

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Cascades of the Sierra - Assisted Living

<p>National Doodle Day 3 9:30 Morning TV Social - FC 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 2:00 Resident Choir - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 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 Strength & Stretch -ARS 1:00 Resident Led Card Games—FC 1:00 Resident Led Cribbage – GR 1:30 Word Game - AS 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —Mezz 2:15 Brain Games – FC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>National Read a Book Day 5 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 Led Card Games—FC 2:30 Piano Music with Mike – LS 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Walking Group - LS 1:00 Resident Led 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 7:00 Movie Night - SC</p>	<p>9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led Card Games—FC 1:00 Tech Support—LS 1:45 Movie Matinee—SC 2:00 Bill Papa and the Ukulele Group – LS 3:00 Bingo – Cancelled 7:00 Movie Night - SC</p>	<p>9:00 Morning TV Social - FC 2 10:15 Planet Earth: Mountains – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Piano with Paul Vandervoort - FC 7:00 Movie Night - SC</p>
<p>9:30 Morning TV Social – FC Starting at 11am we will have our Grandparents Day Festivities! 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:00 Magician Debi Destiny - GR 2:00 Resident Choir - Cancelled 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—LN 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>Labor Day Patriot Day 11 9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Resident Led Card Games—FC 1:00 Resident Led Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Ernie – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —Mezz 2:00 Resident Town Hall - SC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>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 Led Card Games—FC 2:15 You be the Judge - FC 3:00 Bingo – AS 6:30 Biggest Little Big Band -LS</p>	<p>National Coloring Day 14 9:00 Morning TV Social – FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Walking Group - LS 1:00 Resident Led 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 7:00 Movie Night - SC</p>	<p>International Dot Day 15 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led 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</p>	<p>National Play- Doh Day 16 9:00 Morning TV Social - FC 10:15 Planet Earth: Deserts – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Blue Grass Association - FC 7:00 Movie Night - SC</p>
<p>9:30 Morning TV Social - FC 17 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 2:00 Resident Choir - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 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 Strength & Stretch -ARS 1:00 Resident Led Card Games—FC 1:00 Resident Led Cribbage – GR 1:30 Visit from Therapy Dog Raylan – LS 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>Us Air Force Day 19 9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —Mezz 2:00 Resident Dining Meeting - SC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards – FC 10:30 Word Game - AS 1:00 Resident Led Card Games—FC 2:00 September Birthday party with Root Beer Floats and Music from Jacques - FC 3:00 Bingo - Cancelled</p>	<p>World Alzheimer's Day 21 9:00 Morning TV Social – FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Walking Group - LS 1:00 Resident Led Card Games—FC 1:15 Crafts with Kaylee - AS 1:45 Bridge —Mezz 1:45 Movie Matinee—SC 2:00 Event with the Alzheimer's Association - FC 3:00 Bingo – AS 7:00 Movie Night - SC</p>	<p>9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led 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</p>	<p>9:00 Morning TV Social - FC 23 10:15 Planet Earth: Ice Worlds – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Bingo - AS 7:00 Movie Night - SC</p>
<p>9:30 Morning TV Social - FC 24 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 2:00 Resident Choir - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 3:00 Bingo - AS 7:00 Movie Night - SC</p>	<p>National Cooking Day 25 9:30 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Resident Led Card Games—FC 1:00 Resident Led Cribbage – GR 1:30 Word Game - AS 2:15 Scrabble - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:30 Tai Chi Fitness – ARS 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Billiards – FC 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —Mezz 2:00 Long-Term Care Insurance informational seminar - SC 3:00 Bingo - AS 3:30 Happy Hour – FC</p>	<p>National Scarf Day 27 9:00 Morning TV Social – FC 10:15 The Great Courses – SC 10:30 Balance & Core Strength – ARS 10:30 Billiards - FC 10:30 Word Game - AS 1:00 Resident Led Card Games—FC 2:15 You be the Judge - FC 3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC 10:00 Catholic Communion—GR 10:30 Visit from Therapy Dog Simon or Toby – Room Visits 10:30 Walking Group - LS 1:00 Resident Led 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 7:00 Movie Night - SC</p>	<p>National Coffee Day 29 9:00 Morning TV Social – FC 9:30 Coffee and Donut Bar with Hospice Services of Reno - FC 10:15 The Great Courses – SC 10:30 Chair Yoga - ARS 1:00 Resident Led 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</p>	<p>9:00 Morning TV Social - FC 30 10:15 Planet Earth: Shallow Seas – SC 10:30 Card Games with Cyla —FC 10:30 Billiards - FC 1:00 Independent Creativity Hour— AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Music with Dave Mensing -FC 7:00 Movie Night - SC</p>

Yom Kippur Begins

Sukkot Begins

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!*



9/9 Gale W.
 9/11 Lewis R.
 9/12 Maureen B.

9/22 Shirley S.
 9/28 Barbara F.
 9/30 Joan F.



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 Monday from 9:30am to 11:00am – Walmart

9/5 Savemart 9:30am to 11:00am

9/19 Trader Joes 9:30am to 11:00am

Spirit Days

8/15 International Dot Day
 Let’s celebrate with wearing anything with dots!

8/21 World Alzheimer’s Day
 Wear purple today in support for research progress!

8/27 National Scarf Day
 Whether it’s hot or its cold a fancy scarf can be a great accessory!

Dining Events

9/5 National Cheese Pizza

9/24 National Cherry Jubilee Day

9/25 National Quesadilla Day

9/26 National Pancake 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