

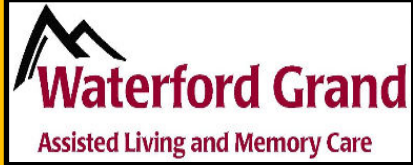




# September 2024

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Quote: "Well done 1 is better than well said." Ben Franklin</p> <p>10:30 (YT) Grace Fellowship Church-thr</p> <p>1p Movie Matinee: The One &amp; Only Ivan-Vudu</p> <p>2p Resident led Bingo-dta</p> <p>3p Documentary: Elephant Whisperer-nf</p> <p>3:30 Res Led Phase 10-atr</p> <p>6:30 Movie: Dirty Rotten Scoundrels-dvd</p>	<p>Musical Monday 2 Labor Day!</p> <p>9 &amp; 10:30 EverFit</p> <p>10am Lost and Found Table</p> <p>10:30 Mindfulness Meditation with Esther-thr</p> <p>1 Res Led Phase 10-atr</p> <p>2p Cookie Social-bst</p> <p>3:15p Penny Toss-dta</p> <p>6:30 The Pajama Game-dvd</p> 	<p>Quote: "The time is 3 always right to do what is right." Martin Luther King Jr.</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>1:30 Tech Tuesday-atr</p> <p>2 Resident Led Bingo-dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30 Movie: Man of the House-dvd</p> 	<p>Quote: "If you fell 4 down yesterday, stand up today." H.B. Wells</p> <p>9 &amp; 10:30 EverFit</p> <p>10a Res Led Rummikub-atr</p> <p>10:15am Phase 10-atr</p> <p>2:00 Activity Forum-dta</p> <p>3:15 Current Events w/Tim</p> <p>4 Parkinson's Support Grp-bty</p> <p>6:30 Movie: The Man in the Gray Flannel Suit-vudu</p> <p>Just take it all in stride.</p>	<p>Quote: "Believe you 5 can and you're half way there." - Roosevelt</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>10:30 Bible Study-Bentley</p> <p>2p Timothy Patrick-dr</p> <p>3p Resident Led Bingo-dta</p> <p>6:30 The Molly Maguires-nf</p> <p style="text-align: center;">_ E V _ _ G _ V _ _ P _ O _ Y _ _ R S E _ F N E R I E U N O U L</p>	<p>Quote: "Never regret 6 anything that made you smile." Mark Twain</p> <p>9a &amp; 10:30a EverFit</p> <p>10a Walking the Trail-lby</p> <p>10:30 Bible Study/Tim-bty</p> <p>1pm Shop: Fred Meyers on Division-lby</p> <p>2p Louis Faro on Piano-dr</p> <p>3p Sherlock, Read by Liam</p> <p>4:15 The Social Hour-bst</p> <p>6:30 Movie: 9 to 5-vudu</p>	<p>Quote: "Perpetual 7 optimism is a force multiplier" Colin Powell</p> <p>9:45a Doc: Secrets of the Neanderthals-nf</p> <p>10a Scenic Drive-lby</p> <p>10:30 Res Led Phase 10</p> <p>1p Forgotten Love-thr/nf</p> <p>2p Resident led bingo-dta</p> <p>3:15 OR History Dis.-dta</p> <p>7pm Football! Bronco's vs Ducks!!!</p>
<p>Happy Grandparents 8 Day!</p> <p>10:30 (YT) Grace Fellowship Church (thr)</p> <p>1p Movie Matinee: Back to the Future-nf</p> <p>2p Grandparents Day Ice Cream Social! (bst)</p> <p>3:15p **Res Led Bingo**--dta</p> <p>6:30 On Golden Pond (dvd)</p> <p>Ask your neighbor how many grandchildren they have.</p>	<p>Quote: "Character is 9 Power" Booker T. Washington</p> <p>9 &amp; 10:30 EverFit</p> <p>10:30 Mindfulness Meditation with Esther.-thr</p> <p>1 Resident Led Phase 10-atr</p> <p>1:45p Indoor Volley Ball in the Gym.</p> <p>3:15p Pente-atr</p> <p>6:30 Mary Poppins-dvd</p> <p>"Just a spoon full of sugar"</p>	<p>Quote: "You miss 100% 10 of the shots you don't take." Wayne Gretsky</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>1:30 Tech Tuesday-atr</p> <p>2p Chef's Corner-dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30 A Beautiful Mind-dvd</p> <p style="text-align: center;">_ _ I N K P _ S _ T I _ E _ H O _ G _ T _ T H O I V T U H S</p>	<p>Quote: "All you need 11 is love." The Beatles</p> <p>9 &amp; 10:30 EverFit</p> <p>10a Res Led Rummikub-atr</p> <p>2p Resident Council-dta</p> <p>3:15 Current Events w/Tim</p> <p>4p Help, Hope, and Healing Through Grief / Brighton Hospice: - thr</p> <p>6:30 Erin Brockovich-vudu</p> <p>Tell Judy at the front desk if you have a favorite cartoon</p>	<p>Quote: "You can't 12 always get what you want." The Rolling Stones</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>10:30 Bible Study-Bentley</p> <p>2p Resident Led Bingo dta</p> <p>3:15p Crafting Class-dta</p> <p>6:30 Movie: Worth-nf</p> <p>Tell Julie that her refrigerator is running and she needs to go catch it.