Cascade Trails Senior Living

Independent Living

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	**2** 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Rick Reuther & Happy Hour (ML) 7p Current Events Discussion Group (FH)	**3** 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) *6:30p Texas Hold'em (AVR)	**4** 9a Pancake Party (DR) 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)	**5** 9:30a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 4p Performance by Kevin Cavanaugh & Happy Hour (ML) *6:30p Games Night (SR/3F)	**6** 10a Virtual Chair Yoga (FH) **1:30p West Michigan Potters Guild (Meet in ML) *6:30p Fireside Fun (BP1)	**7** *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
8 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	**9** 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Jeff Schroeder & Happy Hour (ML) *6:30p Movie Matinee: "Planes, Trains, and Automobiles" (TL)	**10** 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) 2p Book Club Meeting (TL) *6:30p Texas Hold'em (AVR)	**Veteran's Day** **11** 9:30a Rosary Prayer (TL) 10a Veteran's Day Program (DR) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) 3p Veteran's Day History Presentation w/ Scott (FH)	**12** 10:45a Balance Class (FH) 11:15a Fall into Movement Celebration (FH) 4p Performance by & Bobby James Happy Hour (ML) *6:30p Games Night (SR/3F)	**13** 10a Virtual Chair Yoga (FH) **12p Toasted Pickle & Rockford Dam Walk (Meet in ML) 6:30p Smore's Stay & Social (BP1)	**14** *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
15 10a-1p Sunday Brunch (DR) *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	**16** 1p Quarter Bingo (AVR) 4p Performance by Randy Heidema & Happy Hour (ML) *6:30p Movie Matinee: "La La Land" (TL)	**17** 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) 2p Culinary Showcase (AVR) *6:30p Texas Hold'em (AVR)	**18** 9a French Toast Frenzy (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) **12:15p "High School Musical" at FHFAC (Meet in ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	**19** 9:30a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 4p Performance by Charles Arnett & Happy Hour (ML) *6:30p Games Night (SR/3F)	**20** 10a Virtual Chair Yoga (FH) 2p "Stess and Our Health" Seminar (FH) *6:30p Fireside Fun (BP1)	**21** *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
22 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	**23** 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by David Molinari & Happy Hour (ML) *6:30p Movie Matinee: "A Charlie Brown Thanksgiving" (TL)	**24** 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) *6:30p Texas Hold'em (AVR)	**25** 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	**Thanksgiving** **26** 10a Devotional Pick-Up (TL) 11a Thankful Tree Contributions (Found in ML) 12p Plated Thanksgiving "Dinner" (DR) **NO 5:00p DINNER SERVICE *6:30p Games Night (SR/3F)	**27** 10a Chair Yoga w/ Hayley (FH) *6:30p Fireside Fun (BP1)	**28** *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
29 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	**30** 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Bob DeYoung & Happy Hour (ML) *6:30p Movie Matinee: "Home for the Holidays" (TL)					

Calendar Key:
AL - Assisted Living
AVR - Ada Village Room
BP1 - Back Patio 1st Floor
C – Café
DR - Main Dining Room
EF - Event Field
FH - Forest Hills Room
GR - Garden Room
ML - Main Lobby
SD - Skydeck
SR - Sun Room
TL - Thornapple Lounge
PL - Parking Lot
3F - 3rd Floor Main Area
TBD - To Be Determined
****Please Sign-up for activity @ front desk**
***Independent means "resident led"**

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A Leisure Living Community