

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>5) 10:30 Brunch/ Guests \$15 12:00 Musical Performance 1:00 Trip to Meadowood Mall 2:00 Bananagram Game 3:00 Bingo/ Art Studio 4:00 Chicken Foot Dominos 4:30 Trip to P.F Chang's Restaurant 7:00 50/50 Bar Movie Night!</p>	 <p>6) 9:00 Trip to Trader Joes 2:00 PBS Mini Series "America the Story of Us" 3:00 Bingo/ Art Studio 3:30 Poker/ Fireside 4:00 Wii Bowling! 5:00 Yahtzee 7:00 Blue Grass Group!</p>	 <p>7) 11:00 Daily News 1:30 Bridge/ Mav. 1:45 B.B.B/ Art Studio 3:00 Learn Spanish! 3:00 Bingo/ Art Studio 4:30 Yahtzee!/ Fireside 4:30 Trip to Save Mart 6:30 Trip to Casino Bingo at the Sands Casino</p>	<p>1) 10:00 Parkinson's Group 11:00 Barb's Bible Study 1:00 Craft Class: Flower Wall Mirror 3:30 Bingo/ Art Studio 4:45 Trip to Library 5:30 Trip to Pirates Pizza</p>	<p>2) 9:00 Trip to Target 11:00 Open Art Class 1:45 B.B.B/ Art Studio 3:00 Cooking Demo 3:30 Poker/ Fireside 7:00 Cookies and Milk Movie Night!</p>	<p>3) 1:00 Spite & Malice / Scoundrels 1:00 Hand & Foot / Mavericks 1:30 Resident Town Hall/ Sundance Cinema 3:30 Poker/ Fireside 4:00 Documentary Movie: "The Art of Origami" 5:30 Trip to In and Out Burger</p>	<p>4) 11:00 Musical Performance 11:00 Trip to Euro Fest at the Sands Casino 2:30 B.B.B/ Art Studio 4:00 Mexican Train 6:30 Trip to Gold Dust West 6:30 Craft Class: "Gem Wall Art"</p>
<p>12) 10:30 Brunch/ Guests \$15 11:00 Musical Performance 12:00 Trip to the Carson City Rendezvous 2:00 Bananagram Game 3:00 Bingo/ Art Studio 4:00 Concentration Dominos 7:00 Drumstick Movie Night!</p>	<p>13) 9:00 Trip to Save Mart 1:30 Manor Care Lecture 2:00 PBS Mini Series "America" 3:00 Bingo/ Art Studio 3:30 Poker/ Fireside 4:00 Wii Bowling! 7:00 C.C. Movie Night</p>	<p>14) 11:00 Daily News 1:30 Bridge/ Mav. 1:45 B.B.B/ Art Studio 2:00 Sink Care Group 3:00 Bingo/ Art Studio 3:00 Learn Spanish! 4:30 Yahtzee!/ Fireside 4:30 Trip to Dollar Store</p>	<p>15) 11:00 Barb's Bible Study 1:00 Craft Class: Hanging Bud Vase 3:00 Bingo/ Art Studio 4:00 Liars Dice/ Fireside 4:45 Trip to Library 6:30 Pinochle/ Mavericks 6:45 Bunco!/Great Room</p>	<p>16) 9:00 Trip to T.J Maxx 10:30 Dining Committee Meeting 11:00 Open Art Class 1:45 B.B.B/ Art Studio 3:00 Cooking Demo 3:30 Poker / fireside 7:00 Drumstick Movie Night!</p>	<p>17) 1:00 Spite & Malice/ Scoundrels 1:00 Hand & Foot / Mavericks 2:00 Blood Pressure Clinic 2:00 Computer Class 2:00 Documentary Movie: "Riddles of the Sphinx" 5:45 Trip to Stewart Indian School Summer Powwow</p>	<p>18) 11:00 Musical Performance 11:30 Trip to National Automobile Museum 2:30 B.B.B/ Art Studio 4:00 Trip to Sparks Century Theaters 4:00 Mexican Train 6:30 Craft Class: "Summer Time Wreath"</p>
