
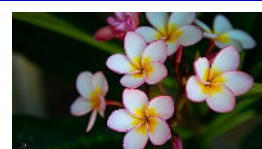









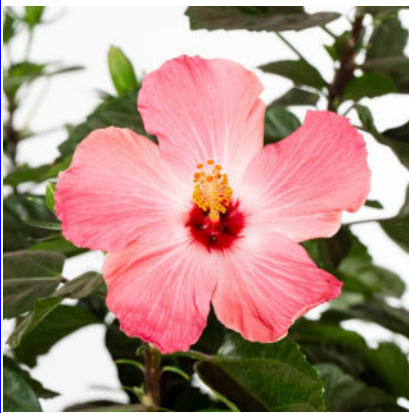
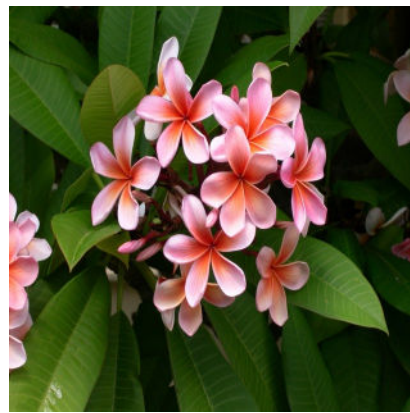
August 2024

Activities are
subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				William Clark 1 9 & 10:30 EverFit 10 Chair Yoga, Johanna 10:30 Bible Study (bty) 2p Resident Led Bingo 3:15p Documentary: The Lewis and Clark: Explorers of the New Frontier (yt) 6:30 Movie: <i>The Secret Dare to Dream</i> (nf)	Dead Mans Hand 2 9 & 10:30 EverFit 10:30 Phase 10 Game (atr) 1p Shopping: Thistle-down Farms (lby) 1:45 Performance by Louis Faro on Piano (dining rm) 3p Liam and Sherlock Holmes 4:15 The Social Hour (bst) 6:30 Movie: <i>The Maverick</i> (vudu)	 3 10am Scenic Drive (lby) 10:30 Res Led Phase 10 (RL, atr) 1:30p Saturday Matinee: <i>Chocolat</i> (dvd) 2p Resident Led Bingo (dta) 3:15 Oregon History (dta) 6:30 The Long Game (vudu)
				Coast Guard Day 4 10:30 Worship w/ Grace Fellowship Church (thr) 2:00 Phase Ten Cards (atr) 3:00 Resident Led Bingo 3pm Doc: Mysteries of the Terra Cotta Warriors (nf) 6:30 Movie: <i>Arthur the King</i> (vudu)	Neil Armstrong Day 5 9 & 10:30 EverFit 10:30 Mindfulness Meditation with Esther. (thr) 10a Lost & Found Table (lby) 1:00 Phase 10 Card Game 2:15p Tim Biggs Strikes Ag'in (dr) 6:30 Movie: <i>First Man</i> (vudu)	Cha-Ching Day 6 9 & 10:30 EverFit 10 JoHanna Chair Yoga 2p Resident Led Bingo (dta) 3:15p Penny Toss Game (dt) 6:30 Movie: (by request) <i>Planes, Trains, and Automobiles</i> —by request (Paramount)
Last of the Dog Days 11 10:30 Worship w/ Grace Fellowship church (thr) 10:30 Monopoly Game (dta) 2:00 Phase Ten Card Game 3:00 Resident Led Bingo 3pm Documentary: The Elephant Whisperers (nf) 6:30 Movie: <i>Dances with Wolves</i> —by request (vudu)	 12 9 & 10:30 EverFit 10:30a Morning Pool 1pm Phase 10 Card Game 3:15p Tombola (dta) 6:30 Unsung Hero (vudu)	Annie Oakley Day 13 9 & 10:30 EverFit 10a Morning at the Firepit—Coffee and Scones 10:15 Rummikub (atr) 2pm Chef's Corner (dta) 3:15 Painting w/ Terri (atr) 4p Parkinson's Support (bty) 6:30 Movie: <i>Annie Get Your Gun</i> (Musical) (dvd)	V Day 14 9 & 10:30 EverFit 10a Veteran's Wall Celebration / Dedication (bst) 10:15 Rummikub (atr) 1:45 Resident Council (dta) 3:15 Current Events w/Tim 6:30 Pretty Woman (vudu)	 15 9 & 10:30 EverFit 10 Chair Yoga, Johanna (thr) 10:30 Bible Study (Bentley) 2p Resident Led Bingo 3:15 Learn Quilling 6:30 Movie: <i>Non Negotiable</i> (nf)	Seven Pillars of Wisdom 16 10:30 Bible Study /Tim 1p Shop: Oakway Ctr (lby) 3p Tim Reads Sherlock (dta) 4:15 The Social Hour (bst) 6:30 Something's Got to Give (nf)	Baby boomer Day 17 10a Scenic Drive 10a Blossoms and Blooms in the Lobby (lby) 1:00 Men's Social Hr (bty) 1:30 Saturday Matinee: <i>Central Intelligence</i> (dvd) 2p Resident led bingo (dta) 3:15 Oregon History Disc. 6:30 Movie: <i>Crimson Tide</i> (vudu)

