


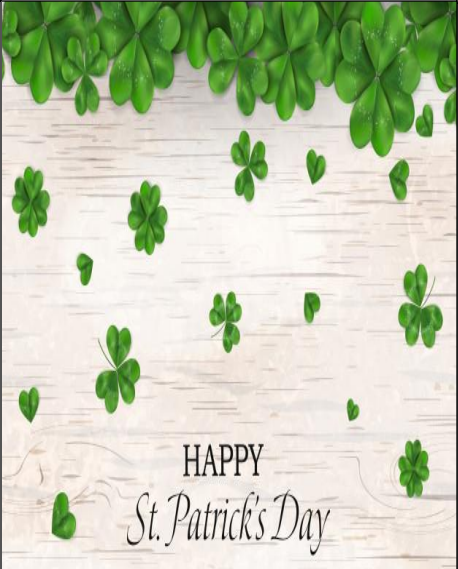


Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 <p>May your troubles be less and your blessings be more And nothing but happiness come through your door</p>			1 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
2 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice	3 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Chair Soccer 2:00 Snack & Hydrate 2:30 Coffee Clatter 3:30 Sit and Be Fit	4 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Watercolor Painting 3:30 Chair Yoga	5 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 Puzzle Corner 7:00 Jeopardy	6 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Bingo 3:00 Chair Zumba 3:30 Name That Tune	7 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Scenic Drive Outing 10:30 Snack and Hydrate 2:00 Green Soda Floats 3:30 Chair Yoga 7:00 Movie of Choice	8 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
Daylight Savings Time Begins 9 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice	10 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	11 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Rainbow Craft 3:30 Chair Yoga	12 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 Puzzle Corner 7:00 Jeopardy	13 9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Sewing Group 3:00 Chair Zumba 3:30 Name That Tune	14 9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Handels Ice Cream Outing 10:30 Snack and Hydrate 2:00 Music with Cinda 3:30 Chair Yoga 7:00 Movie of Choice	15 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

Cascades of Bend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p>St. Patrick's Day 17</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Chair Soccer 2:00 Snack & Hydrate 2:00 St. Patricks Social 3:30 Sit and Be Fit</p>	<p>18</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Walking Tour 3:30 Before Dinner Stretch</p>	<p>19</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 Puzzle Corner 7:00 Grand Ol' Opry</p>	<p>20</p> <p>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 4:00 & 5:30 St. Partick's Day Friends And Family Celebration</p>	<p>21</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Roundabout Tour Outing 10:30 Snack and Hydrate 2:00 Shamrock Shakes 3:30 Chair Yoga 7:00 Movie of Choice</p>	<p>22</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>23</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p>24</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>25</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Armchair Travels 1:00 Spiritual Hour 2:30 Walking Tour 3:30 Chair Yoga</p>	<p>26</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 Nail Painting 7:00 Dean Martin Show</p>	<p>27</p> <p>9:00 Daily Chronicles 9:30 Exercise & Music 10:00 Snack & Hydrate 10:30 Trivia 2:00 Sewing Group 3:00 Chair Zumba 3:30 Name That Tune</p>	<p>28</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Drake Park Outing 10:30 Snack and Hydrate 2:00 Cookies Social 3:30 Chair Yoga 7:00 Movie of Choice</p>	<p>29</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>30</p> <p>9:00 Daily Chronicles 9:30 Sit and Be Fit 10:00 Spiritual Eldercare 10:30 Snack and Hydrate 2:30 Puzzle Time 3:00 Creative Coloring 5:30 Movie of Choice</p>	<p>31</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>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>	