Cascade Trails Senior Living

Memory Care

November 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10a Virtual Church Service - LaGrave Livestream 1p Chronicle Chat 1:30p "Dia de Los Muertos" - Sugar Skull Art	**2** 9a Daily News Hand-Out 11a Catholic Communion 2:45p Suzie Q Sing-Along 6p Peaceful Piano & Puzzling	**3** 10:30a Soothing Scents & Scented Hot Towels 11a Chronicle Chat 2p Candy BINGO (GP) 3:15p Music with Melissa 6p Painting with Water	**National Candy Day** **4** 10:15a Poppy the Puppy Visit! 10:30a Chronicle Chat 1:30p "What's on the Menu Wednesday" - Assorted Candy 2p Music & Memories - "Candy Jingles" 6p Stacking Stones & Pattern Pieces	**5** 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p "Chalk & Chats" - Question of the Week 1:30p Balloon Ball 6p Vinyls & Verse Reading	**6** **10:30a Outing: Foxtail Coffee Ada (ML) 12p Chronicle Pass 2p Candy BINGO (GP) 3:15p Movie Matinee: "Cheaper by the Dozen (1950) (AF) 6p Shoe Shining	**7** 10a Chronicle Chat 10:30a Suzie Q Sing-Along 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
8 10a Virtual Church Service - LaGrave Livestream 1p Chronicle Chat 1:30p Patriotic Trivial Pursuit	**9** 9a Daily News Hand-Out 11a Catholic Communion 2:45p Performance by Jeff Schroeder (ML) 6p Peaceful Piano & Puzzling	**10** 10:30a Soothing Scents & Scented Hot Towels 11a Chronicle Chat 2p Candy BINGO 3:15p Suzie Q Sing-Along 6p Painting with Water	**Veterans Day** **11** 11a Special Edition: Veteran's Day Chronicle 1:30p "What's on the Menu Wednesday" - M&M's 2p Patriotic Music & Memories 6p Stacking Stones & Pattern Pieces	**12** 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p "Chalk & Chats" - Question of the Week 1:30p "Sips & Stems" - Floral Arrangments 6p Vinyls & Verse Reading	**13** 10:30a Creating Quilt Patterns 11a Bingo Bucks BINGO (GP) **2p Outing: Ice Cream Place (Meet in ML) 3:15p Movie Matinee W/ Concessions: "Grumpy Old Men" (AF) 6p Shoe Shining	**14** 10a Chronicle Chat 10:30a Bean Bag Twister 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
15 10a Virtual Church Service - LaGrave Livestream 1p Chronicle Chat 1:30p "Off to the Races" - Movement & Exercise	**16** 9a Daily News Hand-Out 11a Catholic Communion 2:45p Performance by Randy Heidema (ML) 6p Peaceful Piano & Puzzling	**17** 10:30a Soothing Scents & Scented Hot Towels 11a Chronicle Chat 2p Candy BINGO (GP) 3:15p Music with Melissa 6p Painting with Water	**18** 10:15a Poppy the Puppy Visit! 10:30a Chronicle Chat 1:30p "What's on the Menu Wednesday" - Baking Pumpkin Bread! 6p Stacking Stones & Pattern Pieces	**19** 10a Mid-Morning Tidy 10:30a Seated Stretching 1:15p "Chalk & Chats" - Question of the Week 1:30p Balloon Ball 6p Vinyls & Verse Reading	**20** 10:30a Creating Quilt Patterns 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: "Houseboat"(AF) 6p Shoe Shining	**21** 10a Chronicle Chat 10:30a Suzie Q Sing-Along 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
22 10a Virtual Church Service - LaGrave Livestream 1p Chronicle Chat 1:30p "Turkey Talk" - Learning the Turkey Call	**23** 9a Daily News Hand-Out 11a Catholic Communion 2:45p Performance by David Molinari (ML) 6p Peaceful Piano & Puzzling	**24** 10:30a Soothing Scents & Scented Hot Towels 11a Chronicle Chat 2p Candy BINGO 3:15p Suzie Q Sing-Along 6p Painting with Water	**National Parfait Day** **25** 10:15a Poppy the Puppy Visit! 10:30a Chronicle Chat 1:30p "What's on the Menu Wednesday" - Thanksgiving Yogurt Parfait's 2p Music & Memories 6p Stacking Stones & Pattern Pieces	**Thanksgiving** **26** 11a Thankful Tree Contributions (Found in ML) 12p Plated Thanksgiving "Dinner" (DR) 4p Independent Thanksgiving Story (ML)	**27** 10:30a Creating Quilt Patterns 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: "A Charlie Brown Thanksgiving" (AF) 6p Shoe Shining	**28** 10a Chronicle Chat 10:30a Bean Bag Twister 1:30p Colored Pencil Art 4:15p Peaceful Puzzling
29 10a Virtual Church Service - LaGrave Livestream 1p Chronicle Chat 1:30p Travel Trivia	**30** 9a Daily News Hand-Out 11a Catholic Communion 2:45p Performance by Bob DeYoung (ML) 6p Peaceful Piano & Puzzling					

Calendar Key:
EF - Event Field
GP - Gathering Place
ML - AL Main Lobby
PL - Parking Lot
R2R - Room-To-Room
TBD - To Be Determined
**** - Out of the Community**

CASCADE TRAILS
A Leisure Living Community