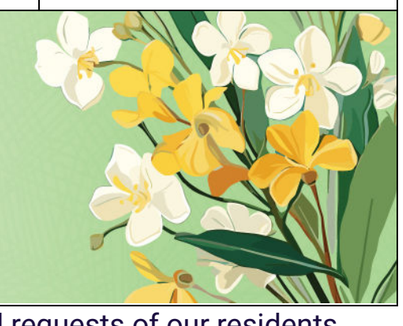
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Morning News-FC 11:00 First Baptist Church-GR 1:45 Afternoon Movie 3:00 Bingo- AS 7:00 Sunday Night Movie	2 8:45 Daily Chronicles 9:00 Morning Stretch 10:30 Reno PBS Project 1:00 Cribbage- M 2:00 Bridge Group- GR 3:00 Bingo- AS Purim Begins	3 9:00 Morning Stretch 10:00 Purim Party- GR 10:00 The Great Courses 10:30 Support Group-M 1:15 Table Games- FC 3:00 Bingo- AS 3:30 Happy Hour/Karaoke 6:30 Chess Group- AS	4 9:00 Morning Stretch 10:15 Pet Therapy/ Yuki 10:00 Sight Loss Group 1:30 Artist's Afternoon 2:00 Name that Tune- FC 2:00 Bible Study- M 3:30 Activity Committee 6:30 Big Band Music- LS	5 10:00 Catholic Communion-GR 10:00 The Great Courses 10:30 Flower Arranging 1:15 Trivia Time- FC 2:00 2:00 Bridge Group- M 3:00 Bingo- AS	6 9:00 Morning Stretch 9:30 Shopping Trip: Walmart 10:30 Support Group- GR 1:15 Arts & Crafts- AS 3:00 Bingo- AS 4:30 Erev Shabbat Service-GR 7:00 Classic Movie Night	7 9:00 Morning News 9:00Tech Support- LS 10:00 Getting Crafty- AS 1:45 Saturday Movie Matinee 2:00 The Encore Band-FC 3:00 Bingo- AS 7:00 Saturday Night Movie
8 9:00 Morning News- FC 11:00 First Baptist Church-GR 1:45 Afternoon Movie 2:30 Latter-Day Saints-M 3:00 Bingo- AS 7:00 Sunday Night Movie Daylight Saving Time Begins	9 8:45 Daily Chronicles 9:00 Morning Stretch 10:30 Reno PBS Project 11:00 Barnes & Noble Trip 1:00 Cribbage- M 1:30 Pet Therapy/ Raylan 2:00 Bridge Group- GR 3:00 Bingo- AS	10 9:00 Morning Stretch 10:00 The Great Courses 10:00 Pet Therapy/ Ernie 10:30 Support Group- GR 2:00 TOWNHALL-SC 3:00 Bingo- AS 3:30 Happy Hour/Karaoke 6:30 Chess Group- AS	11 9:00 Morning Stretch 10:15 Pet Therapy/ Yuki 10:30 Hand Spa w/ Ardith 10:00 Sight Loss Group 1:30 Artist's Afternoon 2:00 Bible Study- M 2:00 Jacques & Vince Show-FC	12 10:00 Catholic Communion-GR 10:00 The Great Courses 10:30 Word Games- AS 11:00 Lunch Outing: Olive Garden 1:15 Trivia Time- FC 2:00 Bridge Group- M 3:00 Bingo- AS	13 9:00 Morning Stretch 9:30 Shopping Trip: Trader Joe's 10:30 Support Group- GR 1:15 Arts & Crafts- AS 3:00 Bingo- AS 4:30 Erev Shabbat Service-GR 7:00 Classic Movie Night	14 9:00 Morning News 9:00Tech Support - LS 10:00 Getting Crafty-AS 1:45 Saturday Movie Matinee 2:00 Tex Weir- FC 3:00 Bingo- AS 7:00 Saturday Night Movie
