

# Cascades of Bend

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



# April

**Doctor Appointments**

*Please sign-up at Concierge's Desk*

**Wednesdays**  
8:00am to 5:00pm

**Thursdays**  
8:00am to 3:00pm

**Abbreviation Key**

- 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



*Welcome  
Spring*



	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>9:00</b> Be Balanced AR <b>9:30</b> Safeway Shopping*\$ <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling AR <b>2:00</b> Praise & Worship LR Hour With Ken <b>2:00</b> North Side Shopping*\$ <b>2:30</b> Bingo AR <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:30</b> Music & Movement AR Steel Feathers Fitness <b>2:30</b> Baking Chocolate AR Chip Cookies <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:30</b> Dice 10,000 L <b>2:30</b> DIY Flower Pots AR <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>11:30</b> Foodie Friday *\$ El Rodeo Mexican <b>1:00</b> Rummikub L <b>2:30</b> Happy Hour With L Paul Eddy <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>10:00</b> Sit & Be Fit AR <b>10:30</b> Wii Bowling L <b>1:00</b> Armchair Travels LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice <sup>RR</sup> L Board Games
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>9:00</b> Be Balanced AR <b>10:00</b> Spiritual Elder LR Care <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>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Noodle Ball LR <b>1:30</b> Music & Movement AR Steef Feathers Fitness <b>2:00</b> Rummikub L <b>2:30</b> Armchair Travels LR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>9:30</b> Wal-Mart Shopping*\$ <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling AR <b>1:00</b> Praise & Worship LR Hour With Ken <b>2:00</b> South Side Shopping*\$ <b>2:30</b> Bingo AR <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:30</b> Music & Movement AR Steel Feathers Fitness <b>2:30</b> Carol E's 90 <sup>th</sup> Birthday Party L <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:30</b> Dice 10,000 L <b>2:30</b> Cool Whip Egg AR Dyeing <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>11:30</b> Foodie Friday *\$ Laurie's Grill <b>1:00</b> Rummikub L <b>2:30</b> Trivia On The LR Big Screen <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>
	<b>12</b>				
	<b>9:00</b> Be Balanced AR <b>10:00</b> Sit & Be Fit AR <b>10:30</b> Wii Bowling L <b>1:00</b> Armchair Travels LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice <sup>RR</sup> L Board Games				

