

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Abbreviation Key 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 Daily Chronicles & Exercise 10:00 Snack & Hydrate 10:30 Karaoke Sing Along 1:00 Outing To Alpaca Ranch 2:00 Snack & Hydrate 2:30 Bean Bag Toss 3:30 Bingo 5:30 Armchair Travel	2 9:00 Daily Chronicles 10:00 Snack & Hydrate 10:30 Bean Bag Toss 2:00 Snack & Hydrate 2:30 Puzzles With Friends 3:30 Noodle Ball 7:00 Jeopardy Channel 6
3 9:00 Movement & Music 9:30 Daily Chronicles 10:00 Church Service Channel 9 10:30 Swatter Ball 2:00 Hydration & Trivia 2:30 Walking Group 3:00 Armchair Travel 5:30 Movie of Choice	Labor Day 4 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Creative Coloring 2:00 Snack & Hydrate 2:30 Bingo 3:30 Noodle Ball 5:30 Board Games	5 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Junk Drawer Detective 2:00 Snack & Hydrate 2:30 Sing A Long 3:30 Bowling 7:00 Wheel of Fortune	6 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodle Ball 2:00 Snack & Hydrate 2:30 Bingo 3:30 Sticky Ball Toss 5:30 One on One	7 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Crafty Corner 2:00 Snack & Hydrate 2:30 Flyswatter Ball Game 3:30 Picture This 5:30 Music & Movement	8 9:00 Daily Chronicles & Exercise 10:00 Snack & Hydrate 10:30 Karaoke Sing Along 1:00 Myster Drive Outing 2:00 Snack & Hydrate 2:30 Bean Bag Toss 3:30 Bingo 5:30 Armchair Travel	9 9:00 Daily Chronicles 10:00 Snack & Hydrate 10:30 Bean Bag Toss 2:00 Snack & Hydrate 2:30 Puzzles With Friends 3:30 Noodle Ball 7:00 Jeopardy Channel 6
10 9:00 Movement & Music 9:30 Daily Chronicles 10:00 Church Service Channel 9 10:30 Swatter Ball 2:00 Hydration & Trivia 2:30 Walking Group 3:00 Armchair Travel 5:30 Movie of Choice	11 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Creative Coloring 2:00 Snack & Hydrate 2:30 Bingo 3:30 Noodle Ball 5:30 Board Games	12 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Junk Drawer Detective 2:00 Snack & Hydrate 2:30 Sing A Long 3:30 Bowling 7:00 Wheel of Fortune	13 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodle Ball 2:00 Snack & Hydrate 2:30 Bingo 3:30 Sticky Ball Toss 5:30 One on One	14 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Crafty Corner 2:00 Snack & Hydrate 2:30 Flyswatter Ball Game 3:30 Picture This 5:30 Music & Movement	15 9:00 Daily Chronicles & Exercise 10:00 Snack & Hydrate 10:30 Karaoke Sing Along 1:00 Scenic Drive To Smith Rock 2:00 Snack & Hydrate 2:30 Bean Bag Toss 3:30 Bingo 5:30 Armchair Travel	16 9:00 Daily Chronicles 10:00 Snack & Hydrate 10:30 Bean Bag Toss 2:00 Snack & Hydrate 2:30 Puzzles With Friends 3:30 Noodle Ball 7:00 Jeopardy Channel 6

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24 9:00 Movement & Music 9:30 Daily Chronicles 10:00 Church Service Channel 9 10:30 Swatter Ball 2:00 Hydration & Trivia 2:30 Walking Group 3:00 Armchair Travel 5:30 Movie of Choice	25 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Creative Coloring 2:00 Snack & Hydrate 2:30 Bingo 3:30 Noodle Ball 5:30 Board Games	26 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Junk Drawer Detective 2:00 Snack & Hydrate 2:30 Sing A Long 3:30 Bowling 7:00 Wheel of Fortune	27 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodle Ball 2:00 Snack & Hydrate 2:30 Bingo 3:30 Sticky Ball Toss 5:30 One on One	28 9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Crafty Corner 2:00 Snack & Hydrate 2:30 Flyswatter Ball Game 3:30 Picture This 5:30 Music & Movement	29 9:00 Daily Chronicles & Exercise 10:00 Snack & Hydrate 10:30 Karaoke Sing Along 1:00 Outing To Baskin Robins 2:00 Snack & Hydrate 2:30 Bean Bag Toss 3:30 Bingo 5:30 Armchair Travel	30 9:00 Daily Chronicles 10:00 Snack & Hydrate 10:30 Bean Bag Toss 2:00 Snack & Hydrate 2:30 Puzzles With Friends 3:30 Noodle Ball 7:00 Jeoparday Channel 6



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