
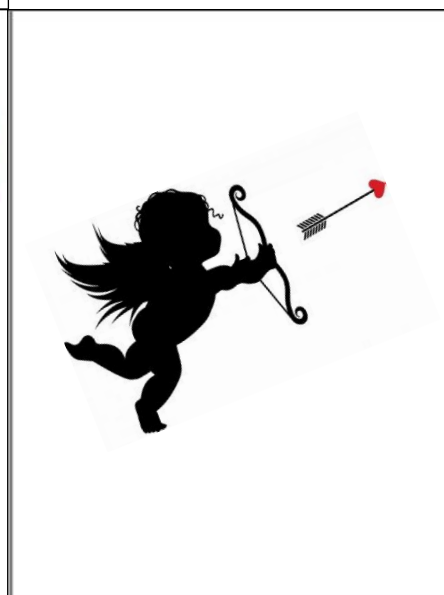


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Doctor Appointments <i>Please sign-up at Concierge's Desk</i> Wednesdays 8:00am to 5:00pm Thursdays 8:00am to 3:00pm	1 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 No Money Poker L 2:30 Happy Hour With Cinda L 6:00 Tile Rummy ^{RR} L	2 9:00 Be Balanced AR 10:00 Mindful Relaxtion AR 10:30 Wii Bowling L 11:00 Foodie Friday *\$ The Phoneix 1:00 Rummikub L 2:30 Baking With Kel AR 6:00 Resident Choice LR Movie	3 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice ^{RR} L Board Games
			4 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	5 9:00 Be Balanced AR 10:00 Mindful Relaxtion AR 10:30 Wii Bowling AR 1:00 10,000 Dice AR 2:00 Mystery Drive+* 2:30 Rummikub AR 6:00 Resident Choice Board Games ^{RR}	6 9:00 Be Balanced AR 9:30 Safeway Shopping*\$ 10:30 Men's Bible Study FR 10:30 Wii Bowling AR 2:00 North Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice Movie ^{RR}	7 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Making Valentine AR Cards For The Ronald McDonald House 2:30 Happy Hour With L 6:00 Resident Choice L Board Games
11 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 3:30 Super Bowl LVIII LR 6:00 Resident Choice LR Movie	12 9:00 Be Balanced AR 10:00 Mindful Relaxtion AR 10:30 Wii Bowling AR 1:00 10,000 Dice AR 2:00 Music & Movement AR 2:30 Rummikub AR 3:00 Mystery Drive+* 6:00 Resident Choice Board Games ^{RR}	13 9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:30 Men's Bible Study FR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice L Movie ^{RR}	Valentines Day 14 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:30 Happy Hour With L Cinda And Friends 2:30 Creative Coloring AR 6:00 Resident Choice L Board Games	15 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 No Money Poker L 2:30 Corn Hole AR 6:00 Tile Rummy ^{RR} L	16 9:00 Be Balanced AR 10:00 Mindful Relaxtion AR 10:30 Wii Bowling L 11:00 Foodie Friday *\$ Jakes Diner 1:00 Baking With Kel AR 2:45 Happy Hour L With Paul Eddy 6:00 Resident Choice LR Movie	17 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice ^{RR} L Board Games

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 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	19 9:00 Be Balanced AR 10:00 Mindful Relaxtion AR 10:30 Wii Bowling AR 1:00 10,000 Dice AR 2:00 Music & Movement AR 2:30 Rummikub AR 3:00 Mystery Drive* 6:00 Resident Choice Board Games ^{RR}	20 9:00 Be Balanced FR 9:30 Dollar Store Shopping* 10:30 Wii Bowling L 10:30 Men's Bible Study FR 1:00 Resident Council LR 2:00 Spiritual Hour LR With Ken 2:00 North Side Shopping*\$ 2:30 Bingo AR	21 9:00 Be Balanced FR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice: 10,000 L 2:00 Stretch Wednesday AR 2:30 Creative Coloring AR 6:00 Resident Choice L Board Games	22 9:00 Be Balanced FR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 No Money Poker L 2:30 Corn Hole AR 6:00 Tile Rummy ^{RR} L	23 9:00 Be Balanced AR 10:00 Mindful Relaxtion AR 10:30 Wii Bowling L 11:00 Foodie Friday *\$ Baldy's BBQ 1:00 Rummikub L 2:30 Tissue Paper AR Painting 6:00 Resident Choice LR Movie	24 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice ^{RR} L Board Games
25 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy ^{RR} L 1:00 Outing To The Central Oregon Symphony At Bend High* 2:30 Baking Club AR 6:00 Resident Choice LR Movie	26 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 10,000 Dice AR 2:30 Rummikub AR 3:00 Mystery Drive+* 6:00 Resident Choice Board Games ^{RR}	27 9:00 Be Balanced AR 9:30 Bi-Mart Shopping*\$ 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling AR 10:30 Men's Bible Study FR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR	28 9:00 Be Balanced FR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice: 10,000 L 2:00 Stretch Wednesday AR 2:30 Creative Coloring AR 6:00 Resident Choice L Board Games	29 9:00 Be Balanced FR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 No Money Poker L 2:30 Corn Hole AR 6:00 Tile Rummy ^{RR} L	Abbreviation Key AR Activity Room FR Fitness Room FD Fireside Dining Room L Loft LR Living Room PD Pines Dining Room CY Courtyard / Patio RC Residential Care ^{RR} Resident Run * Sign-Up † Weather Permitting \$ Bring Money	



Happy Birthday

Jacy D. 02/02 Thomas B. 02/10 Anne W. 02/16
 Kitty J. 02/21 Beryl B. 02/25 Lynda A. 02/25