

SAMPLE MONTH PROGRAM CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Here's a sampling of programs and activities offered at Cascade Manor.</p> <p>While the following list provides a taste of what's available, our dynamic community is continuously evolving, with residents regularly introducing new groups and committees to explore emerging interests.</p>						
	<p>1</p> <p>9:00 Bones & Balance 9:15 Splash 3:00 Enhancing Memory 3:00 Resident Association Mtg 4:00 Deep Dynamics 4:45 Chair Yoga 7:00 Resident Association Mtg</p>	<p>2</p> <p>9:00 Aqua Stretch & Flex 10:00 Tai Chi / Chair Chi 11:00 Novel Novels 1:00 Chef's Forum 2:30 Singing Together 4:45 Wii Fitness 6:45 Rummikub</p>	<p>3</p> <p>9:00 Bones & Balance 9:15 Splash 1:00 Market Day Trip 2:00 Reader's Theater 3:00 Enhancing Memory 3:00 Resident Assoc Mtg 4:00 Deep Dynamics 4:45 Chair Yoga</p>	<p>4</p> <p>9:00 Aqua Stretch & Flex 10:00 Tai Chi / Chair Chi 11:00 Amici d'Amici Committee 1:30 Meditation Group 6:30 Rummikub 6:30 Eugene Symphony 7:00 Movie: <i>Cool Hand Luke</i></p>	<p>5</p> <p>9:00 Bones & Balance 9:15 Splash 4:00 Friday Frolic 4:45 Chair Yoga 5:30 Gentle Yoga 7:00 Game Night 7:00 Movie: <i>Easy Rider</i></p>	<p>6</p> <p>10:00 Teddy Bear Social 7:00 Movie: <i>Love Affair</i></p>
<p>7</p> <p>9:30 Table Tennis / Wii Fitness 1:30 Movie: <i>The Rookie</i> 3:00 Game of Kings</p>	<p>8</p> <p>9:00 Bones & Balance 9:15 Splash 3:00 Enhancing Memory 4:00 Deep Dynamics 4:45 Chair Yoga 7:00 Movie: <i>The Merchant of Venice</i></p>	<p>9</p> <p>9:00 Aqua Stretch & Flex 10:00 Tai Chi / Chair Chi 11:00 Novel Novels 1:00 Library Run 1:00 Listening Post 2:30 One Short Story 4:45 Wii Fitness 6:45 Rummikub</p>	<p>10</p> <p>9:00 Bones & Balance 9:15 Splash 11:30 Spanish Club 1:00 Market Day Trip 2:00 Reader's Theater 3:00 Enhancing Memory 4:00 Deep Dynamics 4:45 Chair Yoga</p>	<p>11</p> <p>9:00 Oregon Coast Aquarium 9:00 Aqua Stretch & Flex 9:00 Tai Chi / Chair Chi 1:30 Meditation Group 3:30 Hearing Aid Checkup 6:45 Rummikub 7:00 Reader's Variety Theater</p>	<p>12</p> <p>9:00 Bones & Balance 9:15 Splash 4:00 Friday Frolic 4:00 Wine Appetizer Social 4:45 Chair Yoga 5:30 Gentle Yoga 7:00 Game Night 7:00 Movie</p>	<p>13</p> <p>9:00 Saturday Exercise 10:30 Neighborhood Zoom 7:00 Movie: <i>A River Runs Through It</i></p>
<p>14</p> <p>9:30 Table Tennis / Wii Fitness 1:30 Movie: <i>Love Affair</i> 3:00 Game of Kings</p>	<p>15</p> <p>9:00 Bones & Balance 9:15 Splash 3:00 Enhancing Memory 3:00 Resident Association Mtg 4:00 Deep Dynamics 4:45 Chair Yoga</p>	<p>16</p> <p>9:00 Aqua Stretch & Flex 10:00 Tai Chi / Chair Chi 11:00 Novel Novels 2:30 Singing Together 4:45 Wii Fitness 6:45 Rummikub 7:00 Movie</p>	<p>17</p> <p>9:00 Bones & Balance 9:15 Splash 1:00 Market Day Trip 2:00 Reader's Theater 3:00 Enhancing Memory 4:00 Deep Dynamics 4:45 Chair Yoga 7:00 Movie</p>	<p>18</p> <p>9:00 Aqua Stretch & Flex 10:00 Tai Chi / Chair Chi 11:00 Amici d'Amici Committee 1:30 Meditation Group 6:30 Rummikub 6:30 Eugene Symphony 7:00 Movie</p>	<p>19</p> <p>9:00 Bones & Balance 9:15 Splash 4:00 Friday Frolic 4:45 Chair Yoga 5:30 Gentle Yoga 7:00 Game Night 7:00 Movie</p>	<p>20</p> <p>9:00 Saturday Exercise 7:00 Movie</p>
<p>21</p> <p>9:30 Table Tennis / Wii Fitness 1:30 Movie 3:00 Game of Kings</p>	<p>22</p> <p>9:00 Bones & Balance 9:15 Splash 3:00 Enhancing Memory 4:00 Deep Dynamics 4:45 Chair Yoga 7:00 Movie</p>	<p>23</p> <p>9:00 Aqua Stretch & Flex 10:00 Tai Chi / Chair Chi 11:00 Novel Novels 1:00 Library Run 1:00 Listening Post 2:30 One Short Story 4:45 Wii Fitness 6:45 Rummikub</p>	<p>24</p> <p>9:00 Bones & Balance 9:15 Splash 11:30 Spanish Club 1:00 Market Day Trip 2:00 Reader's Theater 3:00 Enhancing Memory 4:00 Deep Dynamics 4:45 Chair Yoga</p>	<p>25</p> <p>9:00 Aqua Stretch & Flex 9:00 Tai Chi / Chair Chi 1:30 Meditation Group 6:45 Rummikub 7:00 Movie</p>	<p>26</p> <p>9:00 Bones & Balance 9:15 Splash 4:00 Friday Frolic 4:00 Wine Appetizer Social 4:45 Chair Yoga 5:30 Gentle Yoga 7:00 Game Night 7:00 Movie</p>	<p>27</p> <p>9:00 Saturday Exercise 10:30 Neighborhood Zoom 7:00 Movie</p>
<p>28</p> <p>9:30 Table Tennis / Wii Fitness 1:30 Movie 3:00 Game of Kings</p>	<p>29</p> <p>9:00 Bones & Balance 9:15 Splash 3:00 Enhancing Memory 4:00 Deep Dynamics 4:45 Chair Yoga 7:00 Movie</p>	<p>30</p> <p>9:00 Aqua Stretch & Flex 10:00 Tai Chi / Chair Chi 11:00 Novel Novels 2:30 Singing Together 4:45 Wii Fitness 6:45 Rummikub 7:00 Movie</p>				