<p>19) Happy Father's Day! 10:30 Brunch/ Guests \$15 11:00 Musical Performance 12:00 Trip to Tamarack Junction Casino 2:00 Bananagram Game 3:00 Bingo/ Art Studio 5:00 Father's Day BBQ 7:00 Cowboy Movie Night!</p>	<p>20) 9:00 Trip to Whole Foods 11:00 Diabetic Seminar 2:00 PBS Mini Series "America" 3:00 Bingo/ Art Studio 3:30 Poker/ Fireside 6:30 Yahtzee 7:00 C.C. Movie Night</p>	<p>21) 11:00 Daily News 1:30 Bridge/ Mav. 1:45 B.B.B/ Art Studio 3:00 Bingo/ Art Studio 4:30 Yahtzee!/ Fireside 4:30 Trip to Scolari's 6:15 Trip to Texas Road House Restaurant 6:30 Dementia Group</p>	<p>22) 11:00 Activities Meeting/ Theater 12:30 Craft Class: "Rope Art" 3:00 Bingo/ Art Studio 4:00 B.B.B. Managers Game 5:00 Birthday Bash! 6:30 Pinochle/ Mavericks 6:45 Name that Tune!</p>	<p>23) 9:30 Trip to Assistance League Thrift Store 11:00 Open Art Class 1:45 B.B.B/ Art Studio 3:00 Trivial Pursuit 3:30 Poker/ Fireside 6:00 Trip to Reno Aces Game 7:00 Cowboy Movie Night!</p>	<p>24) 1:00 Spite & Malice / Scoundrels 12:00 Away B.B.B. Game 1:00 Hand & Foot / Mavericks 12:00 Away B.B.B. Game 2:00 Celebrate Life Ceremony 2:00 Documentary Movie: "The Story of Wyatt Earp" 3:30 Poker/ Fireside</p>	<p>25) 11:00 Musical Performance 12:00 Trip to Dickey's BBQ and Sheplers 2:30 B.B.B/ Art Studio 4:00 Mexican Train 5:15 Trip to Reno Rodeo 6:30 Craft Class: "Pickles"</p>
<p>26) 10:30 Brunch/ Guests \$15 11:00 Musical Performance 3:00 Bingo/ Art Studio 4:00 Concentration Dominoes 6:00 Trip to Chautauqua Festival 7:00 Pina Coladas and Pirates Movie Night!</p>	<p>27) 9:00 Trip to Wal-Mart 2:00 PBS Mini Series "America" 3:00 Bingo/ Art Studio 3:30 Poker/ Fireside 4:00 Wii Bowling! 6:30 Yahtzee 7:00 C.C. Movie Night</p>	<p>28) 11:00 Daily News 1:30 Bridge/ Mav. 1:45 B.B.B/ Art Studio 3:00 Bingo/ Art Studio 4:30 Yahtzee!/ Fireside 4:30 Trip to Safeway 6:00 Trip to Olive Garden</p>	<p>29) 11:00 Barb's Bible Study 1:00 Craft Class: "Table Runner" 3:30 Bingo/ Art Studio 4:00 Liars Dice/ Fireside 4:45 Trip to Library 6:30 Pinochle/ Mavericks</p>	<p>30) 9:00 Trip to Kohl's 11:00 Open Art Class 1:45 B.B.B/ Art Studio 3:00 Cooking Demo 3:30 Poker/ Fireside 7:00 Pina Coladas and Pirates Movie Night!</p>		

