A	Sunday	Monday	Tuesday	Wednesday	Thur <mark>sday</mark>	Friday	Saturday	
*		Pascades of the Sier	2023 vra - Assisted Livi	ing	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	National Donut Day 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—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	9:00 Morning TV Social - FC 10:00 The Roosevelts: An Intimate History Episode 2- SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Lead Card Games—FC 1:45 Movie Matinee—SC 2:00 Blue Grass Association - FC 7:00 Movie Night - SC	
	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	10:15 The Great Courses – SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Resident Lead Card Games—FC 1:00 Resident Lead Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS	10:30 Visit from Therapy Dog Toby – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead Bridge —Mezz 2:15 Brain Games – FC 3:00 Bingo - AS 3:30 Happy Hour – 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 Resident Lead Card Games—FC 2:30 Music with Mike - LS 3:00 Bingo - Cancelled 7:00 Biggest Little Big Band – LS	National Best Friend 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	10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 Bill Papa and the Ukulele Group - FC 3:00 Bingo - Cancelled 7:00 Movie Night - SC	National Iced Tea Day 9:00 Morning TV Social - FC 10:00 The Roosevelts: An Intimate History Episode 3 – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Lead Card Games—FC 1:45 Movie Matinee—SC 2:00 Book Club - GR 2:00 Encore Band - FC 7:00 Movie Night - SC	
	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	10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—FC 1:00 Resident Lead Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS	10:30 Visit from Therapy Dog Toby – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead Bridge —Mezz 2:00 Resident Town Hall - SC 3:00 Bingo - AS 3:30 Happy Hour – FC	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 Resident Lead Card Games—FC 2:15 You be the Judge - FC 3:00 Bingo - AS	World Elder Abuse Awareness Day 5 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	lotoo morriing i v Coolai I C	9:00 Morning TV Social - FC 10:00 The Roosevelts: An Intimate History Episode 4 – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Lead Card Games—FC 1:45 Movie Matinee—SC 2:00 Music with DD James – FC 7:00 Movie Night - SC	6
*	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	10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Resident Lead Card Games—FC 1:00 Resident Lead Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS  Juneteenth	10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Toby – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead Bridge —Mezz	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 Resident Lead Card Games—FC 2:15 You be the Judge - Cancelled 3:00 Bingo - AS 7:00 Biggest Little Big Band – LS  Summer Begins	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	9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—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	9:00 Morning TV Social - FC 10:00 The Roosevelts: An Intimate History Episode 5 – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Lead Card Games—FC 1:45 Movie Matinee—SC 2:00 Music with Sandee - FC 7:00 Movie Night - SC	
<b>\</b>	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	10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—FC 1:00 Resident Lead Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS	9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Toby – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead Bridge —Mezz	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 Resident Lead Card Games—FC 2:00 June Birthday party with Root Beer Floats and Music with John Palmore- FC 3:00 Bingo – Cancelled	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	9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—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	The Great Courses Schedule  Monday - The Great Tours:  Washington DC  Wednesday - Events That  Changed History  Friday - Daily Life in the Ancient  World	•

Cascades of the Sierra – 275 Neighborhood Way, Sparks NV 89441 – (775) 424-5400 \*Activities are subject to change based on the interest and requests of our residents!



5/02 Gary L.

5/08 Billie N.

5/10 John D.

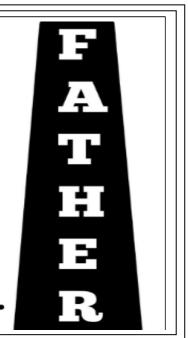
5/12 Madalena D.

5/17 Bob P.

5/21 Pam L.

A sturdy, steady hand to hold to In times of strike and stress A true friend we can turn to When times are good or bad one of our greatest gifts and blessings,

The man that we call Dad.



#### **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

6/1 In and Out Burger 12:00pm to 2:00pm

6/6 Savemart 9:30am to 11:00am

6/8 Trader Joes 9:30am to 11:00am

6/13 Olive Garden 12:00pm to 2:00pm

6/15 Legends Lunch 12:00pm to 2:00pm

6/20 Farmers Market 10:00am to 12:00pm

6/22 Rancho San Raphael Park with Sack

Lunch 10:00am to 12:00pm

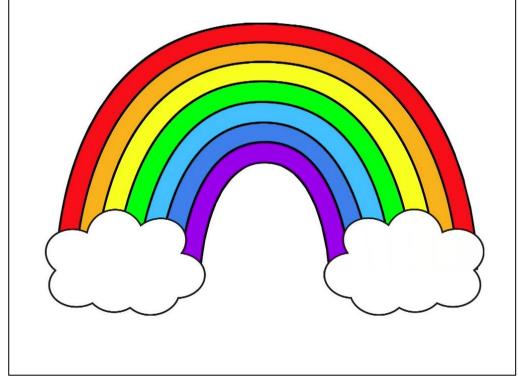
6/23 Savemart 2:00pm to 3:00pm

6/27 Western Village 12:00pm to 2:00pm

6/29 Galleria Shopping 10:00am to 12:00pm

# Spirit Day

On June 21<sup>st</sup> it's the first day of summer! Let's celebrate by dressing in the most rainbow outfit we can put together!!



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