
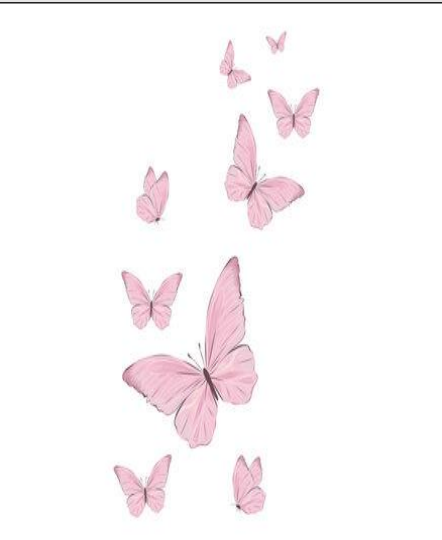


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive;">August</h1>				1 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 Ceramic Magnet AR Craft 6:00 Tile Rummy ^{RR} L	2 9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Pasino Pizza Lunch Outing* ^{\$} 1:00 Rummikub L 2:30 Happy Hour With Sean Alan L 6:00 Resident Choice LR Movie ^{RR}	3 9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With With Karen 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice L Board Games ^{RR}
4 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 L Card Game ^{RR}	5 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Zumba With Lilly AR 1:30 10,000 Dice L 2:00 Rummikub L 2:30 Ax Throwing In The Courtyard CY 6:00 Resident Choice L Board Games ^{RR}	6 9:00 Be Balanced AR 9:30 Safeway Shopping* ^{\$} 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR With Ken 2:00 North SideShopping* ^{\$} 2:30 Bingo AR 6:00 Resident Choice LR Movie ^{RR}	7 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 L Board Games ^{RR}	8 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 Soap Making AR 6:00 Tile Rummy ^{RR} L	9 9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Lunch Outing Pastini* ^{\$} 1:00 Rummikub L 2:30 Words Within L Words Social 6:00 Resident Choice LR Movie ^{RR}	10 9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With With Karen 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice L Board Games ^{RR}
11 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 L Card Game ^{RR}	12 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Zumba With Lilly AR 1:30 10,000 Dice L 2:00 Rummikub L 2:30 Ax Throwing In The Courtyard CY 6:00 Resident Choice L Board Games ^{RR}	13 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 With Ken 2:00 South SideShopping* ^{\$} 2:30 Bingo AR 6:00 Resident Choice Movie ^{RR}	14 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Stretch Wednesday AR Steel Feather Fitness 2:30 Rummikub L 2:30 Corn Hole On The Patio AR 6:00 Resident Choice L Board Games ^{RR}	15 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 Marbled Paper Craft AR 6:00 Tile Rummy ^{RR} L	16 9:00 Be Balanced AR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:30 Lunch Outing Worthy Brewing* ^{\$} 1:00 Rummikub L 2:30 New Resident Meet & Greet L 6:00 Resident Choice LR Movie ^{RR}	17 9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With With Karen 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice L Board Games ^{RR}

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">18</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 style="text-align: right;">19</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 style="text-align: right;">20</p> <p>9:00 Be Balanced AR</p> <p>9:30 Dollar Store Shopping*[§]</p> <p>10:00 Chair Yoga AR</p> <p style="padding-left: 20px;">With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 Spiritual Hour LR</p> <p style="padding-left: 20px;">With Ken</p> <p>2:00 North Side Shopping*[§]</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice LR</p>	<p style="text-align: right;">21</p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Stretch Wednesday AR</p> <p style="padding-left: 20px;">Steel Feather Fitness</p> <p>2:00 Telescope Guy LR</p> <p style="padding-left: 20px;">Presentation</p> <p>3:00 Corn Hole On The AR</p> <p style="padding-left: 20px;">Patio</p> <p>6:00 Resident Choice L</p> <p style="padding-left: 20px;">Board Games^{RR}</p>	<p style="text-align: right;">22</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p style="padding-left: 20px;">With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 No Money Poker L</p> <p>4:00 & 5:30</p> <p style="padding-left: 20px;">End Of Summer Bash Friends And Family Event</p> <p>6:00 Tile Rummy^{RR} L</p>	<p style="text-align: right;">23</p> <p>9:00 Be Balanced AR</p> <p>9:00 Outing To Indian Head Casino*[§]</p> <p>10:30 Wii Bowling L</p> <p>1:30 Cornhole AR</p> <p>2:30 Happy Hour With Paul Eddy L</p> <p>6:00 Resident Choice LR</p> <p style="padding-left: 20px;">Movie</p>	<p style="text-align: right;">24</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>1:15 Armchair Travels LR</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice L</p> <p style="padding-left: 20px;">Board Games^{RR}</p>
<p style="text-align: right;">25</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 style="padding-left: 20px;">Movie</p>	<p style="text-align: right;">26</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 style="text-align: right;">27</p> <p>9:00 Be Balanced AR</p> <p>9:30 Bi-Mart Shopping*[§]</p> <p>10:00 Chair Yoga AR</p> <p style="padding-left: 20px;">With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 Resident Council LR</p> <p>1:30 Chef Chat LR</p> <p>2:00 Spiritual Hour LR</p> <p style="padding-left: 20px;">With Ken</p> <p>2:00 South Side Shopping*[§]</p> <p>2:30 Bingo AR</p>	<p style="text-align: right;">28</p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>1:00 Stretch Wednesday AR</p> <p style="padding-left: 20px;">Steel Feather Fitness</p> <p>2:30 Rummikub L</p> <p>2:30 Corn Hole On The CY</p> <p style="padding-left: 20px;">Patio</p> <p>6:00 Resident Choice L</p> <p style="padding-left: 20px;">Board Games^{RR}</p>	<p style="text-align: right;">29</p> <p>9:00 Be Balanced AR</p> <p>10:00 Chair Yoga AR</p> <p style="padding-left: 20px;">With Jill</p> <p>10:30 Wii Bowling L</p> <p>1:00 No Money Poker L</p> <p>2:30 Baking With Kelly AR</p> <p>6:00 Tile Rummy^{RR} L</p>	<p style="text-align: right;">30</p> <p>9:00 Be Balanced AR</p> <p>10:30 Wii Bowling L</p> <p>11:00 Lunch Outing River's Place Food Truck*[§]</p> <p>1:30 Cornhole AR</p> <p>2:30 August Birthday Celebration & Rootbeer Float Social L</p> <p>6:00 Resident Choice LR</p> <p style="padding-left: 20px;">Movie^{RR}</p>	<p style="text-align: right;">31</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>1:15 Armchair Travels LR</p> <p>2:30 Bingo AR</p> <p>6:00 Resident Choice L</p> <p style="padding-left: 20px;">Board Games^{RR}</p>



Abbreviation Key

- 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

Doctor Appointments

Please sign-up at Concierge's Desk

Wednesdays
8:00am to 5:00pm.

Thursdays
8:00am to 3:00pm

Happy Birthday

Sue B. 8/12

Kevan H. 8/17

Carleen M. 8/24

Bill C. 8/13

Helen L. 8/20

Carolyn W. 8/28

Marti S. 8/16

Na ncy W. 8/22

Sandy M. 8/31