15 9:00 Morning News- FC 11:00 First Baptist Church-GR 1:45 Afternoon Movie 3:15 Mt. Rose Presbyterian- GR 3:00 Bingo- AS 7:00 Sunday Night Movie	16 8:45 Daily Chronicles 9:00 Morning Stretch 10:30 Reno PBS Project 1:00 Cribbage- M 1:00 Scenic Drive (Verdi) 1:30 Pet Therapy/ Raylan 2:00 Bridge Group- GR 3:00 Bingo- AS	17 9:00 Morning Stretch 10:00 The Great Courses 10:30 Flower Arranging 10:30 Support Group- GR 2:00 Flute Ensemble 3:00 Bingo- AS 3:30 St. Patrick's Party 6:30 Chess Group- AS St. Patrick's Day	18 9:00 Morning Stretch 10:15 Pet Therapy/ Yuki 10:00 Sight Loss Group 1:30 Artist's Afternoon 2:00 Bible Study- M 2:00 John Rand- FC 6:30 Big Band Music-LS	19 10:00 Catholic Communion-GR 10:00 The Great Courses 10:30 Word Games- AS 1:15 Trivia Time- FC 2:00 Bridge Group- M 2:00 PET FASHION SHOW 3:00 Bingo- AS	20 9:30 Shopping Trip: Walmart 10:30 Support Group- GR 1:15 Arts & Crafts- AS 3:00 Bingo- AS 4:30 Erev Shabbat Service-GR 7:00 Classic Movie Night Spring Begins	21 9:00 Morning News 9:00 Tech Support- LS 10:00 Getting Crafty- AS 1:45 Saturday Matinee 2:00 Bluegrass Association-FC 3:00 Bingo- AS 7:00 Saturday Night Movie
22 9:00 Morning News- FC 11:00 First Baptist Church-GR 1:45 Afternoon Movie 2:30 Latter-Day Saints-M 3:00 Bingo- AS 7:00 Sunday Night Movie	23 8:45 Daily Chronicles 9:00 Morning Stretch 10:30 Reno PBS Project 1:00 Cribbage- M 2:00 Bridge Group- GR 3:00 Bingo- AS	24 9:00 Morning Stretch 10:00 The Great Courses 10:00 Pet Therapy/ Ernie 10:30 Support Group- GR 2:00 DINING TOWNHALL 3:00 Bingo- AS 3:30 Happy Hour/Karaoke 6:30 Chess Group- AS	25 9:00 Morning Stretch 10:15 Pet Therapy/ Yuki 10:00 Sight Loss Group 1:30 Artist's Afternoon 2:00 Bible Study- M 2:00 March Birthday Bash w/ John Palmore- FC	26 10:00 Catholic Communion-GR 10:00 The Great Courses 10:30 Word Games- AS 11:00 Lunch Outing: Panera 1:15 Trivia Time- FC 2:00 Bridge Group- M 3:00 Bingo- AS	27 9:00 Morning Stretch 9:30 Shopping Trip: Costco 10:30 Support Group- GR 1:15 Arts & Crafts- AS 3:00 Bingo- AS 4:30 Erev Shabbat Service-GR 7:00 Classic Movie Night	28 9:00 Morning News 9:00 Tech Support- LS 10:00 Getting Crafty- AS 1:45 Saturday Matinee 2:00 Name That Tune-LS 3:00 Bingo- AS 7:00 Saturday Night Movie
29 9:00 Morning News- FC 11:00 First Baptist Church-GR 1:45 Afternoon Movie 3:00 Bingo- AS 7:00 Sunday Night Movie Palm Sunday	30 8:45 Daily Chronicles 9:00 Morning Stretch 10:30 Reno PBS Project 1:00 Cribbage-M 2:00 Bridge Group- GR 3:00 Bingo- AS	31 9:00 Morning Stretch 10:00 The Great Courses 10:30 Flower Arranging 10:30 Support Group- GR 1:15 Table Games- FC 3:00 Bingo- AS 3:30 Happy Hour/Karaoke 6:30 Chess Group- AS				

March 2026



Cascades of the Sierra- 275 Neighborhood Way Sparks, NV 89441 (775) 424-5400

* Activities are subject to change based on the interests and requests of our residents.