


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Doctor Appointments Please sign-up at Concierge's Desk</p> <p>Wednesdays 8:00am to 3:00pm</p> <p>Thursdays 8:00am to 3:00pm</p>	<p>Abbreviation Key</p> <p>AR Activity Room FD Fireside Dining FR Fitness Room L Loft LR Living Room PD Pines Dining Room CY Courtyard / Patio RR Resident Run * Sign-Up \$ Bring Money † Weather Permitting</p>	<p>1</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodle Ball 2:00 Snack & Hydrate 2:30 Musical Stretching 5:30 After Dinner Stretch</p>
				<p>2</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch.9 10:30 Hangman 2:00 Hydration & Trivia 2:30 Bean Bag Toss 3:00 Nature Walk 5:30 Movie of Choice</p>	<p>3</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Garden Club 2:00 Snack & Hydrate 2:30 Home Project 3:30 Trivia Time 7:00 Aromatherapy</p>	<p>4</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Swatter Ball 2:00 Donut Social 3:00 Armchair Travels 5:30 Movie of Choice</p>
<p>9</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:00 Garden Chat 2:30 Walking Group 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p>10</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Snack and Hydrate 10:30 Swatter Ball 2:00 Hydration & Trivia 2:30 Walking Group 3:00 Pictionary 5:30 Movie of Choice</p>	<p>11</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Snack and Hydrate 10:30 Swatter Ball 2:00 Hydration & Trivia 2:30 Walking Group 3:00 Armchair Travels 5:30 Movie of Choice</p>	<p>12</p> <p>9:00 Daily Chronicle 9:30 Movement & Music 10:00 Snack & Hydrate 10:30 Trivia Time 2:00 Shaved Ice Social 2:30 Snack and Hydrate 3:30 Musical Stretching 7:00 Jeopardy Channel 6</p>	<p>13</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Lei Making 2:00 Snack & Hydrate 2:30 Stretch Yoga 4:00 Family Luau Dinner</p>	<p>14</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Scenic Drive 10:30 Snack and Hydrate 2:00 Creative Coloring 2:30 Snack & Hydrate 3:30 Noodle ball 5:30 Aromatherapy</p>	<p>15</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack and Hydrate 2:00 Garden Chat 2:30 Snack & Hydrate 3:00 Walking Club 5:30 After Dinner Stretch</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>Happy Father's Day</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodle Ball 2:00 Snack and Hydrate 2:30 Walking Club 5:30 After Dinner Stretch</p>	<p>17</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Snack and Hydrate 10:30 Musical Stretching 2:00 Hydration & Trivia 3:00 Painting Floral Plaque 5:30 Brain Games</p>	<p>18</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Stretch Yoga 2:30 Hydration & Brain Games 3:00 Armchair Travels 7:00 Jeopardy Channel 6</p>	<p>19</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Swatter Ball 2:00 Snack & Hydrate 2:00 Telescope Guy Presentation</p>	<p>20</p> <p>9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Pictionary 2:00 June Birthday Party 2:30 Walking Club 5:30 After Dinner Stretching</p>	<p>21</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive 10:30 Stretching and Music 2:00 Snack & Hydrate 3:30 Garden Chat 7:00 Wheel of Fortune</p>	<p>22</p> <p>9:00 Daily Chronicles 9:15 Exercise & Music 10:30 Walking Club 2:00 Snack & Hydrate 2:30 Ring Toss 3:00 Stretch Yoga 5:30 Hangman</p>
<p>23</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Swatter Ball 2:00 Hydration & Trivia 2:30 Creative Coloring 3:00 Before Dinner Stretch 5:30 Movie of Choice</p>	<p>24</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Garden Walk 10:30 Snack and Hydrate 1:30 Creative Coloring 2:30 Bean Bag Toss 3:30 Trivia Time 5:30 Aromatherapy</p>	<p>25</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Snack & Hydrate 10:30 Watercolor Painting 2:00 Snack & Hydrate 2:30 Stretch Yoga 3:00 Armchair Travels 7:00 Wheel of Fortune</p>	<p>26</p> <p>9:00 Daily Chronicles 9:30 Musical Stretching 10:00 Snack & Hydrate 10:30 Sing-a-long 2:30 Garden Club 3:30 Sit and Be Fit 5:30 Hangman</p>	<p>27</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Snack and Hydrate 10:30 Pictionary 2:00 Snack and Hydrate 2:30 Musical Stretching 3:00 Walking Club 5:30 Brain Games</p>	<p>28</p> <p>9:00 Daily Chronicles 9:30 Movement & Music 10:00 Scenic Drive 10:30 Snack and Hydrate 2:30 Name that Tune 3:30 Music and Movement 5:30 Movie of Choice</p>	<p>29</p> <p>9:00 Daily Chronicles 9:15 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodle Ball 2:00 Snack & Hydrate 2:30 Creative Coloring 3:30 Sticky Ball Toss 7:00 Wheel of Fortune</p>
<p>30</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Noodle Ball 2:00 Hydration & Trivia 3:00 Pictionary 5:30 Movie of Choice</p>					<p><i>Happy Birthday</i></p> <p>Larry L. 06/12 Brian H. 06/21 Virginia S. 06/18 Nancy A 06/25</p> 	