





# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p><b>Doctor Appointments</b> Please sign-up at Concierge's Desk</p> <p><b>Wednesdays</b> 8:00am to 5:00pm</p> <p><b>Thursdays</b> 8:00am to 3:00pm</p>	<p><b>Abbreviation Key</b></p> <ul style="list-style-type: none"> <li>AR Activity Room</li> <li>FD Fireside Dining Room</li> <li>FR Fitness Room</li> <li>L Loft</li> <li>LR Living Room</li> <li>PD Pines Dining Room</li> <li>CY Courtyard / Patio</li> <li>RC Resident Care</li> <li>RR Resident Run</li> <li>* Sign-Up</li> <li>\$ Bring Money</li> <li>† Weather Permitting</li> </ul>			
	<b>1</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Noodle Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Musical Stretching <b>5:30</b> After Dinner Stretch	<b>2</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Garden Club <b>2:00</b> Snack & Hydrate <b>2:30</b> Walking Club <b>3:30</b> Trivia Time <b>7:00</b> Aromatherapy	<b>3</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Swatter Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Flower Arranging <b>3:30</b> Yoga Stretching <b>5:30</b> Movie of Choice	<b>4</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:30</b> Snack and Hydrate <b>2:00</b> Falconer Hank Minor With Hawk Molly Presentation <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune	<b>5</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Scenic Drive <b>10:30</b> Snack and Hydrate <b>2:00</b> Creative Coloring <b>2:30</b> Musical Stretching <b>7:00</b> Movie of Choice	<b>6</b> <b>9:00</b> Daily Chronicle <b>9:30</b> Sit and Be Fit <b>10:00</b> Snack & Hydrate <b>10:30</b> Stretch with Music <b>1:30</b> Puzzles with Friends <b>2:30</b> Snack and Hydrate <b>3:30</b> Musical Stretching <b>7:00</b> Jeopardy Channel 6	
<b>7</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Church Service Ch.9 <b>10:30</b> Hangman <b>2:00</b> Hydration & Trivia <b>2:30</b> Bean Bag Toss <b>3:00</b> Nature Walk <b>5:30</b> Movie of Choice	<b>8</b> <b>9:00</b> Daily Chronicle <b>9:30</b> Movement & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Stretch Yoga <b>2:00</b> Make Bird Feeders <b>2:30</b> Snack and Hydrate <b>3:30</b> Musical Stretching <b>7:00</b> Jeopardy Channel 6	<b>9</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Spring Door Hangers <b>2:00</b> Snack & Hydrate <b>2:30</b> Stretch Yoga <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune	<b>10</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Baking Club <b>2:00</b> Bingo <b>2:30</b> Snack & Hydrate <b>3:30</b> Noodle ball <b>5:30</b> Aromatherapy	<b>11</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Painting Bird houses <b>2:00</b> Snack & Hydrate <b>2:30</b> April Birthday Social <b>3:00</b> Walking Club <b>5:30</b> After Dinner Stretch	<b>12</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Scenic Drive <b>10:30</b> Snack & Hydrate <b>2:00</b> Swatter Ball <b>2:30</b> Snack & Hydrate <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune	<b>13</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Noodle Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Dominos <b>3:00</b> Garden Chat <b>5:30</b> After Dinner Stretch	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>14</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Church Service Ch. 9 <b>10:30</b> Snack and Hydrate <b>1:30</b> Creative Coloring <b>2:30</b> Walking Club <b>3:30</b> Ring Toss <b>5:30</b> Jeopardy Channel 6	<b>15</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Snack and Hydrate <b>10:30</b> Ring Toss <b>2:00</b> Hydration & Trivia <b>2:30</b> Musical Stretching <b>3:00</b> Spring Hat Making <b>5:30</b> Brain Games	<b>16</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:30</b> Snack and Hydrate <b>2:00</b> Stretch Yoga <b>2:30</b> Hydration & Brain Games <b>3:30</b> Walking Club <b>7:00</b> Jeopardy Channel 6	<b>17</b> <b>9:00</b> Daily Chronicles <b>9:15</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Swatter Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Nature Walk <b>3:30</b> Jello Social <b>7:00</b> Wheel of Fortune	<b>18</b> <b>9:00</b> Daily Chronicles <b>9:15</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Garden Chat <b>2:00</b> Snack & Hydrate <b>2:30</b> Walking Club <b>3:30</b> Brain Games <b>5:30</b> After Dinner Stretching	<b>19</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Scenic Drive <b>10:30</b> Stretching and Music <b>2:00</b> Snack & Hydrate <b>3:30</b> Indoor Campfire and S'mores <b>7:00</b> Wheel of Fortune	<b>20</b> <b>9:00</b> Daily Chronicles <b>9:15</b> Exercise & Music <b>10:30</b> Walking Club <b>2:00</b> Snack & Hydrate <b>2:30</b> Ring Toss <b>3:00</b> Stretch Yoga <b>5:30</b> Hangman	
<b>21</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Church Service Ch. 9 <b>10:30</b> Snack and Hydrate <b>1:30</b> Creative Coloring <b>2:30</b> Bean Bag Toss <b>3:30</b> Bingo <b>5:30</b> Armchair Travel	<b>Earth Day</b> <b>22</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:30</b> Snack and Hydrate <b>2:00</b> Musical Stretching <b>2:30</b> Snack and Hydrate <b>3:30</b> Noodle Ball <b>7:00</b> Jeopardy Channel 6	<b>23</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Snack & Hydrate <b>10:30</b> Watercolor Painting <b>2:00</b> Snack & Hydrate <b>2:30</b> Stretch Yoga <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune	<b>24</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Music and Movement <b>10:00</b> Snack & Hydrate <b>10:30</b> Spring Bingo <b>2:30</b> Garden Club <b>3:30</b> Sit and Be Fit <b>5:30</b> Hangman	<b>25</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Snack and Hydrate <b>10:30</b> Brain Games <b>2:00</b> Seed Starts Planting <b>2:30</b> Musical Stretching <b>3:00</b> Walking Club <b>5:30</b> Brain Games	<b>26</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Movement & Music <b>10:00</b> Scenic Drive <b>10:30</b> Snack and Hydrate <b>2:30</b> Finish Seed Starts <b>3:30</b> Music and Movement <b>5:30</b> Movie of Choice	<b>27</b> <b>9:00</b> Daily Chronicles <b>9:15</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Noodle Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Creative Coloring <b>3:30</b> Sticky Ball Toss <b>7:00</b> Wheel of Fortune	
<b>28</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Church Service Ch. 9 <b>10:30</b> Swatter Ball <b>2:00</b> Hydration & Trivia <b>2:30</b> Walking Group <b>3:00</b> Pictionary <b>5:30</b> Movie of Choice	<b>29</b> <b>9:00</b> Daily Chronicles <b>9:15</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Swatter Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Musical Stretching <b>3:30</b> Garden Club <b>7:00</b> Movie of Choice	<b>30</b> <b>9:00</b> Daily Chronicles <b>9:15</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Movie Trivia <b>2:00</b> Snack & Hydrate <b>2:30</b> Stretch Yoga <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune		 <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>			