





Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p>Abbreviation Key</p> <ul style="list-style-type: none"> 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>Doctor Appointments Please sign-up at Concierge's Desk</p> <p>Wednesdays 8:00am to 5:00pm</p> <p>Thursdays 8:00am to 3:00pm</p>			
<p style="text-align: right;">1</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Walking Group 3:00 Aromatherapy 5:30 Movie of Choice</p>	<p style="text-align: center;">Labor Day</p> <p style="text-align: right;">2</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Pictionary 10:30 Snack and Hydrate 2:00 Fall Window Clings 2:30 Musical Stretching 7:00 Movie of Choice</p>	<p style="text-align: right;">3</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 1:00 Spiritual Hour 3:30 Armchair Travels 7:00 Aromatherapy</p>	<p style="text-align: right;">4</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 2:30 Snack and Hydrate 3:30 Parachute Game 7:00 Wheel of Fortune</p>	<p style="text-align: right;">5</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Fall Leaf Wreath 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">6</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Trivia Time 2:30 Happy Hour With Dan On Saxophone 5:30 Aromatherapy</p>	<p style="text-align: right;">7</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 2:00 Snack & Hydrate 2:30 Creative Coloring</p>	
<p style="text-align: right;">8</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Walking Group 3:00 Swatterball 5:30 Movie of Choice</p>	<p style="text-align: right;">9</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stretch 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Before Dinner Stretch</p>	<p style="text-align: right;">10</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Swatterball 1:00 Spiritual Hour 3:30 Armchair Travels 7:00 Aromatherapy</p>	<p style="text-align: right;">11</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 2:30 Snack and Hydrate 3:30 Walking Club</p>	<p style="text-align: right;">12</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 2:00 Paul Eddy Music 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">13</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Pictionary 10:30 Snack and Hydrate 2:30 Musical Stretching 7:00 Movie of Choice</p>	<p style="text-align: right;">14</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 2:00 Snack & Hydrate 2:30 Musical Stretching</p>	

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<p style="text-align: right;">15</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Walking Group 3:00 Trivia 5:30 Movie of Choice</p>	<p style="text-align: right;">16</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Parachute Game 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Before Dinner Stretch</p>	<p style="text-align: right;">17</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Fall Lanterns 1:00 Spiritual Hour 3:00 Armchair Travels 7:00 Aromatherapy</p>	<p style="text-align: right;">18</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 2:30 Snack and Hydrate 3:30 Noodleball 7:00 Wheel of Fortune</p>	<p style="text-align: right;">19</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stretch 2:00 Peggy Birthday Party 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">20</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Pictionary 10:30 Snack and Hydrate 2:00 Apple Cider Social 2:30 Musical Stretching 7:00 Movie of Choice</p>	<p style="text-align: right;">21</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 2:00 Snack & Hydrate 2:30 Musical Stretching</p>								
<p style="text-align: right;">22</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 Dara Birthday Party 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p style="text-align: right;">23</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stress 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Before Dinner Stretch</p>	<p style="text-align: right;">24</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 1:00 Spiritual Hour 3:00 Armchair Travels 7:00 Aromatherapy</p>	<p style="text-align: right;">25</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Telescope Guy 2:30 Bingo 3:30 Fall Lantern 7:00 Wheel of Fortune</p>	<p style="text-align: right;">26</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Prowalk Tour 2:00 Garden Chat 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">27</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Parachute Game 10:30 Snack and Hydrate 2:00 Chocolate Milk Social 2:30 Musical Stretching 7:00 Movie of Choice</p>	<p style="text-align: right;">28</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 2:00 Snack & Hydrate 2:30 Musical Stretching</p>								
<p style="text-align: right;">29</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Walking Group 3:00 Under the Sea Show 5:30 Movie of Choice</p>	<p style="text-align: right;">30</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Swatter Ball 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Before Dinner Stretch</p>	 <p>fall BREEZE & Autumn LEAVES</p>		 <p><i>Happy Birthday</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Stephen K. 09/03</td> <td style="width: 50%;">Milton G. 09/17</td> </tr> <tr> <td>Joann S. 09/12</td> <td> Peggy E. 09/19</td> </tr> <tr> <td>William A. 09/13</td> <td>Dara S. 09/22</td> </tr> <tr> <td>Janet T. 09/14</td> <td>Gene S. 09/28</td> </tr> </table>			Stephen K. 09/03	Milton G. 09/17	Joann S. 09/12	Peggy E. 09/19	William A. 09/13	Dara S. 09/22	Janet T. 09/14	Gene S. 09/28
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