

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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**1**  
 8:00 Rides to Church  
 11:30 Worship w/ Pastor Drew (3T)  
 1:00 Sunday Ice Cream Social (1A)  
 1:00 Bridge (1P)  
 7:00 Sunday Night Movie (3T)

**2**  
 8:45 Exercise (1A)  
 11:00 Blood Pressure Clinic (1P)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:00 Bunco (1FS)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:00 Sing Along Music (1FS)  
 6:30 Mexican Train (2JR)

**3**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Kitchen Sink Exercise (1A)  
 2:00 Chair Yoga (3G)  
 2:30 Meditation (3T)  
 3:30 Resident Birthday Party (1A)



**4**  
 11-2 4th of July Lunch!  
 1:30 Quiddler (2JR)  
 6-8 pm Firework Party (Front Porch)



**5**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 1:00 Strength & Stability (1A)  
 2:00 Chair Yoga (3G)  
 2:30 Meditation (3T)  
 2:30 Poker (2B)  
 3:30 Watercolors w/ Bill Lewis (1P)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)

**6**  
 8:45 Exercise (1A)  
 10:30 Communion (3C)  
 11:00 Phone & Computer Help (1FS)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:00 Brain Games & Chocolate (1FS)  
 1:30 Art with Charlene (1P)  
 2:00 Balance (1A)  
 2:00 Scrabble (2JR)  
 4:00 Happy Hour (1A)

**7**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 1:30 Shopping  
 1:30 Bingo (1A)  
 2:30 Crosswords (1FS)  
 3:30 Upwords (1FS)  
 7:00 Movie Night (3T)

**8**  
 8:00 Rides to Church  
 11:30 Worship w/ Pastor Drew (3T)  
 1:00 Sunday Shopping at Cascade Village  
 7:00 Sunday Night Movie (3T)

**9**  
 8:45 Exercise (1A)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:00 Volleyball (1A)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:00 Sing Along Music (1FS)  
 6:30 Mexican Train (2JR)

**10**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:45 Indian Head Casino  
 1:00 Kitchen Sink Exercise (1A)  
 2:00 Chair Yoga (3G)  
 2:30 Meditation (3T)  
 6:00 Old Time Jammin' (1A)

**11**  
 8:45 Exercise (1A)  
 11:00 Hike & Picnic- Metolious  
 1:30 Quiddler (2JR)  
 2:00 Blind Food Tasting (1A)  
 2:00 Wednesday Series (3T)  
 3:30 Wine Social w/ Jerry Foxworth (1FS)

**12**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:00 Men's Group- Prineville Farm Picnic  
 1:00 Strength & Stability (1A)  
 2:00 Chair Yoga (3G)  
 2:30 Meditation (3T)  
 2:30 Poker (2B)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)

**13**  
 8:45 Exercise (1A)  
 10:00 Safeway Shopping  
 10:30 Communion (3C)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:30 Shopping  
 1:00 Yard Games (FP)  
 2:00 Balance (1A)  
 2:00 Scrabble (2JR)  
 4:00 Happy Hour (1A)

**14**  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 1:30 Bingo (1A)  
 2:30 Crosswords (1FS)  
 3:30 Upwords (1FS)  
 7:00 Movie Night (3T)

**15**  
 8:00 Rides to Church  
 11:30 Worship w/ Pastor Drew (3T)  
 1:00 Sunday Tea on the Patio (D)  
 1:00 Bridge (1P)  
 7:00 Sunday Night Movie (3T)

**16**  
 8:45 Exercise (1A)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:00 Bunco (1FS)  
 2:00 Matinee Movie (3T)  
 2:00 Balance (1A)  
 3:00 Sing Along Music (1FS)  
 4:00 Sew & Tell (2JR)  
 6:30 Mexican Train (2JR)

**17**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:45 Ale Trail  
 2:00 Resident Meeting (1A)  
 2:30 Meditation (3T)  
 3:00 4H Sharing Animals (1A)

**18**  
 8:45 Exercise (1A)  
 11:00 The Price is Right (1A)  
 1:00 Circuit (1G)  
 1:30 Quiddler (2JR)  
 2:00 Balance (1A)  
 2:00 Wednesday Western (3T)  
 2:45 Cardio Drumming (1A)  
 3:30 Watercolors w/ Bill Lewis (1P)  
 5:30 Larry Rauch (D)  
 6:30 Shoot the Breeze (Garden)

