

# Cascades of Bend

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



*May*

**Abbreviation Key**

- 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
- + Weather Permitting

**1**

- 9:00 Be Balanced AR
- 10:00 Chair Yoga AR  
With Jill
- 10:30 Wii Bowling L
- 1:00 No Money Poker L
- 2:30 Wind Chime Craft AR
- 6:00 Tile Rummy<sup>RR</sup> L

**2**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 11:30 Lunch Outing  
El Rodeo Mexican  
Resturant\*<sup>\$</sup>
- 1:00 Rummikub L
- 2:30 Happy Hour With  
Kenny Hadden L
- 6:00 Resident Choice L  
Board Games<sup>RR</sup>

**3**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 1:00 Noodle Ball LR
- 2:30 Bingo AR
- 6:00 Resident Choice<sup>RR</sup> L  
Board Games

**4**

- 9:00 Be Balanced AR
- 10:00 Spiritual Elder LR  
Care
- 10:30 Wii Bowling L
- 1:00 Tile Rummy L
- 1:30 Cascade Horizon Band  
Spring Concert at  
Mountain View High  
School\*
- 2:00 Baking Club AR
- 6:00 Resident Choice LR  
Movie<sup>RR</sup>

**5**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 1:00 Noodle Ball LR
- 1:30 Music & Movement AR  
Steel Feathers Fitness
- 2:00 Rummikub L
- 2:30 Propagation Station AR  
With Crystal
- 6:00 Resident Choice L  
Board Games<sup>RR</sup>

**6**

- 9:00 Be Balanced AR
- 9:30 Bi-Mart Shopping\*<sup>\$</sup>
- 10:00 Chair Yoga AR  
With Jill
- 10:30 Wii Bowling AR
- 1:00 Praise & Worship LR  
Hour With Ken
- 2:00 South Side Shopping\*
- 2:30 Bingo AR
- 6:00 Resident Choice  
Movie<sup>RR</sup>

**7**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 1:00 Noodle Ball LR
- 1:30 Stretch Wednesday AR  
Steel Feather Fitness
- 2:30 Rummikub AR
- 6:00 Resident Choice L  
Board Games<sup>RR</sup>

**8**

- 9:00 Be Balanced AR
- 10:00 Chair Yoga AR  
With Jill
- 10:30 Wii Bowling L
- 1:00 No Money Poker L
- 2:30 Walking Towards LR  
Purpose Presentation
- 6:00 Tile Rummy<sup>RR</sup> L

**9**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 11:30 Lunch Outing  
Worthy Brewing\*<sup>\$</sup>
- 1:00 Rummikub L
- 2:30 Happy Hour With  
Jeff Rucker L
- 6:00 Resident Choice LR  
Movie<sup>RR</sup>

**10**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 1:00 Noodle Ball LR
- 2:30 Bingo AR
- 6:00 Resident Choice<sup>RR</sup> L  
Board Games

**11**

- 9:00 Be Balanced AR
- 10:00 Spiritual Elder LR  
Care
- 10:30 Wii Bowling L
- 1:00 Tile Rummy L
- 2:00 Baking Club AR
- 6:00 Resident Choice LR  
Movie<sup>RR</sup>

**12**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 1:00 Noodle Ball LR
- 1:30 Music & Movement AR  
Steel Feathers Fitness
- 2:00 Rummikub L
- 2:30 Armchair Travels LR  
L
- 6:00 Resident Choice L  
Board Games<sup>RR</sup>

**13**

- 9:00 Be Balanced AR
- 9:30 Safeway Shopping\*<sup>\$</sup>
- 10:00 Chair Yoga AR  
With Jill
- 10:30 Wii Bowling AR
- 1:00 Praise & Worship LR  
Hour With Ken
- 2:00 North Side Shopping\*
- 2:30 Bingo AR
- 6:00 Resident Choice  
Movie<sup>RR</sup>

**14**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 1:00 Noodle Ball LR
- 1:30 Stretch Wednesday AR  
Steel Feather Fitness
- 2:30 Rummikub AR
- 6:00 Resident Choice L  
Board Games<sup>RR</sup>

