




Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p><u>Doctor Appointments</u></p> <p><i>Please sign-up at Concierge's Desk</i></p> <p>Wednesdays 8:00am to 5:00pm</p> <p>Thursdays 8:00am to 3:00pm</p>	<p><u>Abbreviation Key</u></p> <p>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>			
		<p style="text-align: right;">1</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Spring Hat Making 3:30 Namaste Hand Massage</p>	<p style="text-align: right;">2</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Bingo 2:30 Snack and Hydrate 3:00 Sewing Group 7:00 Jeopardy</p>	<p style="text-align: right;">3</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 1:00 1 On 1 Visits 2:00 Puzzles 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">4</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive Outing 10:30 Snack and Hydrate 2:00 Music with Paul Eddy 3:30 Chair Yoga 7:00 Movie of Choice</p>	<p style="text-align: right;">5</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 style="text-align: right;">6</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p style="text-align: right;">7</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Chair Soccer 1:00 1 On 1 Visits 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit</p>	<p style="text-align: right;">8</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Barbs Birthday Party 3:30 Nail Painting</p>	<p style="text-align: right;">9</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Bingo 2:30 Snack and Hydrate 3:00 Puzzle Corner 7:00 Jeopardy</p>	<p style="text-align: right;">10</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 1:00 1 On 1 Visits 2:00 Walking Tour 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">11</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive Outing 10:30 Snack and Hydrate 2:00 Pie Social 3:30 Chair Yoga 7:00 Movie of Choice</p>	<p style="text-align: right;">12</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>	

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13 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice	14 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stretch 1:00 1 On 1 Visits 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	15 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Egg Painting 3:30 Namaste Hand Massages	16 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Bingo 2:30 Snack and Hydrate 3:00 Sewing Corner 7:00 Jeopardy	17 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Walking Tour 3:00 Chair Zumba 3:30 Name That Tune	18 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive Outing 10:30 Snack and Hydrate 2:00 Italian Soda Social 3:30 Chair Yoga 7:00 Movie of Choice	19 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
Happy Easter 20 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice	21 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Chair Soccer 1:00 1 On 1 Visits 2:00 Snack & Hydrate 2:30 Don's Birthday Party 3:30 Sit and Be Fit	22 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Spring Door Hangers 3:30 Nail Painting	23 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Bingo 2:30 Snack and Hydrate 3:00 Puzzle Corner 7:00 Jeopardy	24 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Walking Tour 3:00 Chair Zumba 3:30 Name That Tune	25 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive Outing 10:30 Snack and Hydrate 2:00 Music with Cinda 3:30 Chair Yoga 7:00 Movie of Choice	26 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
27 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice	28 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stretch 1:00 1 On 1 Visits 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	29 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:00 Agnus Birthday Party 2:30 Canvas Painting 3:30 Chair Yoga	30 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Bingo 2:30 Snack and Hydrate 4:00 Lost In Space Friends And Family Dinner	 <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="text-align: left;"> <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>Barb G. 4/08</p> <p>Carol E. 4/09</p> </div> <div style="text-align: left;"> <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>		