





# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			<p><b>Abbreviation Key</b></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><b>Doctor Appointments</b>            Please sign-up at Concierge's Desk</p> <p><b>Wednesdays</b>            8:00am to 5:00pm</p> <p><b>Thursdays</b>            8:00am to 3:00pm</p>				
<b>1</b>	<b>Labor Day 2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>		
<b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball LR <b>10:00</b> Journey Church Channel 11 <b>10:30</b> Wii Bowling L <b>1:00</b> Tile Rummy L <b>2:00</b> Baking Club AR <b>6:00</b> Resident Choice Card Game <sup>RR</sup> L	<b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> Dice:10,000 L <b>2:00</b> Rummikub L <b>2:30</b> Labor Day Trivia Social L <b>3:00</b> Corn Hole AR <b>6:00</b> Resident Choice Board Games <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>9:30</b> Safeway Shopping*\$ <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:00</b> Spiritual Hour LR With Ken <b>2:00</b> North Side Shopping*\$ <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Stretch Wednesday AR Steel Feather Fitness <b>2:00</b> Rummikub L <b>2:30</b> Words With Friends L <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> True Or False AR <b>1:00</b> No Money Poker AR <b>2:00</b> Fraud Prevention LR Presentation <b>3:00</b> Creative Coloring AR <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>9:00</b> Be Balanced FR <b>10:00</b> Mindful Relaxation AR <b>10:30</b> Wii Bowling L <b>11:30</b> Lunch Outing To Jakes*\$ <b>1:00</b> Rummikub L <b>2:30</b> Happy Hour With Dan On Saxophone L <b>6:00</b> Resident Choice <sup>RR</sup> L Board Games	<b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball AR <b>10:30</b> Wii Bowling L <b>12:30</b> Go For A Stroll With Karen <b>1:15</b> Armchair Travels LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>		
<b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball LR <b>10:00</b> Journey Church Channel 11 <b>10:30</b> Wii Bowling L <b>1:00</b> Tile Rummy L <b>2:00</b> Baking Club AR <b>6:00</b> Resident Choice Card Game <sup>RR</sup> L	<b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> Noodle Ball LR <b>2:30</b> Rummikub L <b>3:00</b> Corn Hole AR <b>6:00</b> Resident Choice Board Games <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>9:30</b> Wal-Mart Shopping*\$ <b>10:30</b> Wii Bowling L <b>1:00</b> Spiritual Hour LR With Ken <b>2:00</b> Jace DeJong L Celebration Of Life <b>2:00</b> South Side Shopping*\$ <b>3:00</b> Bingo AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> Rummikub L <b>2:30</b> Root Beer Float Social L <b>6:00</b> Resident Choice <sup>RR</sup> L Board Games	<b>9:00</b> Be Balanced AR <b>10:30</b> True Or False AR <b>1:00</b> No Money Poker AR <b>2:30</b> Happy Hour L Paul Eddy <b>3:30</b> Creative Coloring AR <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>9:00</b> Be Balanced FR <b>10:00</b> Mindful Relaxation AR <b>10:30</b> Wii Bowling L <b>11:30</b> Lunch Outing Original Pancake House*\$ <b>1:00</b> Rummikub L <b>2:30</b> Baking With Kelly AR <b>6:00</b> Resident Choice <sup>RR</sup> L Board Games	<b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball AR <b>10:30</b> Wii Bowling L <b>12:30</b> Go For A Stroll With Karen <b>1:15</b> Armchair Travels LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>		



# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball LR <b>10:00</b> Journey Church Channel 11 <b>10:30</b> Wii Bowling L <b>1:00</b> Tile Rummy L <b>2:00</b> Baking Club AR <b>6:00</b> Resident Choice Card Game <sup>RR</sup> L	<b>16</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> Noodle Ball LR <b>2:30</b> Rummikub L <b>3:00</b> Corn Hole AR <b>6:00</b> Resident Choice Board Games <sup>RR</sup>	<b>17</b> <b>9:00</b> Be Balanced AR <b>9:30</b> Dollar Store Outing*\$ <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:00</b> Spiritual Hour LR <b>2:00</b> North Side Shopping*\$ <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice Movie <sup>RR</sup> LR	<b>18</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> Rummikub <sup>RR</sup> L <b>2:30</b> Happy Hour L <b>6:00</b> Resident Choice <sup>RR</sup> L Board Games	<b>19</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:00</b> No Money Poker AR <b>4:00 &amp; 5:30</b> FD Oktoberfest Friends And Family Dinner <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>20</b> <b>9:00</b> Be Balanced FR <b>10:00</b> Mindful Relaxation AR <b>10:30</b> Wii Bowling AR <b>11:30</b> Lunch Outing*\$ Cascade Lake Brewing <b>2:30</b> Terracotta Pot Fall AR Craft <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>21</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball AR <b>10:30</b> Wii Bowling L <b>12:30</b> Go For A Stroll With With Karen <b>1:15</b> Armchair Travels LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>
<b>22</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball LR <b>10:00</b> Journey Church Channel 11 <b>10:30</b> Wii Bowling L <b>1:00</b> Tile Rummy L <b>2:00</b> Baking Club AR <b>6:00</b> Resident Choice Card Game <sup>RR</sup> L	<b>23</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> Noodle Ball LR <b>2:30</b> Rummikub L <b>3:00</b> Corn Hole AR <b>6:00</b> Resident Choice Board Games <sup>RR</sup>	<b>24</b> <b>9:00</b> Be Balanced AR <b>9:30</b> Bi-Mart Shopping*\$ <b>10:00</b> Chair Yoga AR <b>10:30</b> Wii Bowling L <b>1:00</b> Resident Council LR <b>2:00</b> Spiritual Hour LR With Ken <b>2:00</b> South Side Shopping*\$ <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>25</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Wii Bowling L <b>10:30</b> What Am I? AR <b>1:00</b> Zumba With Lilly AR <b>2:00</b> Telescope Guy LR Presentation "Stuck In Space" <b>3:00</b> Corn Hole AR <b>6:00</b> Resident Choice <sup>RR</sup> L Board Games	<b>26</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Chair Yoga AR With Jill <b>10:30</b> Wii Bowling L <b>1:00</b> No Money Poker AR <b>2:30</b> Farewell Happy L Hour For Rob <b>6:00</b> Tile Rummy <sup>RR</sup> L	<b>27</b> <b>9:00</b> Be Balanced FR <b>10:00</b> Mindful Relaxation AR <b>10:30</b> Wii Bowling AR <b>11:00</b> Foodie Friday Lunch Outing Lauries Grill*\$ <b>1:30</b> Cornhole AR <b>2:30</b> Baking With Kelly AR <b>6:00</b> Resident Choice LR Movie <sup>RR</sup>	<b>28</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Noodle Ball AR <b>10:30</b> Wii Bowling L <b>12:30</b> Go For A Stroll With With Karen <b>1:15</b> Armchair Travels LR <b>2:30</b> Bingo AR <b>6:00</b> Resident Choice L Board Games <sup>RR</sup>
<b>29</b> <b>9:00</b> Be Balanced AR <b>10:00</b> Journey Church Channel 11 <b>10:00</b> Sit & Be Fit AR <b>1:00</b> Tile Rummy <sup>RR</sup> L <b>2:30</b> Baking Club AR <b>6:00</b> Resident Choice LR Movie	<b>30</b> <b>9:00</b> Be Balanced AR <b>10:30</b> Wii Bowling L <b>1:00</b> Zumba With Lilly AR <b>1:30</b> Noodle Ball LR <b>2:30</b> Rummikub L <b>3:00</b> Corn Hole AR <b>6:00</b> Resident Choice Board Games <sup>RR</sup>			 <p> <b>Stephen K. 09/03</b>      <b>Milton G. 09/17</b>  <b>Joann S. 09/12</b>      <b>Peggy E. 09/19</b>  <b>William A. 09/13</b>      <b>Dara S. 09/22</b>  <b>Janet T. 09/14</b>      <b>Gene S. 09/28</b> </p>		