August 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Serendipity Day 18</p> <p>10:30 Worship w/ Grace Fellowship Church (thr)</p> <p>1pm Movie: Man of the House (dvd)</p> <p>2:00 Resident led Bingo (dta)</p> <p>3pm Documentary: Inside the Mind of a Cat (nf)</p> <p>3:30 Phase 10 Card Game (atr)</p> <p>6:30 Movie: Serendipity (vudu)</p> 	<p>Full Sturgeon Moon 19</p> <p>10a Morning Coffee, Hot Cocoa and Scones around the fire (firepit)</p> <p>10:15 Hearing By Design</p> <p>10:30 Mindfulness Meditation with Esther (thr)</p> <p>1p Phase 10 Card Game (dta)</p> <p>2:15p Racko (atr)</p> <p>6:30 Movie: Blue Miracle (nf)</p>	<p>NFL's Birthday 20</p> <p>9 & 10:30 EverFit</p> <p>10 Chair Yoga, Johanna (thr)</p> <p>1:30 Tech Tuesday (atr)</p> <p>2p Resident Led Bingo</p> <p>3p Painting w/ Terri (atr)</p> <p>6:30 Movie: American Underdog (vudu)</p> 	<p>Hawaii State Birthday 21</p> <p>Hawaii Day Dress up Hawaiian</p> <p>9 & 10:30 EverFit</p> <p>10am Travelogue: Kauai, Hawaii (thr)</p> <p>1:45 Health Pro "Brain Health and You" (Thr)</p> <p>3:00 Hawaiian Dance Demo and Lesson (dta)</p> <p>4:00 Mermaid Water Social</p> <p>6:30 Movie: Blue Hawaii (vudu)</p> <p>Pineapple, Mango, and Papaya fruit bowls.</p>	<p>Sunflower Day 22</p> <p>9 & 10:30 EverFit</p> <p>10 Chair Yoga, Johanna (thr)</p> <p>10:30 Bible Study (Bentley)</p> <p>2p Timothy Patrick: On the Horse (dr)</p> <p>2p Resident Led Bingo (dta)</p> <p>3p Make a Sunflower</p> <p>6:30 Movie: Sunflower (Vudu)</p> 	<p>Singing in the Rain 23</p> <p>9a & 10:30a EverFit</p> <p>10a Walking the Trail (lby)</p> <p>10:30 Bible Study /Tim (bty)</p> <p>1pm Shopping: Fred Meyer</p> <p>3p Sherlock, Read by Julie</p> <p>4:15 The Social Hour (bst)</p> <p>6:30 Singing in the Rain (Max)</p> 	<p>Way Z-goose Day 24</p> <p>10a YT Documentary—Amazing Quest Stories from Hawaii</p> <p>10:30 Res Led Phase 10 (atr)</p> <p>11a Texas Roadhouse (lby)</p> <p>1:00 Veteran's League</p> <p>2:00 Resident led bingo</p> <p>3:15 Oregon History Dis.</p> <p>6:30 The Earthling (yt)</p> 
