



Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="color: red; font-family: cursive;">December</h1>			<p>Doctor Appointments <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>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>	 <h2 style="color: red; font-family: cursive;">Happy Holidays</h2>		
<p style="text-align: right;">1</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Bean Bag Toss 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p style="text-align: right;">2</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stretch 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit</p>	<p style="text-align: right;">3</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 2:00 Joan's Birthday Party 2:30 Christmas Movie And Snack 3:30 Before Dinner Stretch</p>	<p style="text-align: right;">4</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 2:30 Snack and Hydrate 3:00 String Popcorn for Garland 7:00 Jeopardy</p>	<p style="text-align: right;">5</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Log Ornaments 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">6</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Decorate Tree 2:30 Chair Yoga 5:30 After Dinner Movie</p>	<p style="text-align: right;">7</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:30 Creative Coloring 7:00 Movie of Choice</p>	
<p style="text-align: right;">8</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Noodleball 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p style="text-align: right;">9</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Paper Trees Art 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit</p>	<p style="text-align: right;">10</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 2:00 Snack & Hydrate 2:30 Christmas Movie And Snack 3:30 Before Dinner Stretch</p>	<p style="text-align: right;">11</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Bingo 2:30 Snack and Hydrate 3:00 Canvas Painting 7:00 Jeopardy</p>	<p style="text-align: right;">12</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Gingerbread Village 3:00 Chair Zumba 3:30 Name That Tune</p>	<p style="text-align: right;">13</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Paul Eddy Music 2:30 Chair Yoga 5:30 After Dinner Movie</p>	<p style="text-align: right;">14</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Bean Bag Toss 10:30 Snack and Hydrate 2:30 Creative Coloring 7:00 Movie of Choice</p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Swatter Ball 3:00 Creative Coloring 5:30 Movie of Choice	9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stretch 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 2:00 Snack & Hydrate 2:30 Christmas Movie And Snack 3:30 Before Dinner Stretch	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Cookie Decorating 2:30 Snack and Hydrate 3:30 Throwback Show 7:00 Jeopardy	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 1:00 Chair Zumba 2:00 Snack and Hydrate 4:00 Friends and Family Dinner	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Music with Cinda 2:30 Chair Yoga 5:30 After Dinner Movie	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Noodle Ball 10:30 Snack and Hydrate 2:30 Creative Coloring 7:00 Movie of Choice
22	23	<i>Christmas Eve</i> 24	<i>Merry Christmas</i> 25	26	27	28
9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Church Service Ch. 9 10:30 Snack and Hydrate 2:30 Bean Bag Toss 3:00 Creative Coloring 5:30 Movie of Choice	9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Beach Ball Stretch 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 2:00 Snack & Hydrate 2:30 Christmas Movie And Snack 3:30 Before Dinner Stretch	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Christmas Movie 2:30 Snack and Hydrate 3:30 Throwback Show	9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Snowball Toss 3:00 Chair Zumba 3:30 Name That Tune	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Chair Exercise 2:30 Snack and Hydrate 5:30 After Dinner Movie	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Bean Bag Toss 10:30 Snack and Hydrate 2:30 Creative Coloring 7:00 Movie of Choice
29	30	31	 <p style="text-align: center;"> <i>December Birthdays</i> 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>			
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