:00 Bingo - AS 7:00 Biggest Little Big Band - LS</p>	<p>24 9:00 Morning TV Social – FC 9:45 Room Visits 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon – Room Visits 10:30 Walking Group: Pah Rah Park 11:15 Word Games - WR 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Men's Group - GR 2:00 Trivia – FC 3:00 Bingo - AS</p> <p style="text-align: center;">Ashvaut Begins</p>	<p>25 World Red Head Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:15 News Currents – AS 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>26 9:00 Morning TV Social - FC 10:15 The Roosevelts: An Intimate History Episode 1 – Get Action – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Spite and Malice—FC 1:45 Movie Matinee—SC 7:00 Movie Night - SC</p>
<p>9:00-12:00 Church Outings 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>28 9:30 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Dance Fitness – ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS</p> <p style="text-align: center;">Memorial Day</p>	<p>29 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Toby – Room Visits 1:00 Spite and Malice —FC 1:00 Wii Bowling/ Games - E 1:45 Bridge —Mezz 2:15 Brain Games – FC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>30 National Smile Day 9:00 Morning TV Social - FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Visit from Therapy Dog Yuki – Room Visits 1:00 Spite and Malice—FC 2:00 May Birthday Party Root beer floats and music with Colin Ross - FC 3:00 Bingo - Cancelled</p>	<p style="text-align: center;">31</p>		

May 2023
Cascades of the Sierra - Assisted Living



5/02 Gary L.

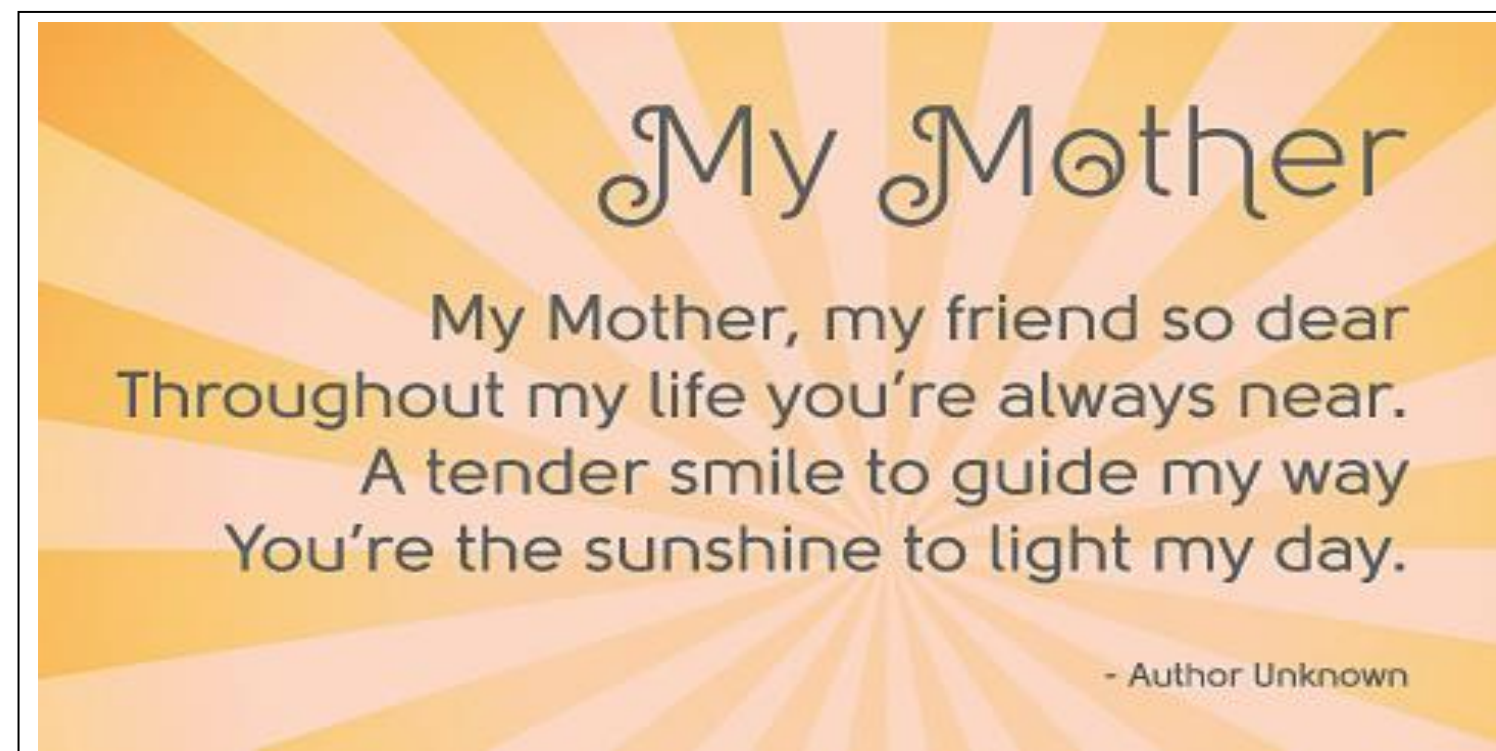
5/08 Billie N.

5/10 John D.

5/12 Madalena D.

5/17 Bob P.

5/21 Pam L.



Abbreviations Key:

- LS – Living Room South
- LN – Living Room North
- GR – Great Room
- SC – Sundance Cinema
- FC – Fireside Club
- AS – Art Studio
- M – Mavericks
- S – Scoundrels
- CC – Conference Room
- ARS – Aerobics Studio
- BP – Barbeque Patio
- PDRS – Private Dining Room South
- GC – Golf Course
- E – Everfit
- RR – Remington's Restaurant
- WR – Winchester's Restaurant
- MEZZ – Mezzanine

****Movies and events are subject to change based on availability****

Outings

Every Sunday from 9:00am to 12:00pm – Church
Every Monday from 9:30am to 11:00am – Walmart

- 5/2 Savemart 9:30am to 11:00am
- 5/4 Assistance League 10:00am to 11:00am
- 5/9 Trader Joes 9:30am to 11:00am
- 5/11 David's Grill Lunch 12:00pm to 2:00pm
- 5/16 Reno Public Market Shopping 10:00am to 12:00pm
- 5/18 Legends Lunch 11:30am to 2:00pm
- 5/23 Scenic Dr 9:30am to 11:00am
- 5/25 Galleria Shopping 9:30am to 11:00am
- 5/25 Savemart 2:00pm to 3:00pm
- 5/30 Western Village Lunch 11:30am to 2:00pm

Spirit Days

- 5/4 Star Wars Day
- 5/12 Superhero Day to celebrate International Nurse Day
- 5/24 National Tiara/ Crown Day
- 5/29 Patriotic Colors for Memorial Day

Transportation Hours:

Please check map, or call for day locations.

Mondays:

The bus will start **boarding** at 9:15am for shopping & Labs. 9:30am-11:15am
Appointments are to be made within the hours of 12:00pm-3:00pm

Tuesdays:

Appointments are to be made within the hours of 9:00am-3:00pm

Wednesdays:

Appointments are to be made within the hours of 9:00am-3:00pm

Thursdays:

The bus will start **boarding** at 9:15am for shopping. 9:30am-11:15am
Appointments are to be made within the hours of 12:00pm-3:00pm

Fridays:

Appointments are to be made within the hours of 9:00am-2:00pm