

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>June 2023</h1> <p><i>Cascades of the Sierra - Independent Living</i></p> </div>						
<b>National Cancer Survivors Day</b> <b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—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	<b>National Thank You Day</b> 9:30 Morning TV Social – FC 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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS	9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 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 <b>3:30 Happy Hour – FC</b> 6:30 Evening Dance Club - ARS	9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Resident Lead Card Games—FC 2:15 You be the Judge - FC 3:00 Bingo - AS <b>7:00 Biggest Little Big Band – LS</b>	9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Walking Group - LS 1:00 Resident Lead Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Trivia – FC 3:00 Bingo – AS	<b>National Donut Day</b> 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 <b>2:00 Book Club - GR</b> <b>2:00 Blue Grass Association - FC</b> 7:00 Movie Night - SC
<b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—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	<b>National Red Rose Day</b> 9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—FC 1:00 Resident Lead Cribbage – GR <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS	9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead Bridge —Mezz <b>2:00 Resident Town Hall - SC</b> 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b> 6:30 Evening Dance Club - ARS	9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Resident Lead Card Games—FC 2:15 You be the Judge - FC 3:00 Bingo - AS  Flag Day (US)	<b>World Elder Abuse Awareness Day</b> 9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Walking Group - LS 1:00 Resident Lead Card Games—FC 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 <b>2:00 Bill Papa and the Ukulele Group - FC</b> 3:00 Bingo - Cancelled 7:00 Movie Night - SC	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 <b>2:00 Encore Band - FC</b> 7:00 Movie Night - SC
<b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—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  Father's Day	9:30 Morning TV Social – FC 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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS  Juneteenth	<b>National Vanilla Milkshake Day</b> 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead 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> 6:30 Evening Dance Club - ARS	9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Resident Lead Card Games—FC 2:15 You be the Judge - Cancelled 3:00 Bingo – AS <b>7:00 Biggest Little Big Band – LS</b>  Summer Begins	9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Walking Group - LS 1:00 Resident Lead Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Volunteer Social Group - 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 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 <b>2:00 Music with DD James - FC</b> 7:00 Movie Night - SC
<b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—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  Father's Day	9:30 Morning TV Social – FC 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 <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS  Juneteenth	<b>National Vanilla Milkshake Day</b> 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead 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> 6:30 Evening Dance Club - ARS	9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Resident Lead Card Games—FC 2:15 You be the Judge - Cancelled 3:00 Bingo – AS <b>7:00 Biggest Little Big Band – LS</b>  Summer Begins	9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Walking Group - LS 1:00 Resident Lead Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Volunteer Social Group - 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 <b>2:00 Music with Sandee - FC</b> 7:00 Movie Night - SC
<b>9:00-12:00 Church Outings</b> 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—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	9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Strength & Stretch -ARS 1:00 Resident Lead Card Games—FC 1:00 Resident Lead Cribbage – GR <b>1:30 Visit from Therapy Dog Raylan – LS</b> 2:15 Scrabble - FC 3:00 Bingo - AS	<b>National Bingo Day</b> 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Lead Card Games—FC 1:45 Resident Lead Bridge —Mezz 2:15 Bingo - AS 3:00 Bingo - AS <b>3:30 Happy Hour – FC</b> 6:30 Evening Dance Club - ARS	9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b> 1:00 Resident Lead Card Games—FC <b>2:00 June Birthday party with Root Beer Floats and Music with John Palmore- FC</b> 3:00 Bingo – Cancelled	9:00 Morning TV Social – FC <b>10:00 Catholic Communion—GR</b> <b>10:30 Visit from Therapy Dog Simon or Toby – Room Visits</b> 10:30 Walking Group - LS 1:00 Resident Lead Card Games—FC 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	<b>The Great Courses Schedule</b> Monday - The Great Tours: Washington DC Wednesday – Events That Changed History Friday – Daily Life in the Ancient World





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 strife 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.

F  
A  
T  
H  
E  
R

**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

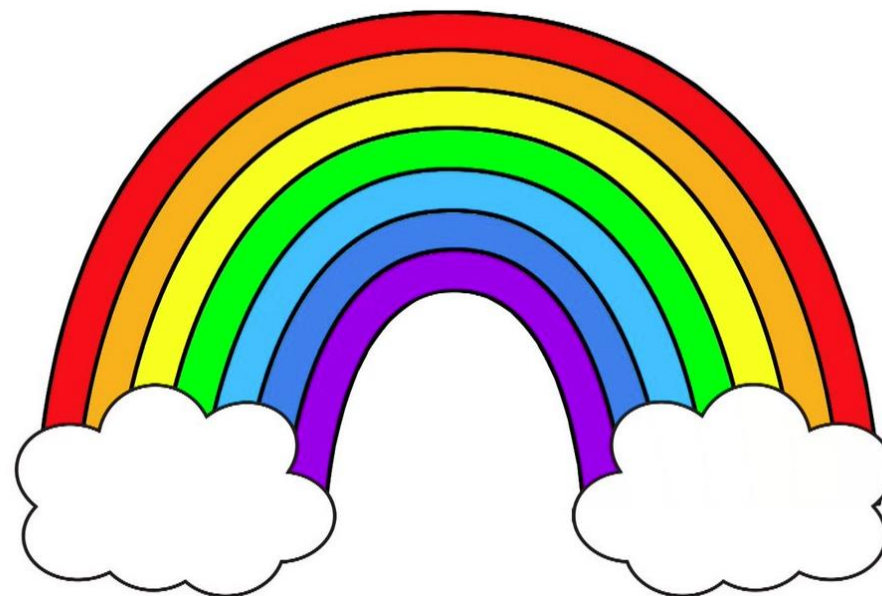
6/23 Savemart 2:00pm to 3:00pm

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