

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

*Cascades of the Sierra - Independent Living*

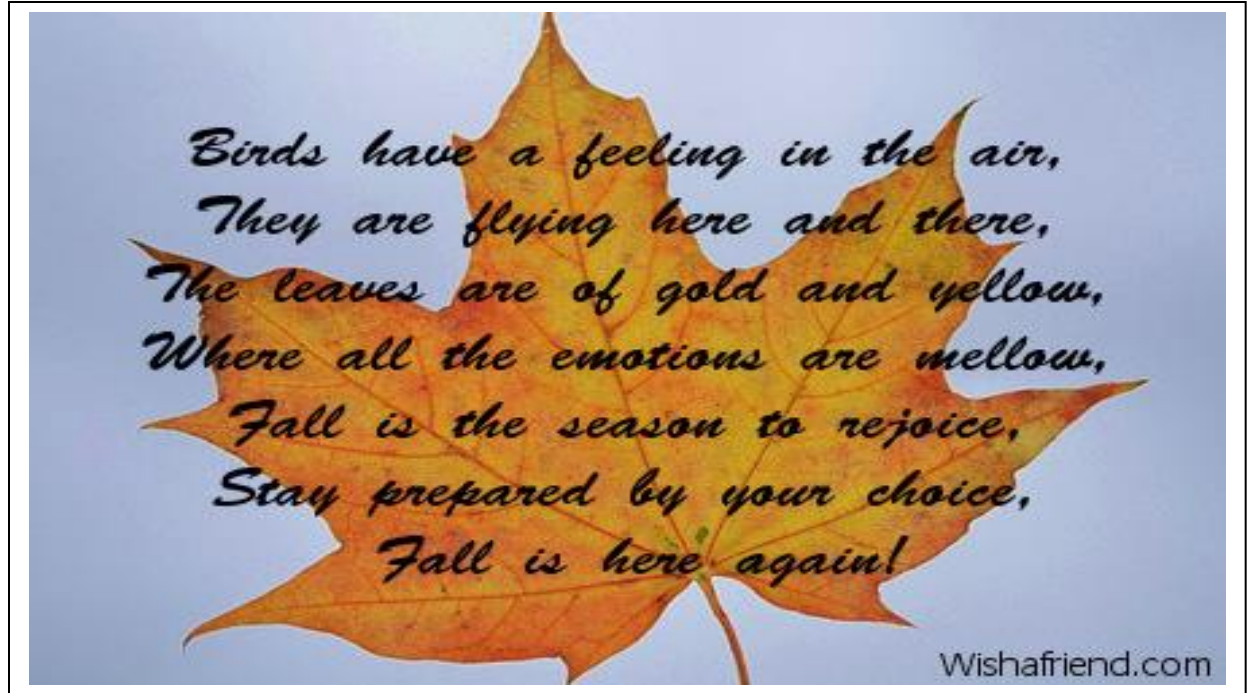
<p><b>National Doodle Day</b>            9:30 Morning TV Social - FC            1:00 Resident Lead Card Games—FC            1:00 Coloring and Music— AS  <b>2:00 Resident Choir - LS</b>            1:45 Movie Matinee—SC  <b>2:00 Church Service: First Baptist Church—GR</b>            3:00 Bingo - AS            7:00 Movie Night - SC</p>	<p>9:30 Morning TV Social – FC            10:15 The Great Courses – SC            10:30 Strength &amp; 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  <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 Led Card Games—FC            1:45 Resident Led Bridge —Mezz            2:15 Brain Games – LS            3:00 Bingo - AS  <b>3:30 Happy Hour – FC</b></p>	<p><b>National Read a Book Day</b>            9:00 Morning TV Social – FC            10:15 The Great Courses – SC            10:30 Balance &amp; Core Strength – ARS            10:30 Billiards - FC  <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b>            1:00 Resident Led Card Games—FC  <b>2:00 PBS Seniors Helping Students Volunteer Group - GR</b>  <b>2:30 Piano Music with Mike – LS</b>            3:00 Bingo - AS</p>	<p>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 Led Card Games—FC            1:15 Crafts with Kaylee - AS            1:45 Bridge —Mezz            1:45 Movie Matinee—SC            2:00 Trivia - LS            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            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  <b>2:00 Piano with Paul Vandervoort - FC</b>            7:00 Movie Night - SC</p>
<p>9:30 Morning TV Social – FC  <b>Starting at 11am we will have our Grandparents Day Festivities!</b>            1:00 Resident Lead Card Games—FC            1:00 Coloring and Music— AS  <b>1:00 Magician Debi Destiny - GR</b>  <b>2:00 Resident Choir - Cancelled</b>            1:45 Movie Matinee—SC  <b>2:00 Church Service: First Baptist Church—LN</b>            3:00 Bingo - AS            7:00 Movie Night - SC</p>	<p><b>Patriot Day</b>            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  <b>1:30 Visit from Therapy Dog Raylan – LS</b>            2:15 Scrabble - FC            3:00 Bingo - AS</p>	<p>9:00 Morning TV Social – FC            10:30 Tai Chi Fitness – ARS  <b>10:30 Visit from Therapy Dog Ernie – Room Visits</b>            10:30 Billiards – FC            1:00 Wii Bowling - E            1:00 Resident Led Card Games—FC            1:45 Resident Led Bridge —Mezz            3:00 Bingo - AS  <b>3:30 Happy Hour – FC</b></p>	<p>9:00 Morning TV Social – FC            10:15 The Great Courses – SC            10:30 Balance &amp; Core Strength – ARS            10:30 Billiards - FC  <b>10:30 Visit from Therapy Dog Yuki – Room Visits</b>            1:00 Resident Led Card Games—FC  <b>2:00 PBS Seniors Helping Students Volunteer Group - GR</b>            2:15 You be the Judge - LS            3:00 Bingo - AS  <b>6:30 Biggest Little Big Band -LS</b></p>	<p><b>National Coloring 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 Led Card Games—FC            1:15 Crafts with Kaylee - AS            1:45 Bridge —Mezz            1:45 Movie Matinee—SC            2:00 Trivia - LS            3:00 Bingo – AS            7:00 Movie Night - SC</p>	<p><b>International Dot Day</b>            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><b>National Play- Doh Day</b>            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  <b>2:00 Blue Grass Association - FC</b>            7:00 Movie Night - SC</p>
