November 2026

Cascades of Bend Assisted Living And Memory Care Community
1801 N.E. Lotus Drive, Bend OR, 97701 (541) 389-0046

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Cascade Horizon Band Concert **1:00pm** Rummikub-Resident Run **2:00pm** Bingo **2:30pm** Bible Study With Ken **6:00pm** Resident Run Games	2 **9:00am** Be Balanced **10:00am** Seated Yoga with Del & AAF **10:30am** Wii Bowling **1:00pm** Ax Throwing **1:00pm** Rummikub **2:30pm** Armchair Travels **6:00pm** Mexican Train-Resident Run	3 **9:00am** Be Balanced **9:30am** Bi-Mart Shopping **10:00am** Chair Yoga With Jill **10:30am** Wii Bowling **2:00pm** South Side Shopping **2:00pm** Spiritual Hour With Ken **2:30pm** Bingo **6:00pm** Tile Rummy	4 **9:00am** Be Balanced **10:00am** Music & Movement With Del & AAFC **10:30am** Wii Bowling **2:30pm** Words Within Words **6:30pm** Resident Run Games	5 **9:00am** Be Balanced **10:00am** Chair Yoga With Jill **10:30am** Wii Bowling **1:30pm** Cardio Drumming With Del **2:30pm** Scarecrow Craft **6:00pm** Tile Rummy	6 **9:00am** Be Balanced **10:00am** Wii Bowling **11:30am** Lunch Outing Jakes Diner **2:30pm** Documentary: Dolly Parton's Life **6:00pm** Resident Run Games	7 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Noodle Ball **2:00pm** Baking Club **6:00pm** Mexican Train-Resident Run
8 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Rummikub-Resident Run **2:00pm** Bingo **2:30pm** Bible Study With Ken **6:00pm** Resident Run Games	9 **9:00am** Be Balanced **10:00am** Seated Yoga with Del & AAF **10:30am** Wii Bowling **1:00pm** Ax Throwing **1:00pm** Rummikub **2:30pm** Armchair Travels **6:00pm** Mexican Train-Resident Run	10 **9:00am** Be Balanced **9:30am** Safeway Shopping **10:00am** Chair Yoga With Jill **10:30am** Wii Bowling **2:00pm** North Side Shopping **2:00pm** Spiritual Hour With Ken **2:30pm** Bingo **6:00pm** Tile Rummy	11 **9:00am** Be Balanced **10:00am** Veteran's Presentation By Bristol Hospice **1:00pm** Music & Movement With Del & AAFC **1:00pm** Rummikub **2:30pm** Words Within Words **6:30pm** Resident Run Games	12 **9:00am** Be Balanced **10:00am** Chair Yoga With Jill **10:30am** Wii Bowling **1:30pm** Cardio Drumming With Del **2:00pm** Unsung Heros, Birds and War Presentation **6:00pm** Tile Rummy	13 **9:00am** Be Balanced **10:30am** Wii Bowling **11:30am** Lunch Outing Worthy Brewing **2:30pm** Happy Hour With Sean & Kelly **6:00pm** Resident Run Games	14 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Noodle Ball **2:00pm** Baking Club **6:00pm** Mexican Train-Resident Run
15 **9:00am** Be Balanced **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Rummikub-Resident Run **2:00pm** Bingo **2:30pm** Bible Study With Ken **6:00pm** Resident Run Games	16 **9:00am** Be Balanced **10:00am** Seated Yoga with Del & AAF **10:30am** Wii Bowling **1:00pm** Ax Throwing **1:00pm** Rummikub **2:30pm** Armchair Travels **6:00pm** Mexican Train-Resident Run	17 **9:00am** Be Balanced **9:30am** Wal-Mart Shopping **10:00am** Chair Yoga With Jill **10:30am** Wii Bowling **2:00pm** South Side Shopping **2:00pm** Spiritual Hour With Ken **2:30pm** Bingo **6:00pm** Tile Rummy	18 **9:00am** Be Balanced **10:00am** Music & Movement With Del & AAFC **10:30am** Wii Bowling **2:30pm** Words Within Words **6:30pm** Resident Run Games	19 **9:00am** Be Balanced **10:00am** Chair Yoga With Jill **10:30am** Wii Bowling **1:30pm** Cardio Drumming With Del **4:00pm** Friends And Family Harvest Dinner **6:00pm** Tile Rummy	20 **9:00am** Be Balanced **10:30am** Wii Bowling **11:30am** Lunch Outing Baldy's Bbq **2:30pm** Happy Hour Sing A Long With Bill **6:00pm** Resident Run Games	21 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Noodle Ball **2:00pm** Baking Club **6:00pm** Mexican Train-Resident Run
22 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Rummikub-Resident Run **2:00pm** Bingo **2:30pm** Bible Study With Ken **6:00pm** Resident Run Games	23 **9:00am** Be Balanced **10:00am** Seated Yoga with Del & AAF **10:30am** Wii Bowling **1:00pm** Ax Throwing **1:00pm** Rummikub **2:30pm** Armchair Travels **6:00pm** Mexican Train-Resident Run	24 **9:00am** Be Balanced **9:30am** Costco Shopping **10:00am** Chair Yoga With Jill **10:30am** Wii Bowling **2:00pm** North Side Shopping **2:00pm** Spiritual Hour With Ken **2:30pm** Bingo **6:00pm** Tile Rummy	25 **9:00am** Be Balanced **10:00am** Music & Movement With Del & AAFC **10:30am** Wii Bowling **2:30pm** Words Within Words **6:30pm** Resident Run Games	26 **10:00am** Resident Led Wii Bowling **11:00am** Macy's Thanksgiving Day Parade **1:00pm** Chicago Bears vs. Detroit Lions NFL **4:30pm** Philadelphia Eagles vs. Dallas Cowboys **6:00pm** Tile Rummy	27 **9:00am** Be Balanced **10:30am** Wii Bowling **11:30am** Lunch Outing El Caporal **2:30pm** Cookies and Trivia **6:00pm** Resident Run Games	28 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Noodle Ball **2:00pm** Baking Club **6:00pm** Mexican Train-Resident Run
29 **9:00am** Be Balanced **10:30am** Wii Bowling **1:00pm** Rummikub-Resident Run **2:00pm** Bingo **2:30pm** Bible Study With Ken **6:00pm** Resident Run Games	30 **9:00am** Be Balanced **10:00am** Seated Yoga with Del & AAF **10:30am** Wii Bowling **1:00pm** Ax Throwing **1:00pm** Rummikub **2:30pm** Armchair Travels **6:00pm** Mexican Train-Resident Run					