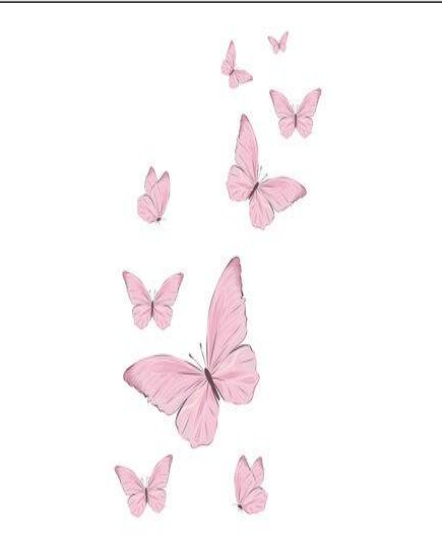
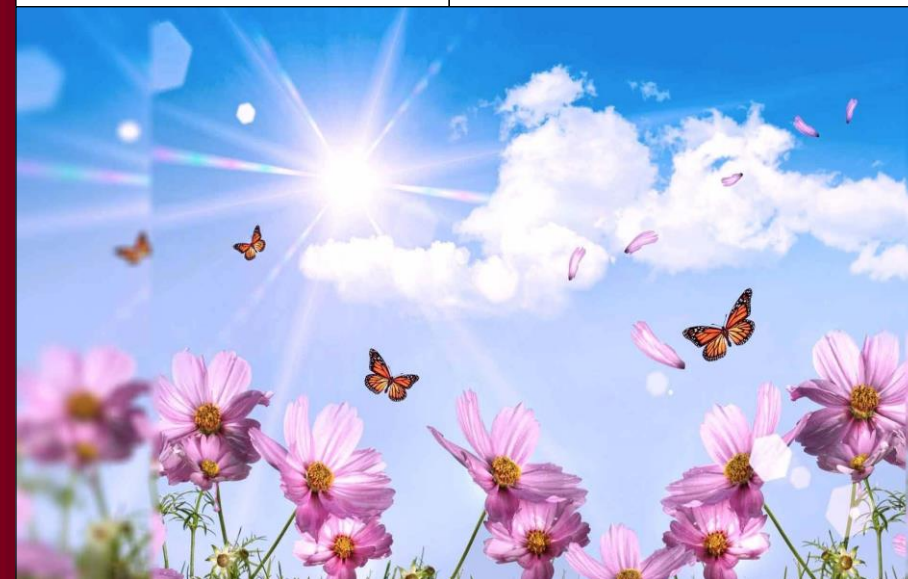


Cascades of Bend

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|---|
|  <h1 style="font-family: cursive;">August</h1> | | |  | 1 | 2 | 3 |
| | | | | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Craft: Flower Arranging 2:00 Garden Chat 2:30 Stretch Yoga 3:00 Name That Tune | 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Pictionary 10:30 Snack and Hydrate 2:00 Lemonade Social 2:30 Musical Stretching 7:00 Movie of Choice | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 2:00 Snack & Hydrate 2:30 Musical Stretching |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:00 Garden Chat 2:30 Walking Group 3:00 Creative Coloring 5:30 Movie of Choice | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Swatter Ball 2:00 Snack & Hydrate 2:30 Ice Cream Outing 3:30 Before Dinner Stretch 5:30 Hand Massages | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Noodleball 2:00 Snack & Hydrate 2:30 Baking: Pies 3:30 Trivia Time 7:00 Aromatherapy | 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 2:30 Snack and Hydrate 3:30 Walking Club 7:00 Wheel of Fortune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Bean Bag Toss 2:00 Craft: Window Cling 2:30 Stretch Yoga 3:00 Name That Tune | 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Walking Club 10:30 Snack and Hydrate 2:00 Banana Split Social 2:30 Musical Stretching 7:00 Movie of Choice | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Swatterball 2:00 Snack & Hydrate 2:30 Musical Stretching 5:30 Aromatherapy |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:00 Garden Chat 2:30 Noodleball 3:00 Creative Coloring 5:30 Movie of Choice | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Outing To Crescent Moon Alpaca Ranch 2:00 Snack & Hydrate 2:30 Creative Coloring 3:30 Chair Zumba | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Baking: Cookies 2:00 Snack & Hydrate 2:30 Armchair Travels 3:30 Trivia Time 7:00 Aromatherapy | 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 2:30 Snack and Hydrate 3:30 Walking Club 7:00 Wheel of Fortune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 NoodleBall 2:00 Craft: Rock Painting 2:30 Stretch Yoga 3:00 Name That Tune | 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Swatterball 10:30 Snack and Hydrate 2:00 Milkshake Social 2:30 Musical Stretching 7:00 Movie of Choice | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Walking Club 2:00 Snack & Hydrate 2:30 Musical Stretching 5:30 Trivia Time |

Cascades of Bend

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|--|
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:00 Pictionary 2:30 Walking Group 3:00 Creative Coloring 5:30 Movie of Choice | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Pine Nursery Park Picnic 2:00 Snack & Hydrate 2:30 Noodle Ball 3:30 Chair Zumba 7:00 Aromatherapy | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Baking: Dirt Cake 2:00 Snack & Hydrate 2:30 Armchair Travels 3:30 Trivia Time 7:00 Aromatherapy | 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Telescope Guy Presentation 2:30 Bingo 3:30 Snack and Hydrate 3:30 Walking Club 7:00 Wheel of Fortune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Parachute Game 2:00 Nancy's Birthday Social 2:30 Stretch Yoga 3:00 Name that Tune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Garden Chat 2:00 Music With Paul Eddy 2:30 Cookies and Milk Social 4:00 Name That Tune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Garden Walk 2:00 Snack & Hydrate 2:30 Musical Stretching 5:30 Creative Coloring |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:00 Swatterball 2:30 3:00 Creative Coloring 5:30 Movie of Choice | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Swatter Ball 2:00 Snack & Hydrate 2:30 Chair Zumba 3:30 Trivia Time | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Rice Krispy Treats 2:00 Snack & Hydrate 2:30 Armchair Travels 3:30 Trivia Time 7:00 Aromatherapy | 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 3:30 Walking Club 7:00 Wheel of Fortune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Craft: Bird Houses 2:00 Bean Bag Toss 2:30 Stretch Yoga 3:00 Name that Tune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Bean Bag Toss 2:00 Coffee and Tea Social 2:30 Musical Stretching 4:00 Name that Tune | 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Parachute Game 2:00 Snack & Hydrate 2:30 Musical Stretching 5:30 Puzzle Time |



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 Birthda

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

Nancy W. 8/22

Sandy M. 8/31