





Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p>Doctor Appointments</p> <p><i>Please sign-up at Concierge's Desk</i></p> <p>Wednesdays 8:00am to 5:00pm</p> <p>Thursdays 8:00am to 3:00pm</p>	<p>Abbreviation Key</p> <p>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</p>			
	1	2	3	4	5	6	
	<p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 10,000 Dice L</p> <p>2:00 Music & Movement AR</p> <p>Steel Feather Fitness</p> <p>2:00 Thrift Store Shopping*</p> <p>2:30 Rummikub L</p> <p>6:00 Resident Choice Board Games^{RR}</p>	<p>9:00 Be Balanced AR</p> <p>9:30 Safeway Shopping*\$</p> <p>10:30 Wii Bowling AR</p> <p>11:30 Foodie Friday *\$</p> <p>Worthy Brewing</p> <p>1:00 Spiritual Hour LR</p> <p>With Ken</p> <p>2:00 North Side Shopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Movie^{RR}</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 Noodle Ball LR</p> <p>2:00 Stretch Wednesday AR</p> <p>Steel Feather Fitness</p> <p>2:30 Rummikub L</p> <p>6:00 Resident Choice Board Games^{RR}</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 No Money Poker L</p> <p>2:00 Falconer Hank Minor</p> <p>With Hawk Molly</p> <p>Presentation</p> <p>6:00 Tile Rummy^{RR} L</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>11:30 Foodie Friday *\$</p> <p>Worthy Brewing</p> <p>1:00 Rummikub L</p> <p>2:30 Happy Hour With Sean Allen L</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Noodle Ball AR</p> <p>10:30 Wii Bowling L</p> <p>12:30 Armchair Travels LR</p> <p>2:00 Bingo AR</p> <p>6:00 Resident Choice^{RR} L</p> <p>Board Games</p>	
	7	8	9	10	11	12	13
<p>9:00 Be Balanced AR</p> <p>10:00 Journey Church Channel 11</p> <p>10:00 Sit & Be Fit AR</p> <p>1:00 Tile Rummy L</p> <p>2:30 Baking Club AR</p> <p>6:00 Resident Choice LR</p> <p>Movie</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:15 Solar Eclipse Watch Party</p> <p>10:30 Wii Bowling L</p> <p>1:00 10,000 Dice L</p> <p>2:00 Music & Movement AR</p> <p>Steel Feather Fitness</p> <p>2:00 Mystery Drive+*</p> <p>2:30 Rummikub L</p> <p>6:00 Resident Choice L</p> <p>Board Games</p>	<p>9:00 Be Balanced AR</p> <p>9:30 Wal-Mart Shopping*\$</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Spiritual Hour LR</p> <p>With Ken</p> <p>2:00 South Side Shopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Movie^{RR}</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Noodle Ball LR</p> <p>2:00 Stretch Wednesday AR</p> <p>Steel Feather Fitness</p> <p>2:30 Joan On The Piano L</p> <p>6:00 Resident Choice L</p> <p>Board Games^{RR}</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 No Money Poker L</p> <p>2:30 Corn Hole AR</p> <p>6:00 Tile Rummy^{RR} L</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>11:00 Foodie Friday *\$</p> <p>The Original Pancake House</p> <p>1:00 Rummikub L</p> <p>3:00 Happy Hour With Thorn Hollow L</p> <p>6:00 Resident Choice Movie^{RR}</p>	<p>9:00 Be Balanced AR</p> <p>10:00 Noodle Ball AR</p> <p>10:30 Wii Bowling L</p> <p>12:30 Armchair Travels LR</p> <p>2:00 Bingo AR</p> <p>6:00 Resident Choice^{RR} L</p> <p>Board Games</p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>9:00 Be Balanced AR</p> <p>10:00 Journey Church LR Channel 11</p> <p>10:30 Wii Bowling L</p> <p>1:00 Tile Rummy L</p> <p>1:00 Cascade Horizon Band Spring Concert Mt. View High School*</p> <p>2:00 Baking Club AR</p> <p>6:00 Resident Choice LR Movie</p>	