# Cascades of Bend

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p style="text-align: right;"><b>13</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Spiritual Elder Care LR  <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 Movie<sup>RR</sup> LR</p>	<p style="text-align: right;"><b>14</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:30</b> Wii Bowling L  <b>1:00</b> Noodle Ball LR  <b>1:30</b> Music &amp; Movement AR              Steef Feathers Fitness  <b>2:00</b> Rummikub L  <b>2:30</b> Armchair Travels LR  <b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p style="text-align: right;"><b>15</b></p> <p><b>9:00</b> Be Balanced AR  <b>9:30</b> Costco Shopping*\$  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling AR  <b>1:00</b> Praise &amp; Worship LR              Hour With Ken  <b>2:00</b> North Side Shopping*\$  <b>2:30</b> Bingo AR  <b>6:00</b> Tile Rummy<sup>RR</sup> L</p>	<p style="text-align: right;"><b>16</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling L  <b>1:30</b> Music &amp; Movement AR              Steel Feathers Fitness  <b>2:00</b> Telescope Guy LR  <b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p style="text-align: right;"><b>17</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling L  <b>1:30</b> Rummikub L  <b>2:30</b> Trivia On The Big Screen LR  <b>6:00</b> Tile Rummy<sup>RR</sup> L</p>	<p style="text-align: right;"><b>18</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:30</b> Wii Bowling L  <b>11:30</b> Foodie Friday *\$              Sun River Brewing  <b>1:00</b> Rummikub L  <b>2:45</b> Happy Hour With Thorn Hollow L  <b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p style="text-align: right;"><b>19</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Sit &amp; Be Fit AR  <b>10:30</b> Wii Bowling L  <b>1:00</b> Armchair Travels LR  <b>2:30</b> Bingo AR  <b>6:00</b> Resident Choice<sup>RR</sup> Board Games L</p>
<p style="text-align: right;"><b>Happy Easter 20</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Spiritual Elder Care LR  <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 Movie<sup>RR</sup> LR</p>	<p style="text-align: right;"><b>21</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:30</b> Wii Bowling L  <b>1:00</b> Noodle Ball LR  <b>1:30</b> Music &amp; Movement AR              Steef Feathers Fitness  <b>2:00</b> Rummikub L  <b>2:30</b> Armchair Travels LR  <b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p style="text-align: right;"><b>22</b></p> <p><b>9:00</b> Be Balanced AR  <b>9:30</b> Dollar Tree Shopping*\$  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling AR  <b>1:00</b> Resident Council LR  <b>1:30</b> Chef Chat LR  <b>2:00</b> Praise &amp; Worship LR              Hour With Ken  <b>2:00</b> South Side Shopping*\$  <b>2:30</b> Bingo AR</p>	<p style="text-align: right;"><b>23</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling L  <b>1:30</b> Music &amp; Movement AR              Steel Feathers Fitness  <b>2:30</b> Color Mandala AR              Suncatchers  <b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p style="text-align: right;"><b>24</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling L  <b>1:30</b> Dice 10,000 L  <b>2:30</b> Brain Games On The Big Screen LR  <b>6:00</b> Tile Rummy<sup>RR</sup> L</p>	<p style="text-align: right;"><b>25</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:30</b> Wii Bowling L  <b>11:30</b> Foodie Friday *\$              Black Bear Diner  <b>1:00</b> Rummikub L  <b>2:30</b> Happy Hour With Cinda L  <b>6:00</b> Resident Choice Movie<sup>RR</sup> LR</p>	<p style="text-align: right;"><b>26</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Sit &amp; Be Fit AR  <b>10:30</b> Wii Bowling L  <b>1:00</b> Armchair Travels LR  <b>2:30</b> Bingo AR  <b>6:00</b> Resident Choice<sup>RR</sup> Board Games L</p>
<p style="text-align: right;"><b>27</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Spiritual Elder Care LR  <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 Movie<sup>RR</sup> LR</p>	<p style="text-align: right;"><b>28</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:30</b> Wii Bowling L  <b>1:00</b> Noodle Ball LR  <b>1:30</b> Music &amp; Movement AR              Steef Feathers Fitness  <b>2:00</b> Rummikub L  <b>2:30</b> Armchair Travels LR  <b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	<p style="text-align: right;"><b>29</b></p> <p><b>9:00</b> Be Balanced AR  <b>9:30</b> Bi-Mart Shopping*\$  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling AR  <b>1:00</b> Praise &amp; Worship LR              Hour With Ken  <b>2:00</b> South Side Shopping*\$  <b>2:30</b> Bingo AR  <b>6:00</b> Tile Rummy<sup>RR</sup> L</p>	<p style="text-align: right;"><b>30</b></p> <p><b>9:00</b> Be Balanced AR  <b>10:00</b> Chair Yoga AR              With Jill  <b>10:30</b> Wii Bowling L  <b>1:30</b> Music &amp; Movement AR              Steel Feathers Fitness  <b>4:00 &amp; 5:30</b> Lost In Space Friends And Family Dinner FD  <b>6:00</b> Resident Choice Board Games<sup>RR</sup> L</p>	 <p style="font-size: 2em; font-family: cursive; color: black; margin: 0;"><i>Happy Birthday</i></p> <div style="display: flex; justify-content: space-around; font-weight: bold;"> <div style="width: 45%;"> <p>Patti S. 4/05</p> <p>Louise G. 4/06</p> <p>Ann B. 4/07</p> <p>Pauline R. 4/08</p> <p>Carol E. 4/09</p> </div> <div style="width: 45%;"> <p>Don A. 4/20</p> <p>Pat N. 4/25</p> <p>Agnus J. 4/29</p> <p>Millie T. 4/30</p> </div> </div>		