

Cascade Trails Senior Living

Assisted Living

October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:45 Performance by Kevin Cavanaugh (ML) 6p Short Stories W/ Hayley (ML)	2 10:30a Bands & Weights (AF) 11a Candy BINGO (GP) 12p Chronicle Pick-Up (ML) 3:15p Movie Matinee: "You've Got Mail" (AF)	3 10:30a Chronicle Chat (AF) 10:45a Game of Catchphrase (AF) 2:45p Independent "Who Am I?" (ML) 3p Independent "What Am I?" (AF)
4 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 2p Independent Short Story (ML) 3p Independent Crosswords (ML)	5 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by Bob DeYoung (ML)	6 11:15a Tai Chi Tuesday (AF) 11:35a Chronicle Convos (AF) 2p Candy BINGO (GP) 3:15p Fall Centerpieces (GP) 5:45p Hot Towels & Hot Topics (DR)	7 10:30a Bands & Weights (AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (ML) 3:15p Calendar Planning Mtg. (CR)	8 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2p Travelogue - A Journey Through Japan (ML) 6p Short Stories W/ Hayley (ML)	9 10:30a Bands & Weights (AF) 11a Bingo Bucks BINGO (GP) 3p Chronicle Chat (AVR) 3:15p Movie Matinee w/ Concessions: "Bell, Book, & Candle" (AF)	10 9:45a Documentary: "Dancing with the Birds" (AF) 11a Chair Yoga (AF) 2:45p Chronicle Chat (AF) 3p Game of "Uno" (AF)
11 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 2p Independent Short Story (ML) 3p Independent Crosswords (ML)	12 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 1:30p Chef Chat (CR) 2:15p Chronicle Chat (ML) 2:45p Performance by Michaelleen Kelly (ML)	13 11:15a Tai Chi Tuesday (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p Music W/ Melissa (MC) 5:45p Hot Towels & Hot Topics - Spa Social (GP)	14 10:30a Bands & Weights (AF) 11a Mindfulness Journey (CY) 3p Daily W/ Hayley (ML) 3:15p Ghost Garland Craft (ML)	I Love Lucy Day 15 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30p "I Love Lucy" Trivia (ML) 6p Short Stories W/ Hayley (ML)	16 **10:30a Outing: Heidi's Farmstand & Bakery (ML) 12p Chronicle Pick-Up (Found in ML) 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: "One Fine Day"(AF)	17 9:45a Documentary: "The Octopus Teacher" (AF) 11a Chair Yoga (AF) 2:45p Chronicle Chat (AF) 3p Game of "Dominos" (AF)
18 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:45a Chronicle Pick-Up (ML) 2p Independent Short Story (ML) 3p Independent Crosswords (ML)	19 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2p Independent Chronicle (ML) 2:15p Travelogue - New to the Netherlands (ML)	20 11:15a Tai Chi Tuesday (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p Hot Towels & Hot Topics - Spa Social (GP)	21 10:30a Bands & Weights (AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (CR) 3:15p Pumpkin Decorating (Stickers) (CR)	22 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2p Travelogue - Checking Out the Czech Republic (ML) 6p Independent Short Stories (ML)	23 **9:30a Color Tour (Meet in ML) 10:30a Chronicle Pick-Up 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: "October Sky" (AF)	24 9:45a Documentary: "The Queen of Chess" (AF) 11a Chair Yoga (AF) 2:45p Chronicle Chat (AF) 3p Game of "Crazy 8's" (AF)
25 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 2p Independent Short Story (ML) 3p Independent Crosswords (ML)	26 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by Randy Heidema (ML)	27 11:15a Tai Chi Tuesday (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3p Resident Council (GP) 5:45p Hot Towels & Hot Topics - Spa Social (GP)	28 10:30a Bands & Weights (AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (ML) 3:15p Ice SCREAM Truck & Treats (ML)	29 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30p Performance by David Molinari (ML) 6p Short Stories W/ Hayley (ML)	30 10:30a Chronicle Pick-Up (ML) 2p Movie Matinee: "It's the Great Pumpkin, Charlie Brown" (AF) 6:30-7:30p HALLOWEEN TRICK-OR-TREATING (ML)	31 Halloween 9:45a Documentary: "The Queen of Chess" (AF) 11a Chair Yoga (AF) 2:45p Chronicle Chat (AF) 3p Game:"Finish that Phrase" (AF)