

Sun

Mon

Tue

Wed

Thu

Fri

Sat



1
 8:45 Morning Exercise (1A)
 10:00 Scrabble (1FS)
 10:00 Writing Club (2B)
 1:00 Chair Volleyball (1A)
 2:00 Phone/Computer Help (1FS)
 3:00 Live Music w/ The Happy Hour Duo (1A)

2
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 1:00 Mexican Train (1FS)
1:30-4:00 Antiques w/ Karen Stockton (1A)
 2:00 Poker (2B)
 6:00 Chess club (2JR)



3
 8:45 Morning Exercise (1A)
 10:00 Group tour of the Building (1FS)
 11:00 Functional Circuit (1G)
 11:30 Communion (3C)
 2:00 Balance (2JR)
 2:00 Chosen Series (3T)
3:30 Happy Hour (1FS)

4
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (2JR)
 1:00 Shopping Trip
 7:00 Saturday Night Movie (3T)

5
 9:00 Church Rides
 10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
 11:00 First Pres. Church Service ch. 12
1:15 Cascade Winds Symphonic Band
 1:30 Bridge Club (1P)
 7:00 Mexican Train (1FS)

6
 8:45 Morning Exercise (1A)
 10:00 Better Brain (3T)
 11:00 Functional Circuit (1G)
 12:00 Jo T. on the Piano (D)
 2:00 Matinee Movie (3T)
 2:00 Balance (2JR)
 3:30 Games w/ Deb (1FS)



7
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
10:30 Casino Trip
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (2JR)
 1:00 Rummikub (1FS)
 2:00 Seated Mind Body (2JR)
 2:45 Meditation (2JR)
 3:00 Resident Birthday Party (1A)
 4:00 Left, Right, Center (1FS)



8
 8:45 Morning Exercise (1A)
 10:00 Scrabble (1FS)
 10:00 Get to know your Calendar (3T)
 10:00 Writing Club (2B)
 1:00 Cardio Drumming (1A)
 2:00 Balance (2JR)
 2:00 Phone/Computer Help (1FS)
 3:00 Live Music w/ Paul Eddy (1A)

9
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (2JR)
 1:00 Mexican Train (1FS)
 2:00 Poker (2B)
 2:00 Seated Mind Body (2JR)
 2:45 Meditation (2JR)
 3:00 Watercolors w/ Bill Lewis (3AC)
 6:00 Chess club (2JR)

10
 10:00 Veteran's Brunch (D)
 11:00 Functional Circuit (1G)
 11:30 Communion (3C)
1:00 Book Club (3T)
 2:00 Chosen Series (3T)
 2:00 Balance (2JR)
3:30 Happy Hour (1FS)

11
Veteran's Day
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (2JR)
 1:00 Shopping Trip
 7:00 Saturday Night Movie (3T)



12
 9:00 Church Rides
 10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
 11:00 First Pres. Church service ch.12
 1:30 Bridge Club (1P)
 7:00 Mexican Train (1FS)

13
 8:45 Morning Exercise (1A)
 10:00 Better Brain (3T)
 11:00 Share and Care (3T)
 11:00 Functional Circuit (1G)
 12:00 Jo T. on the Piano (D)
 2:00 Matinee Movie (3T)
 2:00 Balance (2JR)
 3:30 Games w/ Deb (1FS)

14
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (2JR)
 1:00 Rummikub (1FS)
1:00 Cascade Village Shopping Center
 2:00 Seated Mind Body (2JR)
 2:45 Meditation (2JR)
 4:00 Left, Right, Center (1FS)
 5:00 Larry Rauch on Piano (D)

15
 8:45 Morning Exercise (1A)
 10:00 Scrabble (1FS)
 10:00 Writing Club (2B)
 11:00 Craft Time w/ Deb (3T)
 1:00 Cardio Chair Dancing (1A)
 2:00 Balance (2JR)
 2:00 Phone/Computer Help (1FS)
 3:00 Live Music w/ Bill Powers (1A)

