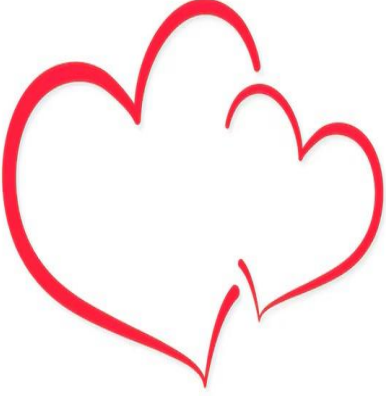
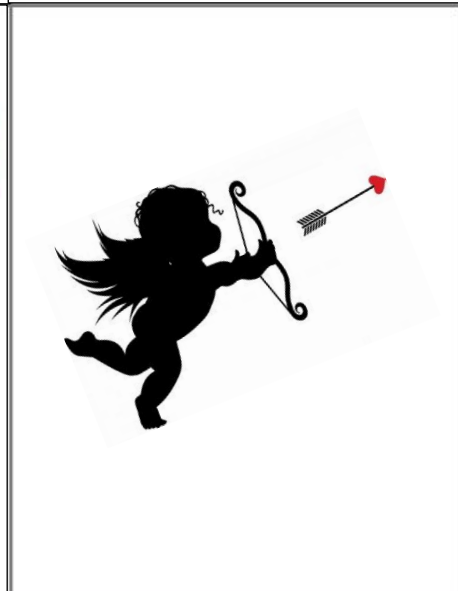


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February</h1>				<p>Abbreviation Key</p> <ul style="list-style-type: none"> AR Activity Room FR Fitness Room FD Fireside Dining Room L Loft LR Living Room PD Pines Dining Room P The Pines RR Resident Run * Sign-Up \$ Bring Money 	<p>Doctor Appointments <i>Please sign-up at Concierge's Desk</i></p> <p>Wednesdays 8:00am to 5:00pm</p> <p>Thursdays 8:00am to 2:00pm</p>	<p>1</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:30 Creative Coloring 7:00 Movie of Choice</p>
<p>2</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 Bean Bag Toss 3:00 Valentine's Coloring 5:30 Movie of Choice</p>	<p>3</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 Sit and Be Fit</p>	<p>4</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Love Project 3:30 Chair Soccer</p>	<p>5</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Wooden Hearts 2:30 Snack and Hydrate 3:00 Puzzle Corner 7:00 Jeopardy</p>	<p>6</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Donnas Birthday Party 3:00 Chair Zumba 3:30 Name That Tune</p>	<p>7</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Finish Love Project 10:30 Snack and Hydrate 2:00 Hot Cocoa Social 3:30 Chair Yoga 7:00 Movie of Choice</p>	<p>8</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:30 Creative Coloring 7:00 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 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p>10</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 Sit and Be Fit</p>	<p>11</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Walking Club 3:30 Chair Soccer</p>	<p>12</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Valentine Making 2:30 Snack and Hydrate 3:00 Crossword Puzzles 7:00 Jeopardy</p>	<p>13</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:00 Hand Massages 2:00 Snack and Hydrate 3:00 Chair Zumba 3:30 Name That Tune</p>	<p>Valentines Day 14</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:00 Valentine's Day Social With Paul Eddy 3:30 Chair Yoga 7:00 Movie of Choice</p>	<p>15</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:30 Crossword Corner 7:00 Movie of Choice</p>

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">16</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 Bean Bag Toss 3:00 Dot to Dot Activity 5:30 Movie of Choice</p>	<p style="text-align: right;">17</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 Sit and Be Fit</p>	<p style="text-align: right;">18</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Walking Club 3:30 Chair Soccer</p>	<p style="text-align: right;">19</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Bouquet Making 10:30 Snack and Hydrate 2:00 Hand Massages 2:30 Snack and Hydrate 3:30 Before Dinner Stretch 7:00 Jeopardy</p>	<p style="text-align: right;">20</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Snack and Hydrate 3:00 Chair Zumba 4:00 Friends & Family Mardi Gras Dinner</p>	<p style="text-align: right;">21</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:30 Strawberry Social 7:00 Movie of Choice</p>	<p style="text-align: right;">22</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:30 Sorting Activity 7:00 Movie of Choice</p>
<p style="text-align: right;">23</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 Crossword Corner 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p style="text-align: right;">24</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 Sit and Be Fit</p>	<p style="text-align: right;">25</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Walking Club 3:30 Chair Soccer</p>	<p style="text-align: right;">26</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Creative Coloring 2:30 Snack and Hydrate 3:00 Crossword Puzzles 7:00 Jeopardy</p>	<p style="text-align: right;">27</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Hand Massages 2:00 Snack and Hydrate 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">28</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Hand Massages 10:30 Snack and Hydrate 2:30 Creative Coloring 7:00 Movie of Choice</p>	



Happy Birthday

Karen R. 2/2 Raemona L. 2/7 Anne W. 2/16 Jack R. 2/22
Jacy D. 2/5 Judie G. 2/9 Steve M. 2/17 Lynda A 2/25
Donna B. 2/6 Ardys C. 2/10 Irene K. 2/21 Beryl B. 2/25