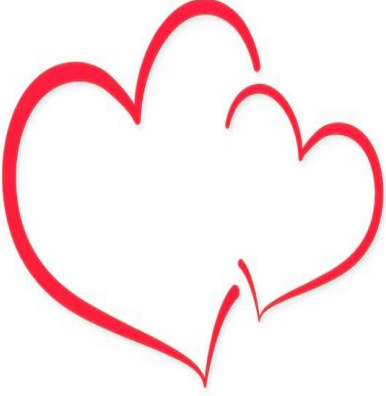
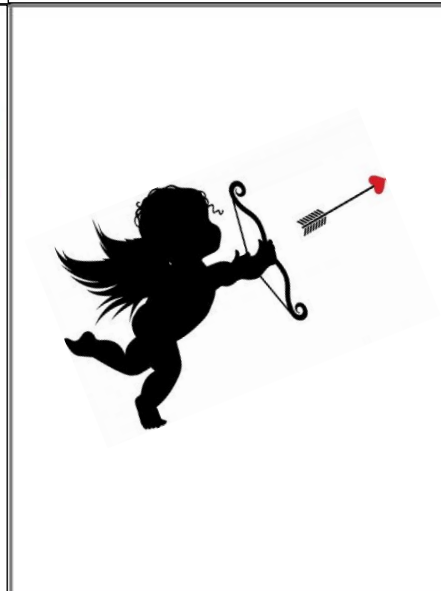


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February</h1>				<p>Abbreviation Key</p> <p>AR Activity Room FR Fitness Room FD Fireside Dining Room L Loft LR Living Room PD Pines Dining Room P The Pines RR Resident Run * Sign-Up \$ Bring Money</p>	<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 2:00pm</p>	<p style="text-align: right;">1</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball AR 2:30 Bingo AR 6:00 Resident Choice^{RR} L Board Games</p>
<p style="text-align: right;">2</p> <p>9:00 Be Balanced AR 10:00 Small Talk Dice L 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">3</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 2:00 Rummikub L 2:30 Arm Chair Travels LR 6:00 Resident Choice Board Games^{RR} L</p>	<p style="text-align: right;">4</p> <p>9:00 Be Balanced AR 9:30 Safeway Shopping*\$ 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling AR 1:00 Praise & Worship LR Hour With Ken 2:00 North Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice Movie^{RR}</p>	<p style="text-align: right;">5</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Music & Movement AR With Nicole 2:00 Making Homemade AR Brwonies 6:00 Resident Choice^{RR} L Board Games</p>	<p style="text-align: right;">6</p> <p>9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice: 10,000 L 2:30 Making Valentine AR Cards For The Ronald McDonald House 6:00 Tile Rummy^{RR} L</p>	<p style="text-align: right;">7</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Foodie Friday *\$ Red Robin 1:00 Knit @ Crochet AR Group 2:30 Words With Friends L 6:00 Resident Choice LR Movie</p>	<p style="text-align: right;">8</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball AR 2:30 Bingo AR 6:00 Resident Choice^{RR} L Board Games</p>
<p style="text-align: right;">9</p> <p>9:00 Be Balanced AR 10:00 Small Talk Dice L 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice Movie^{RR} LR</p>	<p style="text-align: right;">10</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 2:00 Rummikub L 2:30 Arm Chair Travels LR 6:00 Resident Choice Board Games^{RR} L</p>	<p style="text-align: right;">11</p> <p>9:00 Be Balanced AR 9:30 Wal-Mart Shopping*\$ 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling AR 1:00 Praise & Worship LR Hour With Ken 2:00 South Side Shopping*\$ 2:30 Bingo AR 6:00 Resident Choice Movie^{RR}</p>	<p style="text-align: right;">12</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Music & Movement AR With Nicole 2:30 Paper Marbling AR 6:00 Resident Choice^{RR} L Board Games</p>	<p style="text-align: right;">13</p> <p>9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice 10,000 L 2:00 Watercolor Class AR With Carol 6:00 Tile Rummy^{RR} L</p>	<p style="text-align: right;">Valentines Day 14</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Foodie Friday *\$ Jake's Diner 1:00 Knit @ Crochet AR Group 2:30 Valentine Happy Hour With Paul Eddy L 6:00 Resident Choice LR Movie</p>	<p style="text-align: right;">15</p> <p>9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball AR 2:30 Bingo AR 6:00 Resident Choice^{RR} L Board Games</p>

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 9:00 Be Balanced AR 10:00 Small Talk Dice L 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice Movie ^{RR} LR	17 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 2:00 Rummikub L 2:30 Making Mardi Gras Masks AR 6:00 Resident Choice Board Games ^{RR} L	18 9:00 Be Balanced AR 9:30 Costco Shopping* ^{\$} 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling AR 1:00 Praise & Worship LR Hour With Ken 2:00 North Side Shopping* ^{\$} 2:30 Bingo AR	19 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Music & Movement AR With Nicole 2:00 Telescope Guy LR Presentation 6:00 Resident Choice ^{RR} L Board Games	20 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice 10,000 L 4:00 & 5:30 Friends & Family Mardi Gras Dinner 6:00 Tile Rummy ^{RR} L	21 9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Foodie Friday * ^{\$} Chan's Chinese 1:00 Knit @ Crochet AR Group 2:30 Happy Hour With L Terry Ranstad 6:00 Resident Choice LR Movie	22 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball AR 2:30 Bingo AR 6:00 Resident Choice ^{RR} L Board Games
23 9:00 Be Balanced AR 10:00 Small Talk Dice L 10:30 Wii Bowling L 1:00 Tile Rummy L 2:30 Baking Club AR 6:00 Resident Choice Movie ^{RR} LR	24 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Noodle Ball LR 2:00 Rummikub L 2:30 Arm Chair Travels LR 6:00 Resident Choice Board Games ^{RR} L	25 9:00 Be Balanced AR 9:30 Bi-Mart* ^{\$} 10:30 Wii Bowling L 1:00 Resident Council LR 1:30 Chef Chat LR 2:00 Praise & Worship LR Hour With Ken 2:00 Sount Side Shopping* ^{\$} 2:30 Bingo AR	26 9:00 Be Balanced AR 10:30 Wii Bowling L 1:00 Music & Movement AR With Nicole 2:00 Discovery LR Healthy Living Presentation 6:00 Resident Choice ^{RR} L Board Games	27 9:00 Be Balanced AR 10:00 Chair Yoga AR With Jill 10:30 Wii Bowling L 1:00 Dice 10,000 L 2:30 Canvas Painting AR Craft Project 6:00 Tile Rummy ^{RR} L	28 9:00 Be Balanced AR 10:30 Wii Bowling L 11:30 Foodie Friday * ^{\$} Worthy Brewing 1:00 Knit @ Crochet AR Group 2:30 Happy Hour L With Cinda 6:00 Resident Choice LR Movie	



Happy Birthday

Karen R. 2/2 Raemona L. 2/7 Anne W. 2/16 Jack R. 2/22
Jacy D. 2/5 Judie G. 2/9 Steve M. 2/17 Lynda A 2/25
Donna B. 2/6 Ardys C. 2/10 Irene K. 2/21 Beryl B. 2/25