

Cascade Trails Senior Living

Memory Care

October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p "Sips & Stems" - Floral Arrangments 1:30p "Chalk & Chats" - Question of the Week 6p Vinyls & Verse Reading	2 10:30a Colored Pencil Art 11a Candy BINGO (GP) 1:15p Chronicle Chat 1:30p Balloon "Volleyball" 6p Student Work Review	3 10a Suzie Q Sing-Along 10:30a Chronicle Pick-Up 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
4 9:30a Fabric Swatch Sorting 10:15a Mindful Morning Movement 10:30a Virtual Church Service 1p After-Lunch Hot Towels 2p Chronicle Pick-Up	5 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "You've Got Mail" 2:45p Performance by Bob DeYoung (ML) 6p Peaceful Piano & Puzzling	6 10:30a Morning Refresh & Reset 11a Chronicle Chat 2p Candy BINGO (GP) 3:15p Music with Melissa 6p Creative Coloring - Festive Fall Features	7 10:15a Poppy the Puppy Visit! 10:30a Chronicle Chat 1:30p "What's on the Menu Wednesday" - Donut Holes! 4p Ghost Garland 6p Stacking Stones & Pattern Pieces	8 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p Creating Quilt Patterns 1:30p "Chalk & Chats" - Question of the Week 6p Vinyls & Verse Reading	9 10:30a Colored Pencil Art 11a Bingo Bucks BINGO (GP) 1:15p Chronicle Chat 1:30p Spooky "Bat" the Balloon 6p Student Work Review	10 10a Travelogue - A Journey Through Japan 10:30a Chronicle Pick-Up 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
11 9:30a Fabric Swatch Sorting 10:30a Virtual Church Service 2p Chronicle Pick-Up 3p Independent Connection Pod Activites	12 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "Bell, Book, & Candle" 2:45p Performance by Michaeleen Kelly (ML) 6p Peaceful Piano & Puzzling	13 10:30a Morning Refresh & Reset 11a Chronicle Chat 2p Candy BINGO 3:15p Suzie Q Sing-Along 6p Creative Coloring - Autumn Leaves	14 10:15a Poppy the Puppy Visit! 10:30a Chronicle Chat 1:30p "What's on the Menu Wednesday" - Caramel Apples 4p Making Magnetic Quilted Creations 6p Stacking Stones & Pattern Pieces	15 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p "Sips & Stems" - Floral Arrangments 1:30p "Chalk & Chats" - Question of the Week 6p Vinyls & Verse Reading	16 10:15a Chronicle Chat 10:30a Balloon "Basketball" 2p Bingo Bucks BINGO (GP) 6p Student Work Review	17 10a Suzie Q Sing-Along 10:30a Chronicle Pick-Up 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
18 9:30a Fabric Swatch Sorting 10:30a Virtual Church Service 2p Chronicle Pick-Up 3p Independent Connection Pod Activites	19 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "One Fine Day" 6p Peaceful Piano & Puzzling	20 10:30a Morning Refresh & Reset 11a Chronicle Chat 2p Candy BINGO (GP) 3:15p Music with Melissa 6p Creative Coloring - October Skies	21 10:15a Poppy the Puppy Visit! 10:30a Chronicle Chat 1:30p "What's on the Menu Wednesday" - Pumpkin Roll 3:15p Pumpkin Art (CR) 6p Stacking Stones & Pattern Pieces	22 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p Creating Quilt Patterns 1:30p "Chalk & Chats" - Question of the Week 6p Vinyls & Verse Reading	23 10:15a Chronicle Chat 10:30a "Boo" Balloon Ball 2p Bingo Bucks BINGO (GP) 6p Student Work Review	24 10a Travelogue - New to the Netherlands 10:30a Chronicle Pick-Up 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
25 9:30a Fabric Swatch Sorting 10:30a Virtual Church Service 2p Chronicle Pick-Up 3p Independent Connection Pod Activites	26 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "October Sky" 2:45p Performance by Randy Heidema (ML) 6p Peaceful Piano & Puzzling	27 10:30a Morning Refresh & Reset 11a Chronicle Chat 2p Candy BINGO (GP) 3:15p Suzie Q Sing-Along 6p Creative Coloring - Trick-Or-Treating	28 10:15a Poppy the Puppy Visit! 10:30a Chronicle Chat 1:30p "What's on the Menu Wed." - Frozen Candy Bars 4p Making Magnetic Quilted Creations 6p Stacking Stones & Pattern Pieces	29 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p "Sips & Stems" - Floral Arrangments 1:30p "Chalk & Chats" - Question of the Week 6p Vinyls & Verse Reading	11a Chronicle Chat 11:15a Spider Web Catch - Balloon Ball 6:30-7:30p HALLOWEEN TRICK-OR-TREATING (ML)	31 10a Suzie Q Sing-Along 10:30a Chronicle Pick-Up 1:30p Colored Pencil Art 4:15p Peaceful Puzzling