


Cascades of Bend

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|--|
|  <h1>July</h1> | | | <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> | <h2>HAPPY BIRTHDAY</h2> <p><i>Yvonne K. 7/1</i> <i>Mike N. 7/25</i> <i>Helen B. 7/6</i> <i>Terry H. 7/30</i> <i>Kikue R. 7/13</i> <i>Sandy J. 7/31</i></p> | | |
|  | | <p>1</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Gnome Painting 1:00 Spiritual Hour 2:30 Armchair Travels 3:30 Singalong</p> | <p>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 Flag Pie Making 2:30 Snack and Hydrate 3:00 Musical Stretching 7:00 Jeopardy</p> | <p>3</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Door Hangers 3:00 Chair Zumba 3:30 Name That Tune</p> | <p>Happy 4th of July 4</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Paul Eddy Music 3:00 Fireworks Special 3:30 Before Dinner Stretch 7:00 Movie of Choice 10:00 Fireworks Show On Patio</p> | <p>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>6</p> <p>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</p> | <p>7</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Scenic Drive 10:30 Snack & Hydrate 1:00 Memory Card Game 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit</p> | <p>8</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Walking Tour 1:00 Spiritual Hour 2:30 Armchair Travels 3:30 Singalong</p> | <p>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 Shirley Temple Social 2:30 Snack and Hydrate 3:30 Guess the Object 7:00 Jeopardy</p> | <p>10</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Canvas Painting 3:00 Chair Zumba 3:30 Name That Tune</p> | <p>11</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Walking Club 10:30 Snack and Hydrate 2:00 Lemon Pie Social 3:30 Chair Yoga 7:00 Movie of Choice</p> | <p>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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|---|--|---|---|---|--|--|
| <div>13</div> <div>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</div> | <div>14</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Outing to Drake Park 10:30 Snack & Hydrate 1:00 Walking Tour 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit</div> | <div>15</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Fishing Game 1:00 Spiritual Hour 2:30 Armchair Travels 3:30 Singalong</div> | <div>16</div> <div>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Telescope Guy 2:30 Snack and Hydrate 3:00 Musical Stretching 7:00 Jeopardy</div> | <div>17</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Hand Massages 3:00 Chair Zumba 3:30 Name That Tune</div> | <div>18</div> <div>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Walking Tour 10:30 Snack and Hydrate 2:00 Simeon Rose Music 3:30 Before Dinner Stretch 7:00 Movie of Choice</div> | <div>19</div> <div>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</div> |
| <div>20</div> <div>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</div> | <div>21</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Picnic at Pilot Butte 10:30 Snack & Hydrate 1:00 Garden Chat 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit</div> | <div>22</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Guess the Object 1:00 Spiritual Hour 2:30 Armchair Travels 3:30 Singalong</div> | <div>23</div> <div>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Fishing Game 2:30 Snack and Hydrate 3:00 Before Dinner Stretch 7:00 Jeopardy</div> | <div>24</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Hand Care 3:00 Chair Zumba 3:30 Name That Tune</div> | <div>25</div> <div>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Mikes Birthday Party 10:30 Snack and Hydrate 2:00 Music with Cinda 3:30 Chair Yoga 7:00 Movie of Choice</div> | <div>26</div> <div>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</div> |
| <div>27</div> <div>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</div> | <div>28</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Trip to Grandma Rosies Petting Zoo 10:30 Snack & Hydrate 1:00 Memory Card Game 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit</div> | <div>29</div> <div>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Watercolor Painting 1:00 Spiritual Hour 2:30 Armchair Travels 3:30 Singalong</div> | <div>30</div> <div>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 1 On 1 Visits 2:00 Lemonade Social 2:30 Snack and Hydrate 3:00 Musical Stretching 7:00 Jeopardy</div> | <div><u>Doctor Appointments</u> Please sign-up at Concierge's Desk Wednesdays 8:00am to 5:00pm Thursdays 8:00am to 3:00pm</div> | <div></div> | |