



Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			Doctor Appointments <i>Please sign-up at Concierge's Desk</i> Wednesdays 8:00am to 5:00pm Thursdays 8:00am to 3:00pm	Abbreviation Key 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			
1 9:00 Be Balanced AR 10:00 Coffee & Conversation With Karen L 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice Movie ^{RR} LR	2 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 Gingerbread Village Construction AR 6:00 Resident Choice Board Games ^{RR}	3 9:00 Be Balanced AR 9:30 Bi-Mart Shopping* ^{\$} 10:00 Chair Yoga With Jill AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR 2:00 South Side Shopping* ^{\$} 2:30 Bingo AR 6:00 Resident Choice Movie ^{RR}	4 9:00 Be Balanced AR 10:00-12:00 Covid Booster Clinic AR 1:00 Stretch Wednesday With Lilly AR 1:45 Noodle Ball L 2:30 Gingerbread Village Construction AR 6:00 Resident Choice ^{RR} L Board Games	5 9:00 Be Balanced AR 10:00 Chair Yoga With Jill AR 10:30 Wii Bowling AR 1:00 No Money Poker L 2:30 Making Grinch Glitter Ornaments AR 6:00 Outing To See Christmas Lights*	6 9:00 Be Balanced FR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:00 Foodie Friday* ^{\$} Worthy Brewing 1:30 Rummikub L 2:30 Happy Hour With Simeon Rose L 6:00 Resident Choice Board Game ^{RR} L	7 9:00 Be Balanced AR Bend Christmas Parade 10:00 Noodle Ball LR 10:30 Wii Bowling L 1:15 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice ^{RR} L Movie	
8 9:00 Be Balanced AR 10:00 Coffee & Conversation With Karen L 1:00 Tile Rummy ^{RR} L 2:30 Baking Club AR 5:00 Living Waters Church Christmas Carolers FD 6:00 Resident Choice Movie ^{RR} LR	9 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 Gingerbread Village Construction AR 6:00 Resident Choice Board Games ^{RR}	10 9:00 Be Balanced AR 9:30 Safeway Shopping* ^{\$} 10:00 Chair Yoga With Jill AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR 2:00 North Side Shopping* ^{\$} 2:30 Bingo AR 6:00 Resident Choice Movie ^{RR}	11 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Corn Hole AR 2:00 Gingerbread Village Construction AR 6:00 Resident Choice ^{RR} L Board Games	12 9:00 Be Balanced AR 10:00 Chair Yoga With Jill AR 10:30 Wii Bowling AR 1:00 Yahtzee L 2:30 Wine Glass Snowman Craft AR 6:00 Outing To See Christmas Lights*	13 9:00 Be Balanced FR 10:00 Mindful Relaxation AR 10:30 Wii Bowling L 11:00 Foodie Friday* ^{\$} El Rodeo Mexican 1:00 Gingerbread Creation AR 2:30 Happy Hour With Paul Eddy L	14 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball AR 1:30 Armchair Travels LR 2:30 Bingo AR 5:00 Riverbend Church Christmas Caroling FD 6:00 Resident Choice ^{RR} L Board Games	

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<p style="text-align: right;">15</p> <p>9:00 Be Balanced AR 10:00 Coffee & Conversation With Karen L 1:00 Tile Rummy^{RR} L 2:30 Baking Club AR 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">16</p> <p>9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 Noodle Ball 2:00 Gingerbread Village Construction 2:30 Rummikub AR 6:00 Resident Choice Board Games^{RR}</p>	<p style="text-align: right;">17</p> <p>9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Resident Council LR 1:30 Chef Chat LR 2:00 Spiritual Hour LR 2:00 South Side Shopping* 2:30 Happy Hour With Dave & the Backrow L</p>	<p style="text-align: right;">18</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:30 Rummikub AR 2:30 Bingo AR 5:00 Kennedy & Friends Christmas Caroling FD 6:00 Resident Choice Board Games^{RR}</p>	<p style="text-align: right;">19</p> <p>9:00 Be Balanced AR 10:00 Chair Yoga With Jill AR 10:30 Wii Bowling AR 1:00 Rummikub^{RR} 4:00 & 5:30 Holly Jolly Dinner Friends & Family Event FD 6:00 Tile Rummy^{RR} L</p>	<p style="text-align: right;">20</p> <p>9:00 Be Balanced FR 10:30 Wii Bowling L 11:00 Foodie Friday*\$ Pastini 2:00 Secret Santa After Party L 2:30 Cinda & Friends Christmas Sing A-Long L 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">21</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball AR 1:30 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice^{RR} Board Games L</p>	
<p style="text-align: right;">22</p> <p>9:00 Be Balanced AR 10:00 Coffee & Conversation With Karen L 1:00 Tile Rummy^{RR} L 2:30 Baking Club AR 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">23</p> <p>9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 Noodle Ball 2:00 Rummikub L 2:30 Decorate Christmas Cookies AR 6:00 Resident Choice Board Games^{RR}</p>	<p style="text-align: right;"><i>Christmas Eve</i> 24</p> <p>9:00 Be Balanced AR 9:30 Dollar Tree Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Spiritual Hour With Ken LR 2:00 North Side Shopping*\$ 2:30 Bingo AR</p>	<p style="text-align: right;"><i>Merry Christmas</i> 25</p> <p>9:00 Disney Christmas Parade Channel 6 LR 1:30 Rummikub^{RR} L 6:00 Resident Choice Board Games^{RR} L</p> <p style="text-align: center; color: red;">Activity Packets Available At The Front Desk</p>	<p style="text-align: right;">26</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Yahtzee L 2:30 Words With-In Words L 6:00 Resident Choice^{RR} Board Games L</p>	<p style="text-align: right;">27</p> <p>9:00 Be Balanced FR 10:30 Wii Bowling L 11:00 Foodie Friday*\$ Sunriver Brewing East Side Location 1:00 Rummikub L 2:30 Trivia Social L 6:00 Resident Choice^{RR} Board Games L</p>	<p style="text-align: right;">28</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball AR 1:30 Armchair Travels LR 2:30 Bingo AR 6:00 Resident Choice^{RR} Board Games L</p>	
<p style="text-align: right;">29</p> <p>9:00 Be Balanced AR 10:00 Coffee & Conversation With Karen L 1:00 Tile Rummy^{RR} L 2:30 Baking Club AR 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">30</p> <p>9:00 Be Balanced AR 10:00 Sit & Be Fit AR 10:30 Trivia AR 1:00 Zumba With Friends AR 1:45 Noodle Ball LR 2:30 Rummikub AR 6:00 Resident Choice Board Games^{RR}</p>	<p style="text-align: right;">31</p> <p>9:00 Be Balanced AR 9:30 Bi-Mart Shopping*\$ 10:00 Chair Yoga AR 10:30 Wii Bowling AR 1:00 Spiritual Hour LR 2:00 South Side Shopping*\$ 2:30 New Years Eve Social L 6:00 Resident Choice Movie^{RR}</p>	<p style="font-size: 2em; color: red;">We Wish ★ you a ★ Merry Christmas ★ and a ★ Happy New Year</p>			<p style="font-size: 1.5em; color: red; font-family: cursive;">December Birthdays</p> <p>Pam B. 12/1 Joan M. 12/3 Art A. 12/8 June N. 12/18 Toni J. 12/26 Helen G. 12/1 Rita H. 12/5 Lula M, 12/9 Roberta T. 12/19 Pat W. 12/28 Joe M. 12/30</p> 