

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>The Great Courses Schedule</b> 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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS</p> <p>May Day</p>	<p><b>National Fitness Day</b> 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz 2:15 Brain Games – FC 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p>9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Spite and Malice—FC <b>2:00 Music Volunteer Mike and Friends – FC</b> 3:00 Bingo - Cancelled</p>	<p><b>Star Wars Day</b> 9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> 10:30 Walking Group - LS <b>10:30 Visit from Therapy Dog Simon – Room Visits</b> 1:00 Spite and Malice—FC 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>9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC <b>2:00 Margaritas and Mariachi, Happy Cinco de Mayo! -FC</b> 7:00 Movie Night - SC</p> <p>Cinco de Mayo</p>	<p><b>Kentucky Derby</b> 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 <b>2:00 Book Club - GR</b> 7:00 Movie Night - SC</p>	
<p><b>National Lemonade Day</b> <b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: Zumba - ARS 1:00 Spite and Malice—FC 1:00 Cribbage – GR <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz <b>2:00 Resident Town Hall - SC</b> 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p><b>World Lupus Day</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Spite and Malice—FC 2:15 You be the Judge - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> 10:30 Walking Group - LS <b>10:30 Visit from Therapy Dog Simon – Room Visits</b> 1:00 Spite and Malice—FC 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><b>International Nurses Day</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; Stretch -ARS 1:00 Spite and Malice—FC 1:00 Tech Support—Cancelled <b>1:30 Ice Cream Social with Lolla from Hospice Services of Reno- FC</b> 1:45 Movie Matinee—SC <b>2:00 Bill Papa and his Ukulele Group - LS</b> 3:00 Bingo – Cancelled 7:00 Movie Night - SC</p>	<p>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 <b>2:00 Encore Band - FC</b> 7:00 Movie Night - SC</p>	
<p><b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p><b>National Mimosas Day</b> 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz <b>2:00 Karin McCollum Travel Presentation - SC</b> 2:15 Brain Games – FC 3:00 Bingo - AS <b>3:30 Happy Hour: Serving Mimosas! – FC</b></p>	<p>9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Spite and Malice—FC 2:15 You be the Judge - Cancelled 3:00 Bingo - AS <b>7:00 Biggest Little Big Band - LS</b></p>	<p>9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> <b>10:30 Visit from Therapy Dog Simon – Room Visits</b> 10:30 Walking Group - LS 1:00 Spite and Malice—FC 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><b>NASCAR Day</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; 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>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 <b>2:00 Blue Grass Association - FC</b> 7:00 Movie Night - SC</p>	
<p><b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz <b>2:00 Resident Dining Meeting - SC</b> 2:15 Brain Games – FC 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p><b>National Tiara Day</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Spite and Malice—FC <b>2:00 Understanding Long Term Care Insurance Seminar Presented by Ryan Hart Owner of Amada Senior Care</b> 2:15 You be the Judge - FC 3:00 Bingo - AS <b>7:00 Biggest Little Big Band - LS</b></p>	<p>9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> <b>10:30 Visit from Therapy Dog Simon – Room Visits</b> <b>10:30 Walking Group: Pah Rah Park</b> 1:00 Spite and Malice—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC <b>2:00 Men's Group - GR</b> 3:00 Trivia – FC 3:00 Bingo – AS</p>	<p><b>World Red Head Day</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Room Visits 10:30 Strength &amp; 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>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><b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz 2:15 Brain Games – FC 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p><b>National Smile Day</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Spite and Malice—FC <b>2:00 May Birthday Party Root beer floats and music with Colin Ross - FC</b> 3:00 Bingo - Cancelled</p>	<p>Shavuot Begins</p>			<p>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><b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Spite and Malice—FC 1:00 Coloring and Music— AS 1:45 Movie Matinee—SC <b>2:00 Church Service: First Baptist Church—LN</b> 3:00 Bingo - AS 7:00 Movie Night - SC</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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Spite and Malice —FC 1:45 Bridge —Mezz 2:15 Brain Games – FC 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b></p>	<p><b>National Smile Day</b> 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance &amp; Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Spite and Malice—FC <b>2:00 May Birthday Party Root beer floats and music with Colin Ross - FC</b> 3:00 Bingo - Cancelled</p>	<p>Shavuot Begins</p>			<p>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>