<p>15</p> <p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 10,000 Dice L</p> <p>2:00 Music & Movement AR Steel Feather Fitness</p> <p>2:00 Mystery Drive+*</p> <p>2:30 Rummikub L</p> <p>6:00 Resident Choice L Board Games</p>	<p>16</p> <p>9:00 Be Balanced AR</p> <p>9:30 Dollar Store Shopping*</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Resident Council LR</p> <p>1:30 Chef Chat LR</p> <p>1:00 Spiritual Hour LR</p> <p>2:00 North Side Shopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Movie^{RR}</p>	<p>17</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Noodle Ball LR</p> <p>2:00 Stretch Wednesday AR Steel Feather Fitness</p> <p>2:30 Making Flower AR Arraignments</p> <p>6:00 Resident Choice L Board Games^{RR}</p>	<p>18</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 No Money Poker L</p> <p>2:30 Corn Hole AR</p> <p>4:00 & 5:30 FD Spring Fling Friends And Family Dinner</p> <p>6:00 Tile Rummy^{RR} L</p> <p>No Transportation</p>	<p>19</p> <p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Rummikub L</p> <p>2:30 Happy Hour With L With Arola & Friends</p> <p>6:00 Resident Choice Movie</p> <p>No Transportation</p>	<p>20</p> <p>9:00 Be Balanced AR</p> <p>10:00 Noodle Ball AR</p> <p>10:30 Wii Bowling L</p> <p>12:30 Armchair Travels LR</p> <p>2:00 Bingo AR</p> <p>6:00 Resident Choice^{RR} L Board Games</p>
<p>21</p> <p>9:00 Be Balanced AR</p> <p>10:00 Journey Church LR Channel 11</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Tile Rummy L</p> <p>2:00 Baking Club AR</p> <p>6:00 Resident Choice LR Movie</p>	<p>22</p> <p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Rummikub L</p> <p>2:30 Sally & Kevan's Rock Show AR</p> <p>6:00 Resident Choice L Board Games</p>	<p>23</p> <p>9:00 Be Balanced AR</p> <p>9:30 Bi-Mart Shopping*\$</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Spiritual Hour LR With Ken</p> <p>2:00 South Side Shopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Movie^{RR}</p>	<p>24</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 Watercolor Paint AR With Shireene</p> <p>2:30 Rummikub L</p> <p>6:00 Resident Choice L Board Games^{RR}</p>	<p>25</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 Mt. View Theater L Club</p> <p>2:30 Corn Hole AR</p> <p>6:00 Tile Rummy^{RR} L</p>	<p>26</p> <p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>11:00 Lunch Outing To Three Creeks Brewing In Sisters</p> <p>1:00 Rummikub L</p> <p>2:30 April Birthday Party L</p> <p>6:00 Resident Choice Movie</p>	<p>27</p> <p>9:00 Be Balanced AR</p> <p>10:00 Noodle Ball AR</p> <p>10:30 Wii Bowling L</p> <p>12:30 Armchair Travels LR</p> <p>2:00 Bingo AR</p> <p>6:00 Resident Choice^{RR} L Board Games</p>
<p>28</p> <p>9:00 Be Balanced AR</p> <p>10:00 Journey Church LR Channel 11</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Tile Rummy L</p> <p>2:00 Baking Club AR</p> <p>6:00 Resident Choice LR Movie</p>	<p>29</p> <p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 10,000 Dice L</p> <p>2:00 Mystery Drive+*</p> <p>2:30 Rummikub L</p> <p>6:00 Resident Choice L Board Games</p>	<p>30</p> <p>9:00 Be Balanced AR</p> <p>9:30 Safeway Shopping*\$</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Spiritual Hour LR With Ken</p> <p>2:00 North Side Shopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Movie^{RR}</p>		<p><i>Happy Birthday</i></p> <p><i>Patti S. 04/05</i></p> <p><i>Louise G. 04/06</i></p> <p><i>Milie J. 04/30</i></p> 