<p>9:30 Morning TV Social - FC            1:00 Resident Lead Card Games—FC            1:00 Coloring and Music— AS  <b>2:00 Resident Choir - LS</b>            1:45 Movie Matinee—SC  <b>2:00 Church Service: First Baptist Church—GR</b>            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 &amp; Stretch -ARS            1:00 Resident Led Card Games—FC            1:00 Resident Led Cribbage – GR  <b>1:30 Visit from Therapy Dog Raylan – LS</b>            2:15 Scrabble - FC            3:00 Bingo - AS</p>	<p><b>Us Air Force 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 Led Card Games—FC            1:45 Resident Led Bridge —Mezz  <b>2:00 Resident Dining Meeting - SC</b>            3:00 Bingo - AS  <b>3:30 Happy Hour – FC</b></p>	<p>9:00 Morning TV Social – FC            10:15 The Great Courses – SC            10:30 Balance &amp; Core Strength – ARS            10:30 Billiards – FC            10:30 Word Game - AS            1:00 Resident Led Card Games—FC  <b>2:00 September Birthday party with Root Beer Floats and Music from Jacques - FC</b>            3:00 Bingo - Cancelled</p>	<p><b>World Alzheimer's 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 Led Card Games—FC            1:15 Crafts with Kaylee - AS            1:45 Bridge —Mezz            1:45 Movie Matinee—SC  <b>2:00 Event with the Alzheimer's Association - FC</b>            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            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            1:00 Resident Lead Card Games—FC            1:00 Coloring and Music— AS  <b>2:00 Resident Choir - LS</b>            1:45 Movie Matinee—SC  <b>2:00 Church Service: First Baptist Church—GR</b>            3:00 Bingo - AS            7:00 Movie Night - SC</p>	<p><b>National Cooking Day</b>            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  <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 Led Card Games—FC            1:45 Resident Led Bridge —Mezz  <b>2:00 Long-Term Care Insurance informational seminar - SC</b>            3:00 Bingo - AS  <b>3:30 Happy Hour – FC</b></p>	<p><b>National Scarf Day</b>            9:00 Morning TV Social – FC            10:15 The Great Courses – SC            10:30 Balance &amp; Core Strength – ARS            10:30 Billiards – FC            10:30 Word Game - AS            1:00 Resident Led Card Games—FC  <b>2:00 PBS Seniors Helping Students Volunteer Group - GR</b>            2:15 You be the Judge - LS            3:00 Bingo - AS</p>	<p>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 Led Card Games—FC            1:15 Crafts with Kaylee - AS            1:45 Bridge —Mezz            1:45 Movie Matinee—SC            2:00 Trivia - LS            3:00 Bingo – AS            7:00 Movie Night - SC</p>	<p><b>National Coffee Day</b>            9:00 Morning TV Social – FC  <b>9:30 Coffee and Donut Bar with Hospice Services of Reno - FC</b>            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            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  <b>2:00 Music with Dave Mensing -FC</b>            7:00 Movie Night - SC</p>
<p>Yom Kippur Begins</p>					<p>Sukkot Begins</p>	





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