<p>Wizard of Oz 25</p> <p>10:30 Worship w/ Grace Fellowship Church (thr)</p> <p>1pm Movie: Twister (vudu)</p> <p>2:00 Resident led Bingo</p> <p>3:30 Phase Ten Card Game</p> <p>3pm Documentary: Wyatt Earp and the Cowboy War</p> <p>6:30 Movie: The Wizard of Oz (Silent Film from 1925)</p>	<p>Cherry Popsicle Day 26</p> <p>9 & 10:30 EverFit</p> <p>10:30 Mindfulness Meditation with Esther. (thr)</p> <p>1p Phase 10 Card Game (bty)</p> <p>2:15p -Popsicle pick-me-up on a hot day—(dta)</p> <p>3:15p Racko (atr)</p> <p>6:30 The Book Thief (vudu)</p>	<p>Sail Around the world 27</p> <p>9 & 10:30 EverFit</p> <p>10:00 Chair Yoga, Johanna</p> <p>1:30 Tech Tuesday (atr)</p> <p>2:00 Resident Led Bingo (dta)</p> <p>3:00 Painting w/ Terri (atr)</p> <p>6:30 The Boat Builder (Yt)</p>	<p>UPS Day 28</p> <p>10:15 Rummikub Game (atr)</p> <p>10:45 WG Volunteer Ambassadors Luncheon</p> <p>2pm The Cascade Kids perform (dr)</p> <p>3:15 Waterford Grand Book Club Introductory (Pool lby)</p> <p>6:30 Men in Black (Max)</p>	<p>Old Ironsides Day 29</p> <p>9 & 10:30 Exercise w/Leslie</p> <p>10am Firepit and Coffee</p> <p>10:30 Bible Study (Bentley)</p> <p>2p Sweet Tea Social (dta)</p> <p>3p **Resident Led Bingo**</p> <p>6:30 Resident's Choice of Movie.</p>	<p>Splendid Splinter 30</p> <p>9 & 10:30 Exercis w/Leslie</p> <p>10a Skipbo Card Game</p> <p>10:30 Bible St. /Tim (bty)</p> <p>1pm Shopping: Albertsons</p> <p>2p Uh Oh, Julie's Rusty Pipes Are Trying to Work (dr)</p> <p>3p Sherlock-Read by Julie</p> <p>4p The Social Hour (bst)</p> <p>6:30 The Man from Toronto</p>	<p>Trail Mix Day 31</p> <p>10a Scenic Drive</p> <p>10:30 Phase Ten Card Game</p> <p>1:00 YT Documentary—Hawaii the Stolen Paradise</p> <p>2:00 Resident led bingo</p> <p>3:15 Oregon History Dis.</p> <p>6:30 King Richard (nf)</p>
		<p>Birthdays</p> <p>8/1 Mah M. 8/12 David H. 8/1 Joyce Q. 8/16 LaVonne C. 8/4 Barbara M. 8/17 Sharen M 8/4 Becky K. 8/18 Carol H. 8/4 David A. 8/18 Ed W. 8/8 Ken G. 8/25 Shirley S. 8/10 Pat P. 8/27 Harold B 8/10 Lois J. 8/27 Segery Y. 8/12 David H. 8/30 Bassett M.</p>	<p>Abbreviations</p> <p>Theater=thr Bistro = bst Delta = dta YouTube = yt Dining Room = dr Bentley = bty Lobby = lby Netflix = nf Atrium = atr CE = Current Events Memory Care Events (AL invited) = MC Resident Led = RL</p>	<p>Notes</p> <p>** - signify time change from normal time slot. **</p> <p>Contact Julie Nedele for any questions or suggestions on our calendar.</p> <p>Email: Julien@cascadeliving.com</p>	<p>Calendar Color Key</p> <p>Physical Activity= Blue Creative = Blue Intellectual = Pink Continuous Learning = Purple Bold Games = Green Outings = Red</p>	<p>Color Key Continued</p> <p>General Interest = Black Bold Resident Meetings= Dark Red Spiritual/Namaste= Brown Intergenerational = Dark Green Bold Family included Activity = Dark Sky Blue</p>