August 2026

Cascades Of Bend Assisted Liv

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **9:30am** Exercise **10:00am** Puzzle Corner **1:00pm** Bean Bag Toss **2:00pm** Sing Along **3:30pm** Before Dinner Stretch **6:00pm** The Andy Griffith Show
2 **9:30am** Exercise **10:00am** Spiritual Eldercare **10:30am** Noodle Ball **1:00pm** Creative Coloring **2:00pm** Crossword Corner **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	3 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Coffee Cart & Music **1:30pm** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	4 **9:30am** Exercise **10:30am** Noodle Ball **1:00pm** Pie Making **2:00pm** Spiritual Hour With Ken **3:30pm** Sit & Be Fit **6:00pm** Johnny Carson Show	5 **9:30am** Exercise **10:00am** Bingo **1:30pm** Musical Stretch With Del & AAFC **2:30pm** Pattern Cards **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	6 **9:30am** Exercise **10:30am** Watercolor Fun **1:30pm** Chair Zumba With Del & AAFC **2:30pm** Noodle Ball **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	7 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** Courtyard Conversation **2:00pm** Live Music With Paul Eddy **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	8 **9:30am** Exercise **10:00am** Puzzle Corner **1:00pm** Bean Bag Toss **2:00pm** Sing Along **3:30pm** Before Dinner Stretch **6:00pm** The Andy Griffith Show
9 **9:30am** Exercise **10:00am** Spiritual Eldercare **10:30am** Noodle Ball **1:00pm** Creative Coloring **2:00pm** Crossword Corner **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	10 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Coffee Cart & Music **1:30pm** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	11 **9:30am** Exercise **10:30am** Bean Bag Toss **1:00pm** Create Your Own Trail Mix **2:00pm** Spiritual Hour With Ken **3:30pm** Sit & Be Fit **6:00pm** Johnny Carson Show	12 **9:30am** Exercise **10:00am** Bingo **1:30pm** Musical Stretch With Del & AAFC **2:00pm** Jerry and Sue Birthday Party **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	13 **9:30am** Exercise **10:30am** Canvas Painting **1:30pm** Chair Zumba With Del & AAFC **2:30pm** Noodle Ball **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	14 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** Courtyard Conversation **1:30pm** Laura's Birthday Party **2:00pm** Live Music With Kenny **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	15 **9:30am** Exercise **10:00am** Puzzle Corner **1:00pm** Johns Birthday Party **2:00pm** Sing Along **3:30pm** Before Dinner Stretch **6:00pm** The Andy Griffith Show
16 **9:30am** Exercise **10:00am** Spiritual Eldercare **10:30am** Noodle Ball **1:00pm** Creative Coloring **2:00pm** Crossword Corner **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	17 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Coffee Cart & Music **1:30pm** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	18 **9:30am** Exercise **10:30am** Noodle Ball **1:00pm** Let's Make Cookies **2:00pm** Spiritual Hour With Ken **3:30pm** Sit & Be Fit **6:00pm** Johnny Carson Show	19 **9:30am** Exercise **10:00am** Bingo **1:00pm** Bird Feeder Craft **1:30pm** Musical Stretch With Del & AAFC **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	20 **9:30am** Exercise **10:30am** Pattern Cards **1:30pm** Chair Zumba With Del & AAFC **2:00pm** Helen's Big Birthday Bash **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	21 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** Courtyard Conversation **2:00pm** Banana Split Social **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	22 **9:30am** Exercise **10:00am** Puzzle Corner **1:00pm** Bean Bag Toss **2:00pm** Sing Along **3:30pm** Before Dinner Stretch **6:00pm** The Andy Griffith Show
23 **9:30am** Exercise **10:00am** Spiritual Eldercare **10:30am** Noodle Ball **1:00pm** Creative Coloring **2:00pm** Crossword Corner **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	24 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Coffee Cart & Music **1:30pm** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	25 **9:30am** Exercise **10:30am** Bean Bag Toss **1:00pm** Baking Club Dump Cake **2:00pm** Spiritual Hour With Ken **3:30pm** Sit & Be Fit **6:00pm** Johnny Carson Show	26 **9:30am** Exercise **10:00am** Bingo **1:00pm** Flower Arranging **1:30pm** Musical Stretch With Del & AAFC **2:00pm** Magic Show **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	27 **9:30am** Exercise **10:30am** Making Hand Fans **1:30pm** Chair Zumba With Del & AAFC **2:30pm** Noodle Ball **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	28 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** Courtyard Conversation **2:00pm** Popsicles On The Patio **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	29 **9:30am** Exercise **10:00am** Puzzle Corner **1:00pm** Bean Bag Toss **2:00pm** Sing Along **3:30pm** Before Dinner Stretch **6:00pm** The Andy Griffith Show
30 **9:30am** Exercise **10:00am** Spiritual Eldercare **10:30am** Noodle Ball **1:00pm** Creative Coloring **2:00pm** Crossword Corner **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	31 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Coffee Cart & Music **1:30pm** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show					

Happy Birthday!

Jerry H. - 12th
Sue B. - 12th
Bill C. - 13th
Laura P. - 14th
John N. - 15th
Kevan H. - 17th
Helen L. - 20th
Carolyn W. - 28th
Diane P. - 30th
Judith M. - 30th