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 **9:30am** 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	2 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	3 **9:30am** Exercise **1:00pm** Spiritual Hour With Ken **2:00pm** Baking Pumpkin Bars **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	4 **9:30am** Exercise **10:00am** Bingo **10:30am** Musical Stretch With Del & AAFC **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	5 **9:30am** Exercise **1:30pm** Chair Zumba With Del & AAFC **2:00pm** Wood Round Art **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	6 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** Turkey Bowling **2:00pm** Pie Social **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	7 **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
8 **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	9 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	10 **9:30am** Exercise **1:00pm** Spiritual Hour With Ken **2:00pm** Baking Magic Squares **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	11 **9:30am** Exercise **10:00am** Bingo **10:30am** Musical Stretch With Del & AAFC **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	12 **9:30am** Exercise **10:00am** Turkey Door Hangers **1:30pm** Chair Zumba With Del & AAFC **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	13 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** Thanksgiving Crossword **2:00pm** Hot Cocoa and Cookies **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	14 **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
15 **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	16 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	17 **9:30am** Exercise **1:00pm** Spiritual Hour With Ken **2:00pm** Baking Pumpkin Cookies **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	18 **9:30am** Exercise **10:00am** Bingo **10:30am** Musical Stretch With Del & AAFC **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	19 **9:30am** Exercise **1:30pm** Chair Zumba With Del & AAFC **2:00pm** Thankful Leaves **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	20 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** Thanksgiving Trivia **2:00pm** Root Beer Float Social **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	21 **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
22 **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	23 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show	24 **9:30am** Exercise **1:00pm** Spiritual Hour With Ken **2:00pm** Baking Pies **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	25 **9:30am** Exercise **10:00am** Bingo **10:30am** Musical Stretch With Del & AAFC **3:00pm** Memory Lane Movies **6:00pm** Jeopardy	26 **9:30am** Exercise **11:00am** Macy's Thanksgiving Day Parade **2:00pm** Fall Leaf Craft **3:00pm** Sing Along With Friends **6:00pm** Carol Burnett Show	27 **9:30am** Exercise **10:00am** Finish The Phrase **1:00pm** This or That **2:00pm** Cinnamon Roll Social **3:30pm** Before Dinner Stretch **6:00pm** Johnny Carson Show	28 **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
29 **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	30 **9:30am** Exercise **10:00am** Scenic Drive **10:30am** Musical Stretch With Del & AAFC **2:00pm** Armchair Travels **3:30pm** Before Dinner Stretch **6:00pm** Dean Martin Show					