




# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Doctor Appointments</b> <i>Please sign-up at Concierge's Desk</i>	<b>Abbreviation Key</b> <b>AR</b> Activity Room <b>FD</b> Fireside Dining <b>FR</b> Fitness Room <b>L</b> Loft <b>LR</b> Living Room <b>PD</b> Pines Dining Room <b>CY</b> Courtyard / Patio <sup>RR</sup> Resident Run * Sign-Up \$ Bring Money † Weather Permitting	<b>1</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball AR <b>10:30</b> Wii Bowling L <b>12:30</b> Go For A Stroll With With Karen <b>1:00</b> Armchair Travels LR <b>1:45</b> Bingo AR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>
				<b>Wednesdays</b> 8:00am to 3:00pm  <b>Thursdays</b> 8:00am to 3:00pm		
<b>2</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Journey Church <b>Channel 11</b> <b>10:00</b> Sit & Be Fit AR <b>10:30</b> Wii Bowling L <b>1:00</b> Tile Rummy L <b>2:00</b> Baking Club AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>3</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> 10,000 Dice L <b>2:00</b> Handel's Homemade Ice Cream Outing*\$ <b>2:30</b> Rummikub L <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>4</b> <b>9:00</b> Be Balanced AR <b>9:30</b> Wal-Mart Shopping*\$ <b>10:00</b> Chair Yoga AR <b>10:30</b> Wii Bowling AR <b>1:00</b> Spiritual Hour LR With Ken <b>2:00</b> South SideShopping*\$ <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>5</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Stretch Wednesday AR Steel Feather Fitness <b>2:30</b> Rummikub L <b>2:30</b> Ax Throwing CY On The Patio <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>6</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:00</b> No Money Poker L <b>2:00</b> Falconer Hank LR Minor & Hawk Molly Presentation <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>7</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Mindful Relaxation AR <b>10:30</b> Wii Bowling L <b>11:30</b> Hola Eastside*\$ <b>1:00</b> Rummikub L <b>2:30</b> Mosaic Photo AR Frames For Staff Appreciation <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>8</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball AR <b>10:30</b> Wii Bowling L <b>12:30</b> Go For A Stroll With With Karen <b>1:00</b> Armchair Travels LR <b>1:45</b> Bingo AR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>
<b>9</b> <b>9:00</b> Be Balanced FR <b>10:00</b> Journey Church <b>Channel 11</b> <b>10:00</b> Sit & Be Fit FR <b>1:00</b> Tile Rummy <sup>RR</sup> L <b>2:30</b> Baking Club AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>10</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> 10,000 Dice L <b>2:00</b> Goodwill Shopping*\$ <b>2:30</b> Rummikub L <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>11</b> <b>9:00</b> Be Balanced AR <b>9:30</b> Dollar Tree Shopping*\$ <b>10:00</b> Chair Yoga AR <b>10:30</b> Wii Bowling AR <b>1:00</b> Spiritual Hour LR With Ken <b>2:00</b> North SideShopping*\$ <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>12</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Stretch Wednesday AR Steel Feather Fitness <b>2:30</b> Rummikub L <b>2:30</b> Ax Throwing CY On The Patio <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>13</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:00</b> No Money Poker L <b>4:00-6:00</b> Friends & Family Hawaiian Luau <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>14</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Mindful Relaxation AR <b>10:30</b> Wii Bowling L <b>11:30</b> Lunch Outing Sunriver Brewing Eastside*\$ <b>1:00</b> Rummikub L <b>2:30</b> Happy Hour With Terry Randstad L <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>15</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball AR <b>10:30</b> Wii Bowling L <b>12:30</b> Go For A Stroll With With Karen <b>1:00</b> Armchair Travels LR <b>1:45</b> Bingo AR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>

# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p><b>Happy Father's Day</b></p> <p><b>9:00</b> Be Balanced FR</p> <p><b>10:00</b> Journey Church Channel 11</p> <p><b>10:00</b> Sit &amp; Be Fit FR</p> <p><b>1:00</b> Tile Rummy<sup>RR</sup> L</p> <p><b>2:30</b> Rootbeer Float Social On The Patio CY</p> <p><b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p><b>17</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>1:00</b> Zumba With Lilly AR</p> <p><b>1:30</b> 10,000 Dice L</p> <p><b>2:00</b> Thrift Store Shopping*\$ L</p> <p><b>2:30</b> Rummikub L</p> <p><b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>18</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>9:30</b> Bi-Mart Shopping*\$</p> <p><b>10:00</b> Chair Yoga AR</p> <p><b>10:30</b> Wii Bowling AR</p> <p><b>1:00</b> Spiritual Hour With Ken LR</p> <p><b>2:00</b> South Side Shopping*\$ L</p> <p><b>2:30</b> Bingo AR</p> <p><b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p><b>19</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>1:00</b> Stretch Wednesday Steel Feather Fitness AR</p> <p><b>2:00</b> Telescope Guy Presentation LR</p> <p><b>2:30</b> Rummikub L</p> <p><b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>20</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:00</b> Chair Yoga With Jill AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>1:00</b> No Money Poker L</p> <p><b>2:30</b> Creative Coloring AR</p> <p><b>6:00</b> Tile Rummy<sup>RR</sup> L</p>	<p><b>21</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:00</b> Mindful Relaxation AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>11:30</b> Lunch Outing Pastini*\$ L</p> <p><b>1:00</b> Rummikub L</p> <p><b>1:30</b> Corn Hole CY</p> <p><b>2:30</b> Terra Cotta Pot Craft AR</p> <p><b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p><b>22</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:00</b> Noodle Ball AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>12:30</b> Go For A Stroll With Karen L</p> <p><b>1:00</b> Armchair Travels LR</p> <p><b>1:45</b> Bingo AR</p> <p><b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>
<p><b>23</b></p> <p><b>9:00</b> Be Balanced FR</p> <p><b>10:00</b> Journey Church Channel 11</p> <p><b>10:00</b> Sit &amp; Be Fit FR</p> <p><b>1:00</b> Tile Rummy<sup>RR</sup> L</p> <p><b>2:30</b> Baking Club AR</p> <p><b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p><b>24</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>1:00</b> Zumba With Lilly AR</p> <p><b>1:30</b> 10,000 Dice L</p> <p><b>2:00</b> Mystery Drive* L</p> <p><b>2:30</b> Rummikub L</p> <p><b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>25</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>9:30</b> Safeway Shopping*\$</p> <p><b>10:00</b> Chair Yoga AR</p> <p><b>10:30</b> Wii Bowling AR</p> <p><b>1:00</b> Resident Council LR</p> <p><b>1:30</b> Chef Chat LR</p> <p><b>2:00</b> Spiritual Hour With Ken LR</p> <p><b>2:30</b> Bingo AR</p> <p><b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p><b>26</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>1:00</b> Stretch Wednesday Steel Feather Fitness AR</p> <p><b>2:30</b> Rummikub L</p> <p><b>2:30</b> Ax Throwing On The Patio CY</p> <p><b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p><b>27</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:00</b> Chair Yoga With Jill AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>1:00</b> No Money Poker L</p> <p><b>2:30</b> Creative Coloring AR</p> <p><b>6:00</b> Tile Rummy<sup>RR</sup> L</p>	<p><b>28</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:00</b> Mindful Relaxation AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>11:30</b> Lunch Outing Pinky G's Pizzeria*\$ L</p> <p><b>1:00</b> Rummikub L</p> <p><b>1:30</b> Corn Hole CY</p> <p><b>2:30</b> Wine &amp; Cheese Social On The Patio CY</p> <p><b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p><b>29</b></p> <p><b>9:00</b> Be Balanced AR</p> <p><b>10:00</b> Noodle Ball AR</p> <p><b>10:30</b> Wii Bowling L</p> <p><b>12:30</b> Go For A Stroll With Karen L</p> <p><b>1:00</b> Armchair Travels LR</p> <p><b>1:45</b> Bingo AR</p> <p><b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>
<p><b>30</b></p> <p><b>9:00</b> Be Balanced FR</p> <p><b>10:00</b> Journey Church Channel 11</p> <p><b>10:00</b> Sit &amp; Be Fit FR</p> <p><b>1:00</b> Tile Rummy<sup>RR</sup> L</p> <p><b>2:30</b> Baking Club AR</p> <p><b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>					<p><i>Happy Birthday</i></p> <p>Larry L. 06/12    Brian H. 06/21</p> <p>Virginia S. 06/18    Nancy A 06/25</p> 