

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 George's Birthday Party! 3:00 Chair Zumba 3:30 Name That Tune	2 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive Outing 10:30 Snack and Hydrate 2:00 Happy Hour with Ken 3:30 Chair Yoga 7:00 Movie of Choice	3 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
			4 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Ring Toss 3:00 Creative Coloring 5:30 Movie of Choice	5 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Chair Soccer 1:00 Walking Tour 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	6 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Painting Bird Houses 3:30 Namaste Hand Massage	7 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 Wheel of Fortune
11 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 Bean Bag Game 5:30 Movie of Choice Happy Mother's Day	12 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 1:00 1 On 1 Visits 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	13 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Canvas Painting 3:30 Singalong	14 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 Musical Stretching 7:00 Jeopardy	15 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	16 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Drake Park Walk 10:30 Snack and Hydrate 2:00 Rootbeer Float Social 3:30 Chair Yoga 7:00 Movie of Choice	17 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 11:00 Mother's Day Brunch Friends and Family Event 7:00 Movie of Choice

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18 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Garden Talk 3:00 Creative Coloring 5:30 Movie of Choice	19 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Chair Soccer 1:00 Flower Arranging 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	20 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Frame Decorating 3:30 Musical Stretching	21 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Mack and Ron Birthday Party! 3:00 Musical Stretching COVID BOOSTER CLINIC	22 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Watercolor Painting 3:00 Chair Zumba 3:30 Name That Tune	23 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spring Drive 10:30 Snack and Hydrate 2:00 Cookie Social 3:00 Singalong 7:00 Movie of Choice	24 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodleball 10:30 Snack and Hydrate 2:30 Watercolor Painting 7:00 Movie of Choice
25 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 Bean Bag Toss 5:30 Movie of Choice	26 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 1:00 1 On 1 Visits 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit Memorial Day	27 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Suncatchers 2:00 Spiritual Hour 3:30 Musical Stretching	28 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 3:30 Before Dinner Stretch 7:00 Jeopardy	29 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	30 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive Outing 10:30 Snack and Hydrate 2:00 Pink Lemonade Social 3:30 Chair Yoga 7:00 Movie of Choice	31 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



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	