

Cascades of Bend

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 July						<u>Abbreviation Key</u> 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		HAPPY BIRTHDAY Yvonne K. 7/1 Helen B. 7/6 Kikue R. 7/13 Mike N. 7/25 Terry H. 7/30 Sandy J. 7/31					
				1 9:00 Be Balanced AR 9:30 Bi-Mart Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Tile Rummy ^{RR} L {Resident Run}		2 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Rummikub L 1:30 Stretch Wednesday AR Steel Feather Fitness 2:30 Tie Dye Shirts AR 6:00 Hand & Foot L (Resident Run)		3 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice: 10,000 L 2:30 Door Hanger Craft AR 6:00 Tile Rummy ^{RR} L {Resident Run}		Happy 4th of July 4 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Rummikub L 2:45 Patriotic Happy Hour L With Paul Eddy 6:15 Hand & Foot L {Resident Run} 10:00 Bend Fireworks CY Show From The Top Of Pilot Butte		5 9:00 Be Balanced AR 9:30 Sit & Be Fit PD 10:30 Wii Bowling L 1:00 Noodle Ball LR 2:30 Bingo AR 6:00 Tile Rummy ^{RR} L {Resident Run}	
				6 9:00 Be Balanced AR 9:30 Sit & Be Fit PD 10:00 Spiritual Elder LR Care 10:30 Wii Bowling L 1:00 Tile Rummy L 2:00 Corn Hole AR 6:00 No Money Poker L (Resident Run)		7 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 1:30 Zumba With Steel AR Feathers Fitness 2:00 Rummikub L 2:30 Armchair Travels LR 6:00 Hand & Foot L (Resident Run)		8 9:00 Be Balanced AR 9:30 Safeway Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR With Ken 2:00 North Side Shopping*\$ 2:30 Bingo AR 6:00 Tile Rummy ^{RR} L {Resident Run}		9 9:00 Be Balanced AR 10:30 Wii Bowling L 1:30 Stretch Wednesday AR Steel Feather Fitness 2:30 Rummikub L 6:00 Hand & Foot L {Resident Run}		10 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice: 10,000 L 2:30 Summer Soap AR Making 6:00 Tile Rummy ^{RR} L {Resident Run}	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 9:00 Be Balanced AR 9:30 Sit & Be Fit PD 10:00 Spiritual Elder LR Care 10:30 Wii Bowling L 1:00 Tile Rummy L 2:00 Baking Club AR 6:00 No Money Poker L (Resident Run)	14 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 1:30 Zumba With Steel AR Feathers Fitness 2:00 Rummikub L 2:30 Armchair Travels LR 6:00 Hand & Foot L (Resident Run)	15 9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Tile Rummy^{RR} L {Resident Run}	16 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Stretch Wednesday AR Steel Feather Fitness 2:00 Telescope Guy LR Presentation 2:30 Rummikub L 6:00 Hand & Foot L {Resident Run}	17 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice: 10,000 L 2:30 Watercolor With AR Carole 6:00 Tile Rummy^{RR} L {Resident Run}	18 9:00 Be Balanced AR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:30 Picnic In The Park* 1:00 Rummikub L 2:30 Happy Hour With L Simeon 6:15 Hand & Foot L {Resident Run}	19 9:00 Be Balanced AR 9:30 Sit & Be Fit PD 10:30 Wii Bowling L 1:00 Noodle Ball LR 2:30 Bingo AR 6:00 Tile Rummy^{RR} L {Resident Run}
20 9:00 Be Balanced AR 9:30 Sit & Be Fit PD 10:00 Spiritual Elder LR Care 10:30 Wii Bowling L 1:00 Tile Rummy L 2:00 Corn Hole AR 6:00 No Money Poker L (Resident Run)	21 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 1:30 Zumba With Steel AR Feathers Fitness 2:00 Rummikub L 2:30 Armchair Travels LR 6:00 Hand & Foot L (Resident Run)	22 9:00 Be Balanced AR 9:30 Dollar Tree Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Resident Council LR 2:00 Spiritual Hour LR With Ken 2:00 North Side Shopping*\$ 2:30 Bingo AR 6:00 Tile Rummy^{RR} L {Resident Run}	23 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Stretch Wednesday AR Steel Feather Fitness 2:00 Rummikub L 2:30 String Art Craft AR 6:00 Hand & Foot L {Resident Run}	24 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice: 10,000 L 2:30 Tetris Tilt Game L 6:00 Tile Rummy^{RR} L {Resident Run}	25 9:00 Be Balanced AR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:30 Picnic In The Park* 1:00 Rummikub L 2:30 Happy Hour With L Cinda 6:15 Hand & Foot L {Resident Run}	26 9:00 Be Balanced AR 9:30 Sit & Be Fit PD 10:30 Wii Bowling L 1:00 Noodle Ball LR 2:30 Bingo AR 6:00 Tile Rummy^{RR} L {Resident Run}
27 9:00 Be Balanced AR 9:30 Sit & Be Fit PD 10:00 Spiritual Elder LR Care 10:30 Wii Bowling L 1:00 Tile Rummy L 2:00 Baking Club AR 6:00 No Money Poker L (Resident Run)	28 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 1:30 Zumba With Steel AR Feathers Fitness 2:00 Rummikub L 2:30 Armchair Travels LR 6:00 Hand & Foot L (Resident Run)	29 9:00 Be Balanced AR 9:30 Costco Shopping*\$ 10:30 Wii Bowling AR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Tile Rummy^{RR} L {Resident Run}	30 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Stretch Wednesday AR Steel Feather Fitness 2:00 Rummikub L 2:30 Tetris Tilt Game L 6:00 Hand & Foot L {Resident Run}^R	Doctor Appointments Please sign-up at Concierge's Desk Wednesdays 8:00am to 5:00pm Thursdays 8:00am to 3:00pm	★ HAPPY ★ 4TH OF JULY ★	