
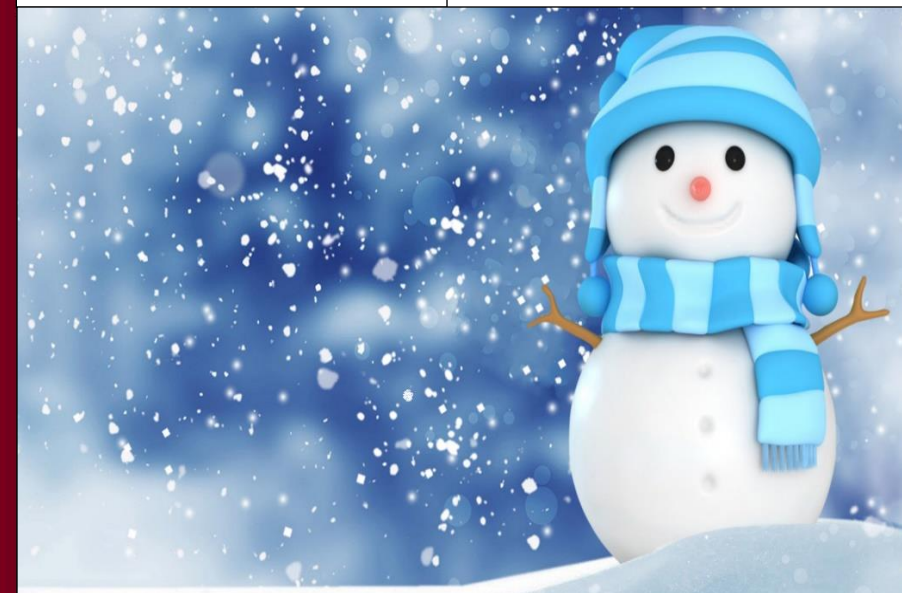


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><i>New Years Day</i> 1</p> <p>9:00 Rose Parade LR</p> <p>2:00 Oregon Ducks VS Ohio State LR</p> <p>Activity Packets Available At The Activity Table</p>	<p>2</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Snack and Hydrate 3:00 Chair Zumba 3:30 Name That Tune</p>	<p>3</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Coffee + Cookie Social 3:30 Chair Yoga 5:30 After Dinner Movie</p>	<p>4</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>5</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>6</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>7</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Sewing Corner 3:30 Chair Soccer</p>	<p>8</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Snowman Canvas 3:00 Before Dinner Stretch 7:00 Jeopardy</p>
<p>12</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>13</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>14</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Sewing Corner 3:30 Chair Soccer</p>	<p>15</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Creative Coloring 2:30 Snack and Hydrate 3:00 Crossword Puzzles 7:00 Jeopardy</p>	<p>16</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Snack and Hydrate 3:00 Chair Zumba 3:30 Name That Tune</p>	<p>17</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Paul Eddy Music 3:30 Noodleball 5:30 After Dinner Movie</p>	<p>18</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>

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
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 1:00 Spiritual Hour 2:30 Sewing Corner 3:30 Chair Soccer	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Creative Coloring 2:30 Snack and Hydrate 3:30 Before Dinner Stretch 7:00 Jeopardy	9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Watercolor Painting 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 Cinnamon Roll Social 3:30 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 2:00 Alice's Birthday Party 7:00 Movie of Choice
26	27	28	29	30	31	
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 Spiritual Hour 3:00 Sewing Corner 3:30 Chair Soccer	9:00 Daily Chronicles 9:30 Sit and Be Fit 10:30 Snack and Hydrate 2:00 Watercolor Painting 3:00 Sorting Basket 7:00 Jeopardy	9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Empanda Making 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 Orange Soda Social 3:30 Chair Yoga 5:30 After Dinner Movie	



Doctor Appointments

*Please sign-up at
Concierge's Desk*

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

Happy Birthday

Rosie K. 1/4 Don M. 1/11 Alice M. 1/25

Roberata M 1/5 George J. 1/22 Judy C. 1/28