Second EverWell Triathlon starting in June!

In June, we will focus on physical activity. Activities such as walking, stretching, tai chi, Wii™ sports, Xbox Kinect™, swimming, sit-down exercises, riding the NuStep, using the Keiser equipment, using hand weights, bean bag tosses, chair volleyball, dancing, swimming, or golf. For employees physical activities should be extra things you are doing outside of work not related to on the job activity such as participating in an exercise class or walking a mile every morning.

Each community will log activities on a participation log. This will be filled out by residents and staff. There will be a place for the participants name and which community you represent. Staff will have to fill out logs for those residents who are not able to do so. Completed participation logs will be turned into Natalie Hilbert at the end of each month. Each community will be scored based on percentages of staff and residents who participated each month. By the end of the triathlon percentages for all three months will be averaged together and prizes awarded.

We came in second place in the last triathlon; let's go for first this time around!!!

If you have any questions, please call Natalie Hilbert at 424-5400 ext.155 or e-mail at natalieh@cascadeliving.com. If you have questions about whether or not to include an activity go on ahead and include it – use your best judgment. The overall goal of this triathlon is to promote wellness and encourage staff and residents to live a more active life. **Have fun!**

Eat Your Veggies Day

By: Natalie Hilbert, Fitness Director at Cascades of the Sierra

June 17th every year is “Eat Your Vegetables Day”. Strategically created in the middle of National Fresh Fruit and Vegetables Month, this day is the perfect opportunity to re-introduce a healthy portion of vegetables into your diet. No doubt about it, Eat Your Vegetables Day was created to promote a more healthy diet.....for life!

Fresh fruits and vegetables can help you ward off heart disease and stroke, control blood pressure, prevent some types of cancer, avoid a painful intestinal ailment called diverticulitis, and guard against cataract and macular degeneration, two common causes of vision loss.

On this day, you are encouraged to eat vegetables for every meal, and for a snack. Better yet, try to be a vegetarian....for the day. Let vegetables take center stage on your plate! Any additional vegetables at meal time on June 17th will honor the event, as well as make you a little healthier.

To learn more about living a healthy lifestyle contact, Natalie Hilbert, Fitness Director at Cascades of the Sierra.

The EverFit Club, located at Cascades of the Sierra, is available for monthly gym memberships and is a Silver & Fit® provider. For more information call Natalie at (775)-424-5400 ext. 155 or email at natalieh@cascadeliving.com



EverFit Club Weekly Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Stretch 9:00-9:30 Aerobic Studio IL/AL	Balance Class 9:00-9:45 Aerobic Studio IL/AL	Strength & Stretch 9:00-9:30 Aerobic Studio IL/AL	Balance Class 9:00-9:45 Aerobic Studio IL/AL	Strength & Stretch 9:00-9:30 Aerobic Studio IL/AL	Chair Volley Ball 9:15-10:00 Aerobic Studio IL/AL
Tai Chi 9:30-10:00 Aerobic Studio IL/AL	Weight Room Orientation 9:00-9:45 EverFit Lobby IL/AL	Tai Chi 9:30-10:00 Aerobic Studio IL/AL	Weight Room Orientation 9:00-9:45 EverFit Lobby IL/AL	Swimming 10:00-10:30 Pool Lodge	AquAerobics 10:30-11:30 Pool IL/AL
Walking Group 10:00-10:30 EverFit Lobby IL/AL	Wii Balance Board Class 10:00-11:00 EverFit Club	Walking Group 10:00-10:30 EverFit Lobby IL/AL	Wii Balance Board Class 10:00-11:00 EverFit Club	AquAerobics 10:30-11:30 Pool IL/AL	
	Strength & Stretch 11:00-11:30 Aerobic Studio Lodge	Weight Rm Orientation 11:00-11:45 EverFit Lobby IL/AL	Strength & Stretch 11:00-11:30 Aerobic Studio Lodge		
	Chair Volley Ball 1:00-1:45 Aerobic Studio IL/AL		Chair Volley Ball 1:00-1:45 Aerobic Studio IL/AL		
AquAerobics 1:30-2:30 Pool IL/AL	AquAerobics 2:00-3:00 Pool IL/AL	AquAerobics 1:30-2:30 Pool IL/AL	AquAerobics 2:00-3:00 Pool IL/AL	Yoga Therapy 2:30-3:30 Aerobic Studio IL/AL	
	Swimming 3:00-4:00 Pool Lodge	Swimming 2:30-3:30 Pool Lodge	Swimming 3:00-4:00 Pool Lodge		
					Sunday

IL/Independent Living, AL/Assisted Living, Lodge/Memory Care

Schedule subject to change based on the interests and requests of our residents
Updated 2/10/2011