Cascade Trails Senior Living

Assisted Living

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 2:30p Chronicle Chat (AF) 3p "Dia de Los Muertos" - Sugar Skull Art (AF)	**2** 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:30p Tavelougue - Bringing Us to Belgium (ML)	**3** 11:15a Tai Chi Tuesday (AF) 11:35a Chronicle Convos (AF) 2p Candy BINGO (GP) 3:15p Music W/ Melissa (MC) 5:45p Hot Towels & Hot Topics - Spa Social (DR)	**4** 10:30a Bands & Weights (AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (ML) 3:15p Calendar Planning Mtg. (CR)	**5** 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:45p Performance by Kevin Cavanaugh (ML) 6p Short Stories W/ Hayley (ML)	**6** **10:30a Outing: Foxtail Coffee Ada (ML) 12p Chronicle Pick-Up (ML) 2p Candy BINGO (GP) 3:15p Movie Matinee: "Cheaper by the Dozen (1950) (AF)	**7** 10:30a Independent "Who Am I?" (ML) 11a Independent "What Am I?" (ML) 2:45p Chronicle Chat (AF) 3p Game of "Uno" (AF)
8 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 2:30p Chronicle Chat (AF) 3p Patriotic Trivial Pursuit (AF)	**9** 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by Jeff Schroeder (ML)	**10** 11:15a Tai Chi Tuesday (AF) 11:35a Chronicle Convos (AF) 2p Candy BINGO (GP) 3:15p Ladies Teatime (GP) 5:45p Hot Towels & Hot Topics - Spa Social (DR)	**Veteran's Day** **11** 9a Veteran's Day Movie: "War Horse" (AF) 10a Veteran's Day Program (IL) 3p Daily W/ Hayley (ML) 3:15p Patriotic Sing - Along (ML)	**12** 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2p Travelogue - Going to Germany (ML) 6p Short Stories W/ Hayley (ML)	**13** 10a Bands & Weights (AF) 11a Bingo Bucks BINGO (GP) **2p Outing: Frosties & Flights (Meet in ML) 3:15p Movie Matinee W/ Concessions: "Grumpy Old Men" (AF)	**14** 10:30a Independent "Where Am I?" (ML) 11a Independent 2:45p Chronicle Chat (AF) 3p Catch Phrase (AF)
15 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 2:30p Chronicle Chat (AF) 3p "Off to the Races" - Movement & Exercise (AF)	**16** 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Independent Chronicle (ML) 2:45p Performance by Randy Heidema (ML)	**17** 11:15a Tai Chi Tuesday (AF) 11:35a Chronicle Convos (AF) 2p Candy BINGO (GP) 3:15p Music W/ Melissa (MC) 5:45p Hot Towels & Hot Topics - Spa Social (DR)	**18** 10:30a Bands & Weights (AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (GP) 3:15p Pumpkin "Pops" Decorating (GP)	**19** 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2p Travelogue - Touring Turkey 6p Short Stories W/ Hayley (ML)	**20** 12p Chronicle Pick-Up (ML) 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: "Houseboat"(AF)	**21** 10:30a Indpendent "Who Am I?" (ML) 11a Independent "What Am I?" (ML) 2:45p Chronicle Chat (AF) 3p Game of "Dominos" (AF)
22 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 2:30p Chronicle Chat (AF) 3p "Turkey Talk" - Learning the Turkey Call (AF)	**23** 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:30p Performance by David Molinari (ML)	**24** 11:15a Tai Chi Tuesday (AF) 11:35a Chronicle Convos (AF) 2p Candy BINGO (GP) 3:15p Thanksgiving Trivia (ML) 5:45p Hot Towels & Hot Topics - Spa Social (DR)	**25** 10:30a Bands & Weights (AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (CR) 3:15p "Macy's" Thanksgiving Day Parade (ML)	**Thanksgiving** **26** 11a Thankful Tree Contributions (Found in ML) 12p Plated Thanksgiving "Dinner" (DR) 4p Independent Thanksgiving Story (ML)	**27** 10:30a Chronicle Pick-Up 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: "A Charlie Brown Thanksgiving" (AF)	**28** 10:30a Independent "What Am I?" - Thanksgiving Edition (ML) 11a Independent Thanksgiving Scavenger Hunt (ML) 2:45p Chronicle Chat (AF) 3p Game of "Finish that Phrase" (AF)
29 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 2:30p Chronicle Chat (AF) 3p Travel Trivia (AF)	**30** 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by Bob DeYoung (ML)					

Calendar Key:

AF - Ada Forest Area
CR - Conference Room
CY - Courtyard
DR - Dining Room
EF - Event Field
GP - Gathering Place
IL - Independent Living
MC - Memory Care
ML - Main Lobby
PL - Parking Lot
R2R - Room-To-Room
TBD - To Be Determined

****Sign up for outings with Life Enrichment Staff**

CASCADE TRAILS
BY STORYPOINT GROUP