

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Communion Day 1 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 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	National Custodian Day 2 9:30 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Strength & Stretch -ARS 1:00 Visit from Therapy Dog Daisy - Room Visits 1:00 Resident Led Cribbage - GR 1:30 Word Game - AS 2:15 Scrabble - FC 3:00 Bingo - AS	9:00 Morning TV Social - FC 10:30 Tai Chi Fitness - ARS 10:30 Visit from Therapy Dog Simon or Toby - Room Visits 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:15 Brain Games - LS 3:00 Bingo - AS 3:30 Happy Hour - FC	National Taco Day 4 9:00 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Balance & Core Strength - ARS 10:30 Word Game - AS 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:30 Piano Music with Mike - LS 3:00 Bingo - AS 6:30 Biggest Little Big Band - LS	National Be Nice Day 5 9:00 Morning TV Social - FC 10:00 Catholic Mass with Father Eduardo—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 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo - AS 7:00 Movie Night - SC	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 1:45 Resident Led Bridge —M 2:15 News Currents - AS 3:00 Bingo - AS 7:00 Movie Night - SC	9:00 Morning TV Social - FC 10:15 Planet Earth: Great Plains - SC 10:30 Card Games with Cyla —FC 1:00 Independent Creativity Hour— AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Kopasetic Band - FC 7:00 Movie Night - SC Simchat Torah Begins
9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 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	9:30 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Axe Throwing- FC 1:00 Resident Led Cribbage - GR 1:30 Visit from Therapy Dog Raylan - LS 2:15 Scrabble - FC 3:00 Bingo - AS Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	National Decorate a Cake Day 10 9:00 Morning TV Social - FC 10:30 Tai Chi Fitness - ARS 10:30 Visit from Therapy Dog Simon or Toby - Room Visits 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:00 Resident Town Hall - SC 3:00 Bingo - AS 3:30 Happy Hour - FC	National Fossil Day 11 9:00 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Balance & Core Strength - ARS 10:30 Word Game - AS 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:15 You be the Judge - LS 3:00 Bingo - AS	World Arthritis Day 12 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 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo - AS 7:00 Movie Night - SC	National M&M's Day 13 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 1:45 Resident Led Bridge —M 2:00 Bill Papa and his Ukulele Group - LS 3:00 Bingo - Cancelled 7:00 Movie Night - SC	World Hospice Day 14 9:00 Morning TV Social - FC 10:15 Planet Earth: Jungles - SC 10:30 Card Games with Cyla —FC 1:00 Independent Creativity Hour— AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Encore Band - FC 7:00 Movie Night - SC
National I Love Lucy Day 15 9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 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	9:30 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Strength & Stretch -ARS 1:00 Axe Throwing—FC 1:00 Resident Led Cribbage - GR 1:30 Visit from Therapy Dog Raylan - LS 2:15 Scrabble - FC 3:00 Bingo - AS	National Pasta Day 17 9:00 Morning TV Social - FC 10:30 Tai Chi Fitness - ARS 10:30 Visit from Therapy Dog Simon or Toby - Room Visits 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:00 Resident Dining Meeting - SC 3:00 Bingo - AS 3:30 Happy Hour - FC	9:00 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Balance & Core Strength - ARS 10:30 Word Game - AS 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:15 You be the Judge - Cancelled 3:00 Bingo - AS	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 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo - AS 7:00 Movie Night - SC	National Mammography Day 20 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 1:45 Resident Led Bridge —M 2:00 Music with Marc Anthony - FC 3:00 Bingo - Cancelled 7:00 Movie Night - SC	National Reptile Day 21 9:00 Morning TV Social - FC 10:15 Planet Earth: Fresh Water - SC 10:30 Card Games with Cyla —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
9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 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	9:30 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Steel Feather Fitness: ZUMBA -ARS 1:00 Axe Throwing—FC 1:00 Resident Led Cribbage - GR 1:30 Word Game - AS 2:15 Scrabble - FC 3:00 Bingo - AS	9:00 Morning TV Social - FC 10:30 Tai Chi Fitness - ARS 10:30 Visit from Therapy Dog Simon or Toby - Room Visits 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:15 Brain Games - LS 3:00 Bingo - AS 3:30 Happy Hour - FC	International Artist Day 25 9:00 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Balance & Core Strength - ARS 10:30 Word Game - AS 1:00 Resident Led Card Games—FC 1:30 PBS Seniors Helping Students Volunteer Group - AS 2:15 You be the Judge - LS 3:00 Bingo - AS	National Pumpkin Day 26 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 Movie Matinee—SC 2:00 Trivia - LS 3:00 Bingo - AS 7:00 Movie Night - SC	Nevada Day 27 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 1:45 Resident Led Bridge —M 2:15 News Currents - AS 3:00 Bingo - AS 7:00 Movie Night - SC	National First Responders Day 28 9:00 Morning TV Social - FC 10:15 Planet Earth: Forests - SC 10:00 Trunk or Treat- LN 1:00 Independent Creativity Hour— AS 1:00 Resident Led Card Games—FC 1:45 Movie Matinee—SC 2:00 Piano Music with Colin Ross - LS 7:00 Movie Night - SC
9:30 Morning TV Social - FC 1:00 Resident Lead Card Games—FC 1:00 Coloring and Music— AS 1:30 Senior Chorus Performance - LS 1:45 Movie Matinee—SC 2:00 Church Service: First Baptist Church—GR 3:00 Bingo - AS 7:00 Movie Night - SC	National Candy Corn Day 30 9:30 Morning TV Social - FC 10:15 The Great Courses - SC 10:30 Strength & Stretch -ARS 1:00 Axe Throwing—FC 1:00 Resident Led Cribbage - GR 1:30 Word Game - AS 2:15 Scrabble - FC 3:00 Bingo - AS	9:00 Morning TV Social - FC 10:30 Tai Chi Fitness - ARS 10:30 Visit from Therapy Dog Simon or Toby - Room Visits 1:00 Wii Bowling - E 1:00 Resident Led Card Games—FC 1:45 Resident Led Bridge —M 2:00 Halloween Party with Music from John Palmore - FC 3:00 Bingo - Cancelled 3:30 Happy Hour - FC Halloween	<h1>October 2023</h1> <p><i>Cascades of the Sierra - Independent Living</i></p>			



10/03 Mitzi M.
 10/09 Donald W.
 10/11 Don R.
 10/12 Audrey H.

10/21 Carolyn M.
 10/22 Linda K.
 10/25 Carlos C.

October's Party

October gave a party;
 The leaves by hundreds came -
 The Chestnuts, Oaks, and Maples,
 And leaves of every name.
 The Sunshine spread a carpet,
 And everything was grand,
 Miss Weather led the dancing,
 Professor Wind the band.

George Cooper
 —————
 * Ramblings of the Claury *
 —————

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

10/10 Savemart and Walgreens
 9:30am to 11:00am

10/12 Pancho and Willies
 Dinner/Casino 4:00pm to 7:00pm

10/14 "Walk for a Cure" Sparks Marina
 9:00am to 11:00am

10/19 Andelin Farms Fall Festival/Pumpkin Patch with Sack Lunch
 11:00am to 1:00pm

10/24 Trader Joes 9:30am to 11:30am

Spirit Days

10/13 Friday the 13th Wear Blue for Good Luck and Protection!

10/20 National Mammogram Day/Wear Pink!

10/26 National Pumpkin Day
 Wear your Pumpkin/Halloween Attire!
 Decorate your Own Pumpkin!
 "Crafts with Kaylee"

10/31 Costume Contest!

Dining Events

10/7 Octoberfest BBQ-Patio (Weather permitting)

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