



Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November</h1>			<p>Abbreviation Key</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>Doctor Appointments</p> <p><i>Please sign-up at Concierge's Desk</i></p> <p>Wednesdays 8:00am to 5:00pm</p> <p>Thursdays 8:00am to 3:00pm</p>	<p>1</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Lunch Outing Olive Garden*\$ 2:30 New Resident L Meet & Greet With Root Beer Floats 6:00 Resident Choice L Board Games</p>	<p>2</p> <p>9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With Karen 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice L Board Games^{RR}</p>
			<p>3</p> <p>9:00 Be Balanced AR 10:00 Journey Church LR Channel 11 10:00 Trivia With Karen AR 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice LR Movie^{RR}</p>	<p>4</p> <p>9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Zumba With Lilly L 1:45 Noodle Ball LR 2:30 Rummikub AR 6:00 Resident Choice Board Games^{RR}</p>	<p>5</p> <p>9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice Movie^{RR}</p>	<p>6</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling AR 1:00 Stretch Wednesday AR With Lilly 2:30 Apple Pie Social L & Words Within Words 6:00 Resident Choice^{RR} L Board Games</p>
<p>10</p> <p>9:00 Be Balanced AR 10:00 Journey Church LR Channel 11 10:00 Trivia With Karen AR 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice LR Movie^{RR}</p>	<p>11</p> <p>9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling L 1:00 Rummikub 1:45 Noodle Ball LR 2:30 Veteran's Day Social L 6:00 Resident Choice Board Games^{RR}</p>	<p>12</p> <p>9:00 Be Balanced AR 9:30 Bi-Mart Shopping*\$ 10:00-12:00 AR COVID Booster Clinic 1:00 Spiritual Hour LR With Ken 2:00 Costco Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice LR Movie^{RR}</p>	<p>13</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling AR 1:00 Stretch Wednesday AR With Lilly 2:30 Hot Cocoa And Cookies With Trivia L 6:00 Resident Choice^{RR} L Board Games</p>	<p>14</p> <p>9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling AR 1:00 Yahtzee L 2:30 Gingerbread Village Construction AR 6:00 Tile Rummy^{RR} L</p>	<p>15</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Boneyard Brew Pub*\$ 1:00 Rummikub L 2:30 Happy Hour With Cinda L 6:00 Resident Choice L Board Games^{RR}</p>	<p>16</p> <p>9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With Karen 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice L Board Games^{RR}</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy ^{RR} L 1:00 Cascade Horizon Band Fall Concert At Mountain View* [§] High School* 6:00 Resident Choice LR Movie ^{RR}	18 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 Zumba With Lilly AR 1:45 Noodle Ball LR 2:30 Rummikub L 6:00 Resident Choice Board Games ^{RR}	19 9:00 Be Balanced AR 9:30 Safeway Shopping* [§] 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Spiritual Hour LR With Ken 2:00 South Side Shopping* [§] 2:30 Bingo AR 6:00 Resident Choice LR Movie ^{RR}	20 9:00 Be Balanced AR 10:30 Wii Bowling AR 1:00 Stretch Wednesday AR With Lilly 2:30 Pumpkin Pie Social L 6:00 Resident Choice ^{RR} L Board Games	21 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling AR 1:00 No Money Poker AR 4:00 & 5:30 FD Friends & Family Harvest Dinner 6:00 Tile Rummy ^{RR} L	22 9:00 Be Balanced AR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:30 Lunch Outing Applebee's* [§] 1:00 Rummikub L 2:30 Happy Hour L With Paul Eddy 6:00 Resident Choice L Board Games ^{RR}	23 9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With Karen 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice L Board Games ^{RR}
24 9:00 Be Balanced AR 10:00 Journey Church Channel 11 10:00 Sit & Be Fit AR 1:00 Tile Rummy ^{RR} L 2:30 Baking Club AR 6:00 Resident Choice LR Movie ^{RR}	25 9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Wii Bowling AR 1:00 Zumba With Lilly AR 1:45 Noodle Ball LR 2:30 Rummikub L 6:00 Resident Choice Board Games ^{RR}	26 9:00 Be Balanced AR 9:30 Safeway Shopping* [§] 10:00 Chair Yoga AR 10:30 Wii Bowling L 1:00 Resident Council LR 1:30 Chef Chat LR 2:00 Spiritual Hour LR With Ken 2:00 North Side Shopping* [§] 2:30 Bingo AR	27 9:00 Be Balanced AR 10:30 Wii Bowling AR 1:00 Stretch Wednesday AR With Lilly 2:30 Rummikub L 6:00 Resident Choice ^{RR} L Board Games	28 9:00 Macy's Thanksgiving L Day Parade Channel 05 1:30 Dallas Cowboys vs. New Your Giants Channel 05 2:30 Rummikub ^{RR} L 	29 9:00 Be Balanced AR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 1:00 Rummikub L 2:30 Happy Hour L With Paul Eddy 6:00 Resident Choice L Board Games ^{RR}	30 9:00 Be Balanced AR 10:00 Noodle Ball AR 10:30 Wii Bowling L 12:30 Go For A Stroll With Karen 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice L Board Games ^{RR}



Happy Birthday

Nedra G. 11/04	Ann B. 11/14	Catherine C. 11/24
Steven P. 11/11	Herman G. 11/16	Sally P. 11/25
Richard B. 11/11	Nancy M. 11/17	
Jean S. 11/12	Doris W. 11/18	