



# Cascade Trails Senior Living

July 2026 Monthly Newsletter

Assisted Living

## Announcements From Amanda

Hello, July!

As we prepare for this year's festivities, we are thrilled to mark two significant occasions: the vibrant celebration of Independence Day and the monumental 250th anniversary of our beloved country.

We are thrilled to host a celebration in our Assisted Living Courtyard featuring patriotic-themed snacks and our favorite outdoor games on July 3rd!

## Resident July Birthdays

8th - Herm M.  
31st - Diane S.

## Team Highlight

We are excited to introduce you to our new Maintenance Director, Terry!

Terry has a background in senior living maintenance, having previously worked for a community in Grand Rapids.

Outside of work, Terry has a deep passion for music and loves playing the guitar. He and his wife generously share their musical talents as part of a worship music team! He also enjoys playing pickleball and hiking outdoors.

## Staff July Birthdays

10<sup>th</sup> - Claire C. (Life Enrichment Lead)  
13<sup>th</sup> - Sonja P. (Server/Cook)  
14<sup>th</sup> - Enijah D. (Care Specialist)  
15<sup>th</sup> - Q B. (Receptionist)  
16<sup>th</sup> - Levi S. (Server)  
18<sup>th</sup> - Jashiya S. (Care Specialist)  
25<sup>th</sup> - Natiya P. (Care Specialist)  
30<sup>th</sup> - Amy G. (Shuttle Bus Driver)  
30<sup>th</sup> - Drini P. (Server)



Executive Director  
Amanda Mlejnek

Property Administrator  
Dawn Polonowski

Community Specialist  
Ryan Jezak/Colton Moore

Life Enrichment Director  
Hayley Gootjes

Maintenance Director  
Terry Kehoe

Housekeeping Director  
Lisa McLearn

Wellness Director  
Sarah Weaver

Wellness Team Supervisor  
Kayla Gibbs

Executive Chef  
Michael Kosutich

Sous Chef  
Tevin Applewhite

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CASCADE TRAILS  
BY STORYPOINT GROUP

## Beginning of Summer Fun!

### America's 250<sup>th</sup> Anniversary

Join us for an anniversary celebration featuring beloved summertime treats like ice cream, cake, and watermelon. Enjoy a cornhole competition and end the day with a family-friendly fireworks display in our Assisted Living courtyard.

Date: Friday, 07/03

Time: 2:00 p.m.

Location: Assisted Living Courtyard

### Bingo Bucks & Movie Concessions!

We are excited to unveil a fantastic new prize for our Friday BINGO events! To make our Fridays a little more fun, Bingo winners will now receive a "Bingo Buck," which can be redeemed for concessions at our movie screenings.

Date: Friday, 07/17, 07/24, & 07/30

Time: Times Vary

Location: Gathering Place

## Shuttle Service Reminder

There is no better way to get involved in our outings than by starting with step one: signing up! Please stop at our window table in our Assisted Living main lobby to sign up for any group outings that are listed on our monthly calendar.

Please be advised that personal transportation for appointments is not permitted within our licensed community without the presence of a chaperone. This individual must accompany you for the duration of your appointment and cannot be a staff member of Cascade Trails. This policy is in place to comply with our licensing requirements and to ensure the safety of all residents.

Please let us know if we can assist you in arranging alternative transportation!

### Wine Wednesday by the "Water"

We are thrilled to present a delightful opportunity for socializing, featuring a wine and cheese happy hour, all while relaxing beside the "pool"! Dip your feet in, and enjoy the sun and social!

Date: Wednesday, 07/15

Time: 3:15 p.m.

Location: Courtyard

### "Bahama Mamas" & A Drama

Indulge in one of your favorite mocktails while engaging in a riveting "readers theatre" with your Life Enrichment Ladies! You might even get to show off your acting skills by being part of the show!

Date: Thursday, 07/30

Time: 2:30 p.m.

Location: Main Lobby



## July Entertainment

\*\*For specific times & locations, please refer to your monthly, weekly, and daily calendars! Activities are always subject to change.

Singer & Guitarist  
Bob DeYoung 07/06

Music Therapy  
Melissa Blanchard 07/07

Singer & Pianist  
Randy Hiedema 07/13

Singer & Pianist  
Kevin Cavanaugh 07/20

Music Therapy  
Melissa Blanchard 07/21

Singer & Instrumentalist  
David Molinari 07/27

## July Outings

\*\*Note that bus seating is limited, therefore transportation is first come, first serve. Please make sure to sign up with any of our Life Enrichment staff.

John Ball Zoo

Date: Friday, 07/17

Time: 9:30 a.m.

Location: Meet in Main Lobby

Love's Ice Cream

Date: Friday, 07/23

Time: 2:00 p.m.

Location: Meet in Main Lobby

Yesterdog

Date: Friday, 07/31

Time: 12:00 p.m.

Location: Meet in Main Lobby

## Calendar Planning Meeting

Our monthly calendars are designed just for you! We highly encourage you to attend our calendar planning meetings to create events that get you excited. From outings, to formals, to intimate group gatherings, your input is crucial to making your passions and hobbies come to life!

Our group comes together once a month to plan for the upcoming holidays and activities. Please bring a handful of activity requests that we can incorporate into our specialized calendars. We look forward to seeing you there!



## Chihuly Exhibit!

What a wonderful experience exploring the Chihuly Exhibit at Meijer Gardens.

What made our visit truly memorable was the celebration of a wonderful lady's birthday! We couldn't possibly leave without indulging in a delightful birthday ice cream treat to mark the occasion!

Such beautiful weather, and even better company!



## Dream Big!

What a remarkable experience it was to tour the "Pat H. Lawrence Hangar" at the Michigan State Police Aviation Section with our neighbors!

Our beloved friend and neighbor, John, had the wonderful opportunity to reconnect with some of his retired colleagues while also visiting the helicopter and plane he piloted during his years as a first responder!



## Cascade Cookout & Wine Mixer

Our Cascade Trails Cookout & Wine Mixer was a tremendous success!

The combination of delightful weather, mouthwatering burgers, brats, BBQ, and fantastic music made for a truly perfect experience.

We would like to express our sincere appreciation to our culinary team for creating such an exceptional program.

**Cascade Trails Senior Living**

Assisted Living

# July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Canada Day! 1</b> 10:30a Fresh Air Fitness (CY) 11a Mindfulness Journey (CY) 3p Daily w/ Hayley (ML) 3:15p "Canada or United States?" Game (ML)	<b>2</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2p Fourth of July Trivia! (ML) 6p Short Stories W/ Hayley (ML)	<b>3</b> 10a Morning Movie: "The Sandlot" (AF) 11a Candy BINGO (GP) 12p Chronicle Pick-Up (ML) 2p Independence Day & 250 <sup>th</sup> Anniversary Celebration (CY)	<b>Independence Day 4</b> 10:15a Nature Documentary: Hidden Hawaii (AF) 