


# Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November</h1>			<p><b>Abbreviation Key</b></p> <ul style="list-style-type: none"> <li>AR Activity Room</li> <li>FD Fireside Dining Room</li> <li>FR Fitness Room</li> <li>L Loft</li> <li>LR Living Room</li> <li>PD Pines Dining Room</li> <li>CY Courtyard / Patio</li> <li>RC Resident Care</li> <li>RR Resident Run</li> <li>* Sign-Up</li> <li>\$ Bring Money</li> <li>† Weather Permitting</li> </ul>	<p><b>Doctor Appointments</b></p> <p><i>Please sign-up at Concierge's Desk</i></p> <p><b>Wednesdays</b> 8:00am to 5:00pm</p> <p><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> Sit and Be Fit  <b>10:30</b> Snack and Hydrate  <b>2:00</b> Cinnamon Roll Social  <b>2:30</b> Chair Yoga  <b>5:30</b> After Dinner Movie</p>	<p style="text-align: right;"><b>2</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b>  <b>10:30</b> Snack and Hydrate  <b>2:30</b> Creative Coloring  <b>7:00</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>10:00</b> Church Service  Ch. 9  <b>10:30</b> Snack and Hydrate  <b>2:30</b> Noodle Ball  <b>3:00</b> Creative Coloring  <b>5:30</b> Movie of Choice</p>	<p style="text-align: right;"><b>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> Beach Ball Stretch  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Coffee Clatter  <b>3:30</b> Sit and Be Fit</p>	<p style="text-align: right;"><b>5</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> Creative Coloring  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Armchair Travels  <b>3:30</b> Before Dinner Stretch</p>	<p style="text-align: right;"><b>6</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> Bingo  <b>2:30</b> Snack and Hydrate  <b>3:30</b> Throwback Show  <b>7:00</b> Jeopardy</p>	<p style="text-align: right;"><b>7</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> Trivia  <b>2:00</b> Leaf Painting  <b>3:00</b> Chair Zumba  <b>3:30</b> Name That Tune</p>	<p style="text-align: right;"><b>8</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>2:30</b> Leaf Tracing  <b>5:30</b> Aromatherapy</p>	<p style="text-align: right;"><b>9</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b> Coffee Hour  <b>10:30</b> Snack and Hydrate  <b>2:30</b> Creative Coloring  <b>7:00</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>10:00</b> Church Service  Ch. 9  <b>10:30</b> Snack and Hydrate  <b>2:30</b> Noodle Ball  <b>3:00</b> Creative Coloring  <b>5:30</b> Movie of Choice</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> Beach Ball Stretch  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Steves Birthday Party  <b>3:30</b> Before Dinner Stretch</p>	<p style="text-align: right;"><b>12</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> Creative Coloring  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Armchair Travels  <b>3:00</b> Watercolor Painting</p>	<p style="text-align: right;"><b>13</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> Bingo  <b>2:30</b> Snack and Hydrate  <b>3:30</b> Throwback Show  <b>7:00</b> Jeopardy</p>	<p style="text-align: right;"><b>14</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> Trivia  <b>2:00</b> Pumpkin Pies  <b>3:00</b> Chair Zumba  <b>3:30</b> Name That Tune</p>	<p style="text-align: right;"><b>15</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> Music with Cinda  <b>2:30</b> Cider Social  <b>5:30</b> Aromatherapy</p>	<p style="text-align: right;"><b>16</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b> Coffee Hour  <b>10:30</b> Snack and Hydrate  <b>2:30</b> Creative Coloring  <b>7:00</b> Movie of Choice</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>17</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>2:30</b> Noodle Ball  <b>3:00</b> Creative Coloring  <b>5:30</b> Movie of Choice</p>	<p style="text-align: right;"><b>18</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> Beach Ball Stretch  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Coffee Clatter  <b>3:30</b> Sit and Be Fit</p>	<p style="text-align: right;"><b>19</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> Thankful Activity  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Armchair Travels  <b>3:30</b> Musical Stretching</p>	<p style="text-align: right;"><b>20</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> Bingo  <b>2:30</b> Snack and Hydrate  <b>3:30</b> Throwback Show  <b>7:00</b> Jeopardy</p>	<p style="text-align: right;"><b>21</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> Trivia  <b>2:00</b> Suncatcher Lids  <b>3:00</b> Chair Zumba  <b>3:30</b> Name That Tune</p>	<p style="text-align: right;"><b>22</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> Paul Eddy Music  <b>2:30</b> Cookie Social  <b>5:30</b> Aromatherapy</p>	<p style="text-align: right;"><b>23</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b> Coffee Hour  <b>10:30</b> Snack and Hydrate  <b>2:30</b> Creative Coloring  <b>7:00</b> Movie of Choice</p>
<p style="text-align: right;"><b>24</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>2:30</b> Noodle Ball  <b>3:00</b> Creative Coloring  <b>5:30</b> Movie of Choice</p>	<p style="text-align: right;"><b>25</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> Beach Ball Stretch  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Coffee Clatter  <b>3:30</b> Musical Stretching</p>	<p style="text-align: right;"><b>26</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> Creative Coloring  <b>2:00</b> Snack &amp; Hydrate  <b>2:30</b> Armchair Travels  <b>3:30</b> Sit and Be Fit</p>	<p style="text-align: right;"><b>27</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> Bingo  <b>2:30</b> Snack and Hydrate  <b>3:30</b> Thanksgiving Chat  <b>7:00</b> Jeopardy</p>	<p style="text-align: right;"><b>28</b></p> <p><b>9:00</b> Macy's Thanksgiving Day                      Parade CH 05  <b>1:30</b> Dallas Cowboys                      Vs                      New York Giants CH 05  <b>2:30</b> Christmas Movie of                      Choice</p> <p style="text-align: center;"><i>Happy Thanksgiving</i></p>	<p style="text-align: right;"><b>29</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> Hot Cocoa Social  <b>2:30</b> Christmas Story  <b>5:30</b> Aromatherapy</p>	<p style="text-align: right;"><b>30</b></p> <p><b>9:00</b> Daily Chronicles  <b>9:30</b> Sit and Be Fit  <b>10:00</b> Coffee Hour  <b>10:30</b> Snack and Hydrate  <b>2:30</b> Creative Coloring  <b>7:00</b> Movie of Choice</p>



*Happy Birthday*

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