




# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
 <h1 style="color: red; font-size: 4em; margin-left: 100px;">July</h1>			<p style="text-align: center;"><u>Abbreviation Key</u></p> <p>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>	<p style="text-align: center;"><u>Doctor Appointments</u></p> <p style="text-align: center;"><i>Please sign-up at Concierge's Desk</i></p> <p style="text-align: center;"><b>Wednesdays</b> 8:00am to 5:00pm</p> <p style="text-align: center;"><b>Thursdays</b> 8:00am to 3:00pm</p>				
	<p style="text-align: right;"><b>1</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Scenic Drive  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Home Project  <b>3:30</b> Trivia Time  <b>7:00</b> Aromatherapy</p>	<p style="text-align: right;"><b>2</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Swatter Ball  <b>2:00</b> Musical Stretching  <b>3:00</b> Armchair Travels  <b>5:30</b> Movie of Choice</p>	<p style="text-align: right;"><b>3</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:30</b> Snack and Hydrate  <b>2:00</b> Making Cupcakes  <b>3:30</b> Walking Club  <b>7:00</b> Wheel of Fortune</p>	<p style="text-align: right;"><b>Happy 4<sup>th</sup> of July 4</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Pictionary  <b>2:00</b> Popsicle's On The Patio  <b>2:30</b> Stretch Yoga  <b>4:00</b> Name That Tune  <b>10:00</b> Fireworks Show                From Pilot Butte</p>	<p style="text-align: right;"><b>5</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b> Scenic Drive  <b>10:30</b> Snack and Hydrate  <b>2:00</b> Creative Coloring  <b>2:30</b> Musical Stretching  <b>7:00</b> Movie of Choice</p>	<p style="text-align: right;"><b>6</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Noodle Ball  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Musical Stretching  <b>5:30</b> After Dinner Stretch</p>		
<p style="text-align: right;"><b>7</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b> Church Service                Ch. 9  <b>10:30</b> Snack and Hydrate  <b>2:00</b> Garden Chat  <b>2:30</b> Walking Group  <b>3:00</b> Creative Coloring  <b>5:30</b> Movie of Choice</p>	<p style="text-align: right;"><b>8</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Scenic Drive  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Home Project  <b>3:30</b> Trivia Time  <b>7:00</b> Aromatherapy</p>	<p style="text-align: right;"><b>9</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Swatter Ball  <b>2:00</b> Garden Talk  <b>3:00</b> Armchair Travels  <b>5:30</b> Movie of Choice</p>	<p style="text-align: right;"><b>10</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:30</b> Snack and Hydrate  <b>2:00</b> Creative Coloring  <b>3:30</b> Walking Club  <b>7:00</b> Wheel of Fortune</p>	<p style="text-align: right;"><b>11</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Noodle Ball  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Stretch Yoga  <b>4:00</b> All American BBQ                Friends And Family</p>	<p style="text-align: right;"><b>12</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b> Scenic Drive  <b>10:30</b> Snack and Hydrate  <b>2:00</b> Creative Coloring  <b>2:30</b> Musical Stretching  <b>7:00</b> Movie of Choice</p>	<p style="text-align: right;"><b>13</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Exercise &amp; Music  <b>10:00</b> Snack &amp; Hydrate  <b>10:30</b> Noodle Ball  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Musical Stretching  <b>5:30</b> After Dinner Stretch</p>		

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<b>14</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Church Service Ch. 9 <b>10:30</b> Snack and Hydrate <b>2:00</b> Garden Chat <b>2:30</b> Walking Group <b>3:00</b> Creative Coloring <b>5:30</b> Movie of Choice	<b>15</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Scenic Drive <b>2:00</b> Snack & Hydrate <b>2:30</b> Home Project <b>3:30</b> Trivia Time <b>7:00</b> Aromatherapy	<b>16</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Swatter Ball <b>2:00</b> July Birthday Party <b>3:00</b> Armchair Travels <b>5:30</b> Movie of Choice	<b>17</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:30</b> Snack and Hydrate <b>2:00</b> Garden Chat <b>2:00</b> Telescope Guy <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune	<b>18</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Pictionary <b>2:00</b> Snack & Hydrate <b>2:30</b> Stretch Yoga <b>4:00</b> Name That Tune	<b>19</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Scenic Drive <b>10:30</b> Snack and Hydrate <b>2:00</b> Creative Coloring <b>2:30</b> Musical Stretching <b>7:00</b> Movie of Choice	<b>20</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Noodle Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Musical Stretching <b>5:30</b> After Dinner Stretch
<b>21</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Church Service Ch. 9 <b>10:30</b> Snack and Hydrate <b>2:00</b> Garden Chat <b>2:30</b> Walking Group <b>3:00</b> Creative Coloring <b>5:30</b> Movie of Choice	<b>22</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Scenic Drive <b>2:00</b> Snack & Hydrate <b>2:30</b> Home Project <b>3:30</b> Trivia Time <b>7:00</b> Aromatherapy	<b>23</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Swatter Ball <b>2:00</b> Milkshake Social <b>3:00</b> Armchair Travels <b>5:30</b> Movie of Choice	<b>24</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:30</b> Snack and Hydrate <b>2:00</b> Bean Bag Toss <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune	<b>25</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Garden Chat <b>2:00</b> Snack & Hydrate <b>2:30</b> Stretch Yoga <b>4:00</b> Sing A Long	<b>26</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Scenic Drive <b>10:30</b> Snack and Hydrate <b>2:00</b> Creative Coloring <b>2:30</b> Musical Stretching <b>7:00</b> Movie of Choice	<b>27</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Noodle Ball <b>2:00</b> Snack & Hydrate <b>2:30</b> Musical Stretching <b>5:30</b> After Dinner Stretch
<b>28</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Church Service Ch. 9 <b>10:30</b> Snack and Hydrate <b>2:00</b> Garden Chat <b>2:30</b> Walking Group <b>3:00</b> Creative Coloring <b>5:30</b> Movie of Choice	<b>29</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Exercise & Music <b>10:00</b> Snack & Hydrate <b>10:30</b> Garden Club <b>2:00</b> Snack & Hydrate <b>2:30</b> Home Project <b>3:30</b> Trivia Time <b>7:00</b> Aromatherapy	<b>30</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:00</b> Snack & Hydrate <b>10:30</b> Swatter Ball <b>2:00</b> Musical Stretching <b>3:00</b> Armchair Travels <b>5:30</b> Movie of Choice	<b>31</b> <b>9:00</b> Daily Chronicles <b>9:30</b> Sit and Be Fit <b>10:30</b> Snack and Hydrate <b>2:00</b> Name That Tune <b>3:30</b> Walking Club <b>7:00</b> Wheel of Fortune	 <h2 style="color: red; font-family: serif; text-decoration: underline;">HAPPY BIRTHDAY</h2> <div style="display: flex; justify-content: space-around; color: red; font-weight: bold;"> <div style="text-align: left;"> <p>Nola W. 07/05</p> <p>Helen B. 07/06</p> <p>Nila F. 07/06</p> </div> <div style="text-align: left;"> <p>Yvonne K. 07/11</p> <p>Mike N. 07/25</p> <p>Terry H. 07/30</p> </div> </div>		