**19**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:00 Women's Group "Cascade Lavender"  
 1:00 Strength & Stability (1A)  
 2:00 Chair Yoga (3G)  
 2:30 Meditation (3T)  
 2:30 Poker (2B)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)

**20**  
 8:45 Exercise (1A)  
 10:00-1:30 Clothing Exchange (1A)  
 10:30 Communion (3C)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:00 Brain Games & Chocolate (1FS)  
 1:30 Art with Charlene (1P)  
 2:00 Balance (1A)  
 2:00 Scrabble (2JR)  
 4:00 Happy Hour on the Patio (FP)

**21**  
 9:30-5:30 Chess Tournament (2JR)  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 1:30 Shopping  
 1:30 Bingo (1A)  
 2:30 Crosswords (1FS)  
 3:30 Upwords (1FS)  
 7:00 Movie Night (3T)

**22**  
 8:00 Rides to Church  
 11:30 Worship w/ Pastor Drew (3T)  
 1:00 Sunday Drive- Sunriver  
 7:00 Sunday Night Movie (3T)

**23**  
 8:45 Exercise (1A)  
 9:00 Mimosa Monday! (D)  
 11:00 Circuit (1G)  
 11:45 Posture Fix (3T)  
 1:00 Sunriver Nature Visit (1A)  
 2:00 Matinee Movie (3T)  
 3:00 Sing Along Music (1FS)  
 6:30 Mexican Train (2JR)

**24**  
 8:45 Exercise (1A)  
 10:30 Bingo (1A)  
 11:45 Indian Head Casino  
 1:00 Kitchen Sink Exercise (1A)  
 2:00 Chair Yoga (3G)  
 2:00 Band of Brothers Meeting (2JR)  
 2:30 Meditation (3T)

**25**  
 8:45 Exercise (1A)  
 11:30 Hike & Picnic  
 1:30 Quiddler (2JR)  
 2:00 Balance (1A)  
 2:00 Wednesday Series (3T)  
 2:45 Cardio Drumming (1A)  
 3:30 Wine Social w/ Kenya (1FS)

**26**  
 8:45 Exercise (1A)  
 8:45 McKenzie River Rafting Trip  
 10:00 Men's Group Meeting (1FS)  
 10:30 Bingo (1A)  
 1:00 Strength & Stability (1A)  
 2:00 Food Committee Meeting (D)  
 2:00 Western Story Teller (1A)  
 2:00 Chair Yoga (3G)  
 2:30 Meditation (3T)  
 2:30 Poker (2B)  
 6:30 Chess Club (2JR)  
 7:00 Movie Night (3T)



**27**  
 8:45 Exercise (1A)  
 10:30 Communion (3C)  
 11:00 Activity Committee Meeting (1A)  
 11:00 Circuit (1G)  
 1:30 Art with Charlene (1P)  
 2:00 Scrabble (2JR)  
 4:00 Joke Happy Hour (1A)

Feet Retreat-Dawn (541)788-4785

**28**  
 10:00 Safeway Shopping  
 10:00 Rosary (3C)  
 10:45 Rides to House of Covenant  
 1:30 Shopping  
 1:30 Bingo (1A)  
 2:30 Crosswords (1FS)  
 3:30 Upwords (1FS)  
 7:00 Movie Night (3T)

**29**  
 8:00 Rides to Church  
 11:30 Worship w/ Pastor Drew (3T)  
 1:00 Sunday Ice Cream Social (1A)  
 1:00 Bridge (1P)  
 7:00 Sunday Night Movie (3T)

**30**  
 8:45 Exercise (1A)  
 9:30 Picnic @ Fort Rock  
 1:00 Volleyball w/ Beth (1A)  
 2:00 Matinee Movie (3T)  
 3:00 Sing Along Music (1FS)  
 4:00 Sew & Tell (2JR)  
 6:30 Mexican Train (2JR)

**31**  
 8:45 Exercise (1A)  
 10:00 Women's Group Meeting (1FS)  
 10:30 Bingo (1A)  
 11:45 Ale Trail



(L)= Lobby  
 (1A)= 1st Floor Activity Room  
 (1P)= 1st Floor Ponderosa Room  
 (1G) = 1st Floor Gym  
 (D) = 1st Floor Dining Room  
 (1FS) = 1st Floor Fireside room  
 (2JR) = 2nd Floor Juniper Room  
 (2B) = 2nd Floor Billiard Room  
 (2CR) = 2nd Floor Card Room  
 (3T) = 3rd Floor Theater  
 (3C) = 3rd Floor Chapel  
 (FP) = Fire Pit Area