</p>	<p>Quote: "Do not let 13 making a living prevent you from making a life."</p> <p>9a &amp; 10:30a EverFit</p> <p>10a Walking the Trail-lby</p> <p>10:30 Bible Study /Tim-bty</p> <p>1p Shop: Thistledown Farms-lby</p> <p>3p Narrating Sherlock-dta</p> <p>4:15 The Social Hour -bst</p> <p>6:30 A Passage to India dvd</p>	<p><u>Tailgate Party at 14 Garden Way</u></p> <p>10a Doc- Our Universe: Chasing Starlight (nf)</p> <p>10:30 Travel to Garden Way for the Tailgate Party / Fundraising for Alzheimer's and Parkinson's. Games, Raffle Baskets and more-lby</p> <p>12:30p Ducks vs Beavers-</p> <p>10:30 Res Led Phase 10-atr</p> <p>2:00 Resident led bingo-dta</p> <p>6:30 The Sting-dvd</p>
<p>Quote: "Success is 15 where preparation and opportunity meet." Bobby Unser</p> <p>10:30 Worship w/ Grace Fellowship Church-thr</p> <p>2:00 Medicare Event / Information and discussion with Kathy Shyabout &amp; Kayla Davis</p> <p>3:30 Resident Led Bingo-dta</p> <p>6:30 Movie: Captain's Courageous-yt in the theater</p>	<p>Quote: Courage is being 16 scared to death, but saddling up anyway." John Wayne</p> <p>9 &amp; 10:30 EverFit</p> <p>10:15 Hearing Aid Clinic-dta</p> <p>10:30 Mindfulness Meditation with Esther.-thr</p> <p>1 Resident Led Phase 10-atr</p> <p>2p Tim Biggs Performs-dr</p> <p>3:30 WG Book Club-thr</p> <p>6:30 Showboat-dvd</p>	<p>Quote: "To succeed in 17 life, you need three things: a wishbone, a back bone, and a funny bone." Reba McEntire</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna-thr</p> <p>1:30 Tech Tuesday-atr</p> <p>2p Resident Led Bingo -dta</p> <p>3p Painting w/ Terri-atr</p> <p>6:30p Tuck Everlasting -dvd</p> <p>Ask Tim if he's ever ridden a horse. If so, has Tim bucked too?</p>	<p>Quote: "Keep calm, 18 and carry on." Winston Churchill</p> <p>9 &amp; 10:30 EverFit</p> <p>10a Res Led Rummikub-atr</p> <p>2p Health Pro Education-thr</p> <p>3:00 Current Events w/Tim</p> <p>4p Parkinson's Supp Grp--bty</p> <p>4p Help, Hope, and Healing Through Grief / Brighton Hospice: .-thr</p> <p>6:30 Seven Years in Tibet-dvd</p>	<p>Quote: "If you cannot 19 do great things, do small things in a great way." Napoleon Hill</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna--thr</p> <p>10 Holly's Jewelry-lby</p> <p>10:30 Bible Study-Bentley</p> <p>2p David Bock Performs-dr</p> <p>3:30 **Res Led Bingo ** dta</p> <p>6:30 6 Days 7 Nights-dvd</p>	<p>Quote: "The only 20 impossible journey is the one you never begin." Tony Robbins</p> <p>9a &amp; 10:30a EverFit</p> <p>10a Walking the Trail-lby</p> <p>10:30 Bible Study /Tim-bty</p> <p>1p Shop: Trader Joes-lby</p> <p>2pm Reader's Theater-thr</p> <p>3p Sherlock, Read by Liam</p> <p>4:15 The Social Hour-bst</p> <p>6:30 The Last Samurai-dvd</p>	<p>Quote: "In order to 21 write about life, first you must live it." Ernest Hemingway</p> <p>10a Documentary Tell Me Who I Am-nf</p> <p>10:30 Res Led Phase 10--atr</p> <p>1:00 Men's Social Hr-bty</p> <p>2p Resident led bingo -dta</p> <p>3:15 OR History Dis.-dta</p> <p>5:30 Purdue vs Oregon St</p>