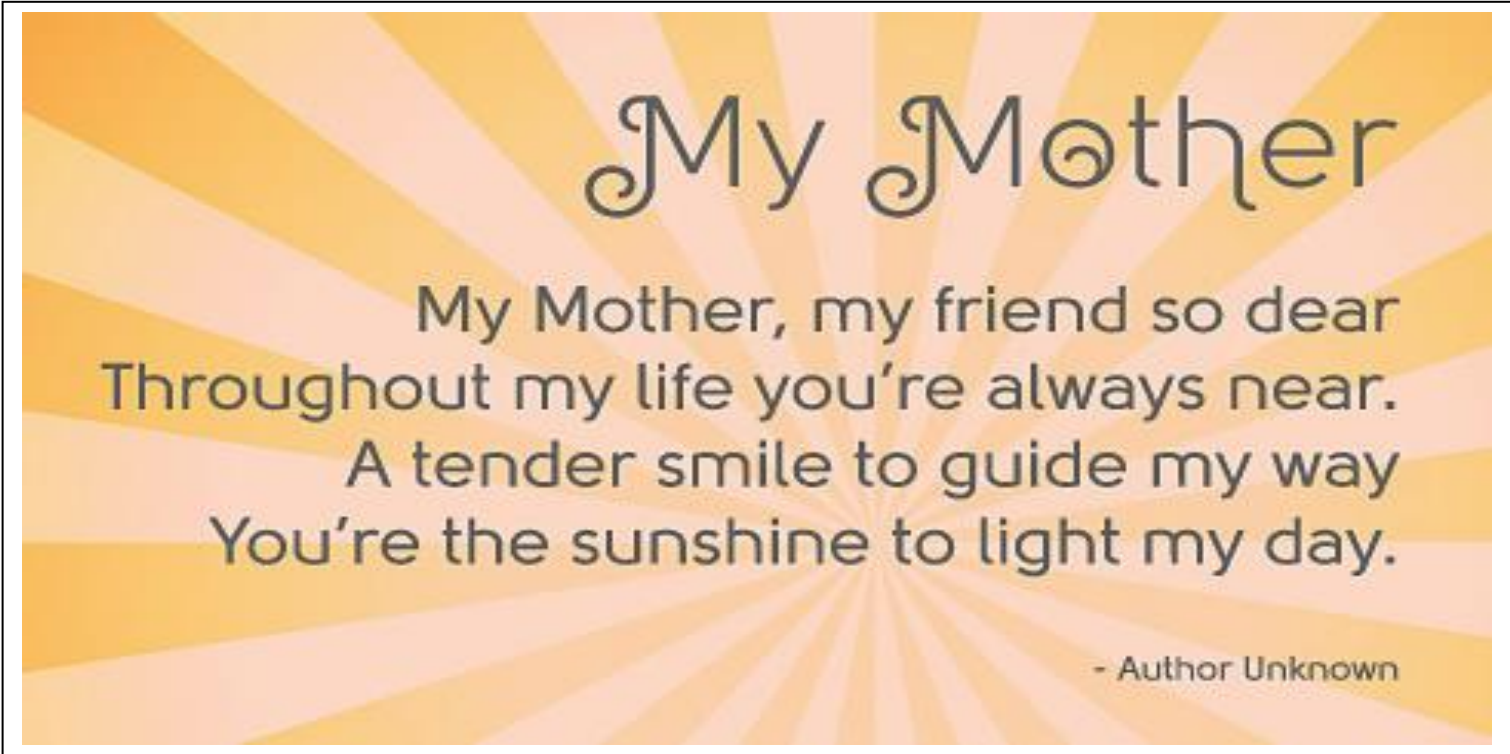
# May 2023

*Cascades of the Sierra - Independent 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

**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

**Transportation 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