**15**

- 9:00 Be Balanced AR
- 10:00 Chair Yoga AR  
With Jill
- 10:30 Wii Bowling L
- 1:00 No Money Poker L
- 2:30 Watercolor Class AR  
With Carol
- 6:00 Tile Rummy<sup>RR</sup> L

**16**

- 9:00 Be Balanced FR
- 10:30 Wii Bowling L
- 11:30 Lunch Outing  
Chan's Chinese\*<sup>\$</sup>
- 1:00 Rummikub L
- 2:30 Penny Toss Game AR
- 6:00 Resident Choice LR  
Movie<sup>RR</sup>

**17**

- 9:00 Be Balanced AR
- 10:30 Wii Bowling L
- 11:00 & 12:30 FD  
Mother's Day  
Brunch  
Friends And Family
- 1:00 Noodle Ball LR
- 2:30 Bingo AR
- 6:00 Resident Choice<sup>RR</sup> L  
Board Games

Happy Mother's Day

# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> <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	<b>19</b> <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 Steel 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	<b>20</b> <b>9:00</b> Be Balanced AR <b>9:30</b> Wal-Mart Shopping* <sup>\$</sup> <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> Resident Choice Movie <sup>RR</sup>	<b>21</b> <b>9:00</b> Be Balanced AR <b>10:00-12:00</b> AR Covid Booster Clinic <b>1:30</b> Stretch Wednesday AR Steel Feather Fitness <b>2:00</b> Telescope Guy LR Presentation <b>3:00</b> Rummikub L <b>6:00</b> Resident Choice Board Games <sup>RR</sup> L	<b>22</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> No Money Poker L <b>2:30</b> Fake Bake Craft AR <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>23</b> <b>9:00</b> Be Balanced FR <b>10:30</b> Wii Bowling L <b>11:30</b> Lunch Outing Pastini* <sup>\$</sup> <b>1:00</b> Rummikub L <b>2:30</b> Happy Hour With Curtis McDonald L <b>6:00</b> Resident Choice Movie <sup>RR</sup> LR	<b>24</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Noodle Ball LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice <sup>RR</sup> Board Games L
<b>25</b> <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	<b>26</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Music & Movement AR Steel Feather Fitness <b>1:30</b> Rummikub L <b>2:30</b> Apple Pie & Ice Cream Social L <b>6:00</b> Resident Choice Board Games <sup>RR</sup> L <p style="text-align: center;"><b>Memorial Day</b></p>	<b>27</b> <b>9:00</b> Be Balanced AR <b>9:30</b> Costco Shopping* <sup>\$</sup> <b>10:00</b> Chair Yoga AR <b>10:30</b> Wii Bowling AR <b>1:00</b> Resident Council LR <b>1:00</b> Praise & Worship LR Hour With Ken <b>2:00</b> North Side Shopping* <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice Movie <sup>RR</sup>	<b>28</b> <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> Stretch Wednesday AR Steel Feather Fitness <b>2:30</b> Rummikub AR <b>6:00</b> Resident Choice Board Games <sup>RR</sup> L	<b>29</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:00</b> No Money Poker L <b>2:30</b> Making Personal Pizzas AR <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>30</b> <b>9:00</b> Outing To Indian Head Casino* <sup>\$</sup> <b>9:00</b> Be Balanced FR <b>10:30</b> Wii Bowling L <b>1:00</b> Rummikub L <b>2:30</b> Rootbeer Float Social L <b>6:00</b> Resident Choice Movie <sup>RR</sup> LR	<b>31</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Noodle Ball LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice <sup>RR</sup> Board Games L



**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

**Doctor Appointments**

Please sign-up at Concierge's Desk

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

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

*Happy Birthday*

George B. 5/1	Ron H. 5/22	Richard B. 5/29
Kenneth K. 5/7	Mack B. 5/22	Dagmar C. 5/30
Aliceann S. 5/8	Marian L. 5/24	
Gerry W. 5/10	Judith E. 5/27	
Ruth L. 5/10	Ginny W. 5/28	