# September 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Quote: "Whether you think you can, or you think you can't, you're right." Henry Ford</p> <p>10:30 (YT) Grace Fellowship Church—thr</p> <p>1p Movie Matinee: Purple Hearts—nf</p> <p>2p Resident led Bingo—dta</p> <p>3p Documentary: - Secrets of the Saqqara Tomb—nf</p> <p>3:30 Res Led Phase 10—atr</p> <p>6:30 Movie: A Million Miles Away—vudu</p>	<p>Quote: "We become what we think most of the time." Earl Nightingale</p> <p>9 &amp; 10:30 EverFit</p> <p>10:30 Mindfulness Meditation with Esther.—thr</p> <p>1 Resident Led Phase 10—atr</p> <p>2p Julie Performs with Rusty Pipes.—dr</p> <p>3:15p Pente—atr</p> <p>6:30 Kiss Me Kate—dvd</p> <p>Give someone a compliment to help them smile today.</p>	<p>Quote: "A person who never made a mistake never tried anything new." Albert Einstein</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna—thr</p> <p>1:30 Tech Tuesday—atr</p> <p>2p Chef's Corner—dta</p> <p>3p Painting w/ Terri—atr</p> <p>6:30 Tyson's Run—nf</p> <p>Who wrote this? "I do not like them, Sam I Am, I do not like green eggs and ham."</p>	<p>Quote: "The mind is everything. What you think, you become." Buddha</p> <p>9 &amp; 10:30 EverFit</p> <p>10a Res Led Rummikub—atr</p> <p>2p **Resident Led Bingo**</p> <p>3:15 Current Events w/Tim</p> <p>4p Help, Hope, and Healing Through Grief / Brighton Hospice: - thr</p> <p>6:30 The Creator Movie—vudu</p> <p>"N _ V E _ _ A _ N E _ _ R" E R S Y V E</p>	<p>Quote: "Attitude is the 'little thing' that makes a big difference." Winston Churchill</p> <p>9 &amp; 10:30 EverFit</p> <p>10 Chair Yoga, Johanna—thr</p> <p>10:30 Bible Study—Bentley</p> <p>2p Resident Led Bingo—dta</p> <p>3:15p Crafting Class—dta</p> <p>6:30 Movie: Worth—nf</p> <p>Peter Piper picked a peck of pickled peppers... (finish the tongue twister)</p>	<p>Quote: "Those who don't believe in magic will never find it." Roald Dahl</p> <p>9a &amp; 10:30a EverFit</p> <p>10a Walking the Trail—lby</p> <p>10:30 Bible Study /Tim—bty</p> <p>1p Shop: TJ Maxx &amp; Home Goods.—lby</p> <p>2pm Reader's Theater—thr</p> <p>3p Sherlock, Read by Liam</p> <p>4:15 The Social Hour—bst</p> <p>6:30 Walk, Ride, Rodeo—nf</p> <p>Drink Water!!!</p>	<p>Quote: "It is never too late to be what you might have been." George Eliot</p> <p>9:45a Doc: Secrets of the Neanderthals—nf</p> <p>10a Scenic Drive—lby</p> <p>10:30 Res Led Phase 10</p> <p>2p Resident led bingo—dta</p> <p>3:15 OR History Dis.—dta</p> <p>Ducks vs UCLA TBD</p>
<p>Quote: "Happiness is not by chance, but by choice." Jim Rohn</p> <p>10:30 (YT) Grace Fellowship Church—thr</p> <p>1p Movie Matinee: The Adam Project—nf</p> <p>2p Resident led Bingo—dta</p> <p>3p Documentary: - Queen Cleopatra—nf</p> <p>3:30 Res Led Phase 10—atr</p> <p>6:30 Movie: Missing—nf</p>	<p>Quote: "If you judge people you have no time to love them." Mother Theresa</p> <p>9 &amp; 10:30 EverFit</p> <p>10:30 Mindfulness Meditation with Esther.—thr</p> <p>1 Resident Led Phase 10—atr</p> <p>2p Matt Barber Performs—dr</p> <p>3:15p Pente (atr)</p> <p>6:30 South Pacific—dvd</p> <p>_ U _ _ L O _ _ R S S N F W E</p>					
		<p><b>Birthdays</b></p> <p>9/4 Joan E</p> <p>9/14 Edith G</p> <p>9/25 Karen Y</p> <p>9/26 Bonnie B</p>	<p><b>Abbreviations</b></p> <p>Theater=thr    Bistro = bst</p> <p>Delta = dta    YouTube = yt</p> <p>Dining Room = dr</p> <p>Bentley = bty    Lobby = lby</p> <p>Netflix = nf    Atrium = atr</p> <p>CE = Current Events</p> <p>Memory Care Events (AL invited) = MC</p> <p>Resident Led = RL</p>	<p><b>Notes</b></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><b>Calendar Color Key</b></p> <p>Physical Activity= <b>Blue</b></p> <p>Creative = <b>Blue</b></p> <p>Intellectual = <b>Pink</b></p> <p>Continuous Learning = <b>Purple Bold</b></p> <p>Games = <b>Green</b></p> <p>Outings = <b>Red</b></p>	<p><b>Color Key Continued</b></p> <p>General Interest = <b>Black Bold</b></p> <p>Resident Meetings= <b>Dark Red</b></p> <p>Spiritual/Namaste= <b>Brown</b></p> <p>Intergenerational = <b>Dark Green Bold</b></p> <p>Family included Activity = <b>Dark Sky Blue</b></p>