16
 8:00 Morning Exercise (2JR)
 8:45 Morning Exercise (2JR)
 10:00 Bingo (2JR)
 11:15 Sit-N-Fit (2JR)
 1:00 Mexican Train (1FS)
 2:00 Seated Mind Body (2JR)
 2:00 Poker (2B)
 2:45 Meditation (2JR)
 3:00 Get to Know Your Neighbor (3T)
 6:00 Chess club (2JR)

17
 8:45 Morning Exercise (1A)
 11:00 Functional Circuit (1G)
11:15 Lunch Out to Sebastians Cafe
 11:30 Communion (3C)
 2:00 Chosen Series (3T)
 2:00 Balance (2JR)
3:30 Happy Hour (1FS)

18
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (2JR)
 1:00 Shopping Trip
 7:00 Saturday Night Movie (3T)

19
 9:00 Church Rides
 10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
 11:00 First Pres. Church service ch.12
 1:30 Bridge Club (1P)
1:15 Bend POPS Orchestra
 7:00 Mexican Train (1FS)

20
 8:45 Morning Exercise (1A)
 10:00 Better Brain (3T)
11:00 Cooking w/ Chef (2JR)
 11:00 Functional Circuit (1G)
 12:00 Jo T. on the Piano (D)
 2:00 Matinee Movie (3T)
 2:00 Balance (2JR)
 3:30 Games w/ Deb (1FS)

21
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (2JR)
 1:00 Rummikub (1FS)
 2:00 Seated Mind Body (2JR)
 3:00 Resident Meeting (1A)
 4:00 Left, Right, Center (1FS)
 6:00 Jam Session w/ The Jammers(1A)

22
 8:45 Morning Exercise (1A)
 10:00 Scrabble (1FS)
 10:00 Writing Club (2B)
 1:00 Turkey Trot Poker Walk (1A)
 2:00 Balance (2JR)
 2:30 New Employee Meet and Greet (3T)
 3:00 Live Music w/ Flute Duet (1A)

23
Thanksgiving Day
 11:00-3:00 Thanksgiving Dinner (D)
 1:00 Mexican Train (1FS)
 2:00 Poker (2B)
 6:00 Chess Club (2JR)



24
 8:45 Morning Exercise (1A)
10:00 Black Friday Shopping
 11:30 Communion (3C)
 2:00 Chosen Series (3T)
3:30 Thankful Happy Hour (1FS)



25
 10:00 Safeway Shopping
 10:00 Rosary (3C)
 10:45 Rides to House of Covenant
 12:45 Bingo (2JR)
 1:00 Shopping Trip
 7:00 Saturday Night Movie (3T)

26
 9:00 Church Rides
 10:00 Zion Lutheran Worship service w/ Holy Communion (3T)
 11:00 First Pres. Church service ch.12
1:00 Sunday Drive
 1:30 Bridge Club (1P)
 7:00 Mexican Train (1FS)

27
 8:45 Morning Exercise (1A)
 10:00 Better Brain (3T)
 11:00 Functional Circuit (1G)
 12:00 Jo T. on the Piano (D)
 2:00 Matinee Movie (3T)
 2:00 Balance (2JR)
 3:30 Games w/ Deb (1FS)

28
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 10:30 Busy Fingers (1FS)
 11:15 Sit-N-Fit (2JR)
 1:00 Rummikub (1FS)
1:00 Post Office
 2:00 Seated Mind Body (2JR)
 2:45 Meditation (2JR)
 4:00 Left, Right, Center (1FS)

29
 8:45 Morning Exercise (1A)
 10:00 Scrabble (1FS)
 10:00 Writing Club (2B)
 1:00 Chair Volleyball (1A)
 2:00 Balance (2JR)
 2:00 Phone/Computer Help (1FS)
 3:00 BYO Ice Cream Sandwich (1A)

30
 8:45 Morning Exercise (1A)
 10:00 Bingo (1A)
 11:15 Sit-N-Fit (2JR)
 1:00 Mexican Train (1FS)
 2:00 Poker (2B)
 2:00 Seated Mind Body (2JR)
 2:45 Meditation (2JR)
 3:00 Wines Around the World (3T)
 6:00 Chess Club (2JR)

