




Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p>Abbreviation Key</p> <ul style="list-style-type: none"> 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>Doctor Appointments</p> <p><i>Please sign-up at Concierge's Desk</i></p> <p>Wednesdays 8:00am to 5:00pm</p> <p>Thursdays 8:00am to 3:00pm</p>			
	<p>1</p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Zumba With Lilly AR</p> <p>1:30 10,000 Dice L</p> <p>2:00 Rummikub L</p> <p>2:30 Ax Throwing In The Courtyard CY</p> <p>6:00 Resident Choice Board Games^{RR} L</p>	<p>2</p> <p>9:00 Be Balanced AR</p> <p>9:30 Bi-Mart Shopping*\$</p> <p>10:00 Chair Yoga AR</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Spiritual Hour LR</p> <p>With Ken</p> <p>2:00 South SideShopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Movie^{RR}</p>	<p>3</p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Stretch Wednesday AR</p> <p>Steel Feather Fitness</p> <p>2:30 Rummikub L</p> <p>2:30 Corn Hole On The CY</p> <p>Patio</p> <p>6:00 Resident Choice Board Games^{RR} L</p>	<p>Happy 4th of July 4</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 No Money Poker L</p> <p>2:30 4th Of July Celebration On The Patio CY</p> <p>6:00 Tile Rummy^{RR} L</p> <p>10:00 Bend Fireworks Show From The Top Of Pilot Butte CY</p>	<p>5</p> <p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Rummikub L</p> <p>2:30 Rootbeer Float Social L</p> <p>6:00 Resident Choice Movie^{RR} LR</p>	<p>6</p> <p>9:00 Be Balanced AR</p> <p>10:00 Noodle Ball AR</p> <p>10:30 Wii Bowling L</p> <p>12:30 Go For A Stroll With Karen</p> <p>1:00 Armchair Travels LR</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Board Games^{RR} L</p>	
	<p>7</p> <p>9:00 Be Balanced AR</p> <p>10:00 Journey Church Channel 11</p> <p>10:00 Sit & Be Fit AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Tile Rummy L</p> <p>2:00 Baking Club AR</p> <p>6:00 Resident Choice Card Game^{RR} L</p>	<p>8</p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Zumba With Lilly AR</p> <p>1:30 10,000 Dice L</p> <p>2:30 Rummikub L</p> <p>2:30 Ax Throwing In The Courtyard CY</p> <p>6:00 Resident Choice Board Games^{RR} L</p>	<p>9</p> <p>9:00 Be Balanced AR</p> <p>9:30 Safeway Shopping*\$</p> <p>10:00 Chair Yoga AR</p> <p>10:30 Wii Bowling AR</p> <p>1:00 Spiritual Hour LR</p> <p>With Ken</p> <p>2:00 North SideShopping*\$</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Movie^{RR} LR</p>	<p>10</p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Stretch Wednesday AR</p> <p>Steel Feather Fitness</p> <p>2:00 Rummikub L</p> <p>2:30 Corn Hole On The CY</p> <p>Patio</p> <p>6:00 Resident Choice Board Games^{RR} L</p>	<p>11</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p>With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 No Money Poker L</p> <p>4:00 & 5:30 Friends and Family All American BBQ FD</p> <p>6:00 Tile Rummy^{RR} L</p>	<p>12</p> <p>9:00 Be Balanced AR</p> <p>10:00 Mindful Relaxation AR</p> <p>10:30 Wii Bowling L</p> <p>11:30 Lunch Outing Sunriver Brewing East Side*\$</p> <p>1:00 Rummikub L</p> <p>2:30 Banana Split Social L</p> <p>6:00 Resident Choice Movie^{RR} LR</p>	<p>13</p> <p>9:00 Be Balanced AR</p> <p>10:00 Noodle Ball AR</p> <p>10:30 Wii Bowling L</p> <p>12:30 Go For A Stroll With Karen</p> <p>1:00 Armchair Travels LR</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice Board Games^{RR} L</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">14</p> <p>9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Tile Rummy L 2:00 Baking Club AR 6:00 Resident Choice Card Game^{RR} L</p>	<p style="text-align: right;">15</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Zumba With Lilly AR 1:30 10,000 Dice L 2:30 Rummikub L 2:30 Ax Throwing In The Courtyard CY 6:00 Resident Choice Board Games^{RR} L</p>	<p style="text-align: right;">16</p> <p>9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice Movie^{RR}</p>	<p style="text-align: right;">17</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Stretch Wednesday AR Steel Feather Fitness 2:00 Telescope Guy LR 2:30 Rummikub L 6:00 Resident Choice Board Games^{RR} L</p>	<p style="text-align: right;">18</p> <p>9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 No Money Poker L 2:30 Tie Dye Shirts* AR 6:00 Tile Rummy^{RR} L</p>	<p style="text-align: right;">19</p> <p>9:00 Be Balanced AR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:30 Lunch Outing Double Happiness*\$ 1:00 Rummikub L 2:30 Happy Hour With Arloa And Friends L 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">20</p> <p>9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With Karen 1:00 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice Board Games^{RR} L</p>
<p style="text-align: right;">21</p> <p>9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Tile Rummy L 2:00 Baking Club AR 6:00 Resident Choice Card Game^{RR} L</p>	<p style="text-align: right;">22</p> <p>9:00 Be Balanced AR 9:00 Casino Outing Indian Head Casino*\$ 10:30 Wii Bowling L 1:00 Zumba With Lilly AR 1:30 Dice: 10,000 L 2:30 Rummikub AR 2:30 Ax Throwing In The Courtyard CY 6:00 Resident Choice Board Games L</p>	<p style="text-align: right;">23</p> <p>9:00 Be Balanced AR 9:30 Dollar Tree Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Resident Council LR 2:00 Spiritual Hour LR With Ken 2:00 North Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">24</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Stretch Wednesday AR Steel Feather Fitness 2:00 Rummikub L 2:30 Corn Hole On The Patio CY 6:00 Resident Choice Board Games^{RR} L</p>	<p style="text-align: right;">25</p> <p>9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 No Money Poker L 2:30 Making Homemade Dog Treats For Humane Society AR 6:00 Tile Rummy^{RR} L</p>	<p style="text-align: right;">26</p> <p>9:00 Be Balanced AR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:30 Lunch Outing Brand 44 North*\$ 1:00 Rummikub L 2:30 Happy Hour With Paul Eddy L 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">27</p> <p>9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With Karen 1:00 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice Board Games^{RR} L</p>
<p style="text-align: right;">28</p> <p>9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Tile Rummy L 2:00 Baking Club AR 6:00 Resident Choice Card Game^{RR} L</p>	<p style="text-align: right;">29</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Zumba With Lilly AR 1:30 10,000 Dice L 2:30 Rummikub L 2:30 Ax Throwing In The Courtyard CY 6:00 Resident Choice Board Games^{RR} L</p>	<p style="text-align: right;">30</p> <p>9:00 Be Balanced AR 9:30 Bi-Mart Shopping*\$ 10:30 Wii Bowling AR 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice Movie^{RR}</p>	<p style="text-align: right;">31</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Stretch Wednesday AR Steel Feather Fitness 2:00 Rummikub L 2:30 Corn Hole On The Patio CY 6:00 Resident Choice Board Games^{RR} L</p>	 <h2 style="color: red; font-family: serif; text-align: center;">HAPPY BIRTHDAY</h2> <p style="color: red; font-size: 1.2em;"> Nola W. 07/05 Yvonne K. 07/11 Helen B. 07/06 Mike N. 07/25 Nila F. 07/06 Terry H. 07/30 </p>		