

Cascade Trails Senior Living

Independent Living

October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 4p "Oktoberfest" Happy Hour & Music w/ Kevin Cav. (ML) *6:30p Games Night (SR/3F)	2 10a Virtual Chair Yoga (FH) 1:30p Art Prize - DeVos Place (Meet in ML) *6:30p Fireside Fun (FH)	3 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
4 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	5 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Bob DeYoung & Happy Hour (ML) 7p Current Events Discussion Group (FH)	6 TBD - Flu & COVID Shots (AVR) 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) 2p Resident Directory Pictures (FH) *6:30p Texas Hold'em (AVR)	7 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) 2p Calendar Planning Mtg. (AVR) *7p Pool Night - Billiards (TL)	8 10a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 4p Performance by Rick Reuther & Happy Hour (ML) *6:30p Games Night (SR/3F)	9 10a Virtual Chair Yoga (FH) 1:30p Schwallier's Country Basket (Meet in ML) 6:30p Smore's Stay & Social (FH)	10 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
11 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	12 9:30a-12p Secretary of State Mobile Services (AVR) 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Michaelleen Kelly & Happy Hour (ML) *6:30p Movie Matinee: (TL)	13 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) 2p Book Club Meeting (TL) *6:30p Texas Hold'em (AVR)	14 9a Pancake Party (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	15 10a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 4p Performance by Charlie Arnett & Happy Hour (ML) *6:30p Games Night (SR/3F)	16 10a Virtual Chair Yoga (FH) 2p Ghost Garland Craft (AVR) *6:30p Fireside Fun (FH)	17 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
18 10a-1p Sunday Brunch (DR) *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	19 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Andy Paul & Happy Hour (ML) *6:30p Movie Matinee: (TL)	20 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) *6:30p Texas Hold'em (AVR)	21 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	22 10a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 4p Performance by Bobby James & Happy Hour (ML) *6:30p Games Night (SR/3F)	23 10a Chair Yoga w/ Hayley (FH) **11a Color Tour (Meet in ML) *6:30p Fireside Fun (FH)	24 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
25 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	26 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Randy Heidema & Happy Hour (ML) *6:30p Movie Matinee: (TL)	27 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) 3p Resident Forum (FH) *6:30p Texas Hold'em (AVR)	28 9a French Toast Frenzy (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	29 10a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) **12:30p Dueling Pianos (Meet in ML) 4p Performance by David Molinari & Happy Hour (ML) *6:30p Games Night (SR/3F)	30 10a Virtual Chair Yoga (FH) 6:30-7:30p HALLOWEEN TRICK- OR-TREATING (ML)	31 Halloween *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)