

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>Abbreviation Key</u> AR Activity Room 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		1 9:00 Be Balanced FR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:00 Foodie Friday Lunch Outing The Phoenix*\$ 1:30 Cornhole AR 2:30 Baking With Kelly AR 6:00 Resident Choice L Board Games	2 9:00 Be Balanced AR 10:30 Sit & Be Fit AR 1:00 Noodle Ball AR 1:30 Sunshine Walk & Talk With Karen 2:00 Armchair Travels LR 6:00 Resident Choice^{RR} L Board Games
3 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy^{RR} L 2:30 Baking Club AR 6:00 Resident Choice LR Movie	Labor Day 4 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowlilng AR 1:00 Zumba With Lilly AR 1:45 Noodle Ball LR 2:30 Labor Day Happy Hour L 6:00 Resident Choice L Board Games^{RR}	5 9:00 Be Balanced AR 9:30 Safeway Shopping*\$ 10:00 Chair Yoga AR With Jill 10:30 Trivia AR 1:00 Spiritual Hour LR With Ken 2:00 North Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice LR Movie^{RR}	6 9:00 Be Balanced AR 10:00 Wii Bowling L 10:30 What Am I? AR 1:00 Zumba With Lilly AR 1:30 Left, Right, Center L 2:30 Wine & Cheese Social L 3:30 Giant Jenga AR 6:00 Resident Choice^{RR} L Board Games	7 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 True Or False AR 1:00 No Money Poker AR 2:30 Bingo AR 3:30 Creative Coloring AR 6:00 Tile Rummy^{RR} L	8 9:00 Be Balanced FR 9:30 Casino Outing Indian Head Casino*\$ 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 1:30 Cornhole AR 2:00 Word Games L With Misty 2:30 Krafy Korner AR Fall Wreaths	9 9:00 Be Balanced AR 10:30 Sit & Be Fit AR 1:00 Noodle Ball AR 1:30 Sunshine Walk & Talk With Karen 2:00 Armchair Travels LR 6:00 Resident Choice^{RR} L Board Games
10 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy^{RR} L 2:30 Baking Club AR 6:00 Resident Choice LR Movie	11 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 Zumba With Lilly AR 1:45 Noodle Ball LR 2:30 Rummikub AR 6:00 Resident Choice Board Games^{RR}	12 9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:00 Chair Yoga AR With Jill 10:30 Trivia AR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice LR Movie^{RR}	13 9:00 Be Balanced AR 10:00 Wii Bowling L 10:30 What Am I? AR 1:00 Zumba With Lilly AR 1:30 Left, Right, Center L 2:30 Root Beer Float L Social 3:30 Giant Jenga AR 6:00 Resident Choice^{RR} L Board Games	14 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 True Or False AR 1:00 No Money Poker AR 2:30 Happy Hour L With Sean Alan 3:30 Creative Coloring AR 6:00 Tile Rummy^{RR} L No Bus Transportation	15 9:00 Be Balanced FR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 1:00 Cornhole AR 2:00 “Weird News” L With Crystal 2:30 Baking With Jill AR Chocolate Chip Muffins 6:00 Resident Choice LR Movie^{RR}	16 9:00 Be Balanced AR 10:30 Wii Bowling AR 1:00 Noodle Ball AR 1:30 Sunshine Walk & Talk With Jill 2:00 Rummikub^{RR} L 6:00 Resident Choice^{RR} L Board Games

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17 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy^{RR} L 2:30 Baking Club AR 6:00 Resident Choice LR Movie	18 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 Zumba With Lilly AR 1:45 Noodle Ball LR 2:30 Rummikub AR 6:00 Resident Choice Board Games^{RR}	19 9:00 Be Balanced AR 9:30 Dollar Store Outing* \$ 10:00 Chair Yoga AR With Jill 10:30 Trivia AR 1:00 Resident Council LR 2:00 North Side Shopping* \$ 2:00 Spiritual Hour LR 3:00 Bingo AR 6:00 Resident Choice LR Movie^{RR}	20 9:00 Be Balanced AR 10:00 Wii Bowling L 10:30 What Am I? AR 1:00 Zumba With Lilly AR 1:30 Left, Right, Center L 2:45 Armchair Travels LR With Cinda 3:30 Giant Jenga AR 6:00 Resident Choice^{RR} L Board Games	21 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 True Or False AR 1:00 No Money Poker AR 2:00 Fire And Ice LR The Formation Of The High Cascades Presentation 3:00 Bingo AR 6:00 Tile Rummy^{RR} L	22 9:00 Be Balanced FR 10:00 Outing To Cultus Lake With Picnic Lunch*\$ 10:30 Wii Bowling L 1:00 Krafy Korner AR Apple Candy Dish 2:30 Happy Hour Duo L September Birthday 6:00 Resident Choice LR Movie^{RR}	23 9:00 Be Balanced AR 10:30 Sit & Be Fit AR 1:00 Noodle Ball AR 1:30 Sunshine Walk & Talk With Karen 2:00 Armchair Travels LR 6:00 Resident Choice^{RR} L Board Games
24 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy^{RR} L 2:30 Baking Club AR 6:00 Resident Choice LR Movie	25 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 Zumba With Lilly AR 1:45 Noodle Ball LR 2:30 Rummikub AR 6:00 Resident Choice Board Games^{RR}	26 9:00 Be Balanced AR 9:30 Bi-Mart Shopping* \$ 10:00 Chair Yoga AR 10:30 Trivia AR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping* \$ 2:30 Bingo AR 6:00 Resident Choice LR Movie^{RR}	27 9:00 Be Balanced AR 10:00 Wii Bowling L 10:30 What Am I? AR 1:00 Zumba With Lilly AR 1:30 Left, Right, Center L 2:30 Minute To Win It L Happy Hour 3:30 Giant Jenga AR 6:00 Resident Choice^{RR} L Board Games	28 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 True Or False AR 1:00 No Money Poker AR 2:30 Bingo AR 3:30 Creative Coloring AR 6:00 Tile Rummy^{RR} L	29 9:00 Be Balanced FR 10:00 Mindful Relaxation AR 10:30 Wii Bowling AR 11:00 Foodie Friday Lunch Outing Lauries Grill*\$ 1:30 Cornhole AR 2:30 Krafy Korner AR Apple Candy Dish	30 9:00 Be Balanced AR 10:30 Sit & Be Fit AR 1:00 Noodle Ball AR 1:30 Sunshine Walk & Talk With Karen 2:00 Armchair Travels LR 6:00 Resident Choice^{RR} L Board Games



Doctor Appointments
Please sign-up at Concierge's Desk

Wednesdays
8:00am to 5:00pm

Thursdays
8:00am to 3:00pm

Happy Birthday

Judy W. 09/03

Jan T. 09/14

Lois W. 09/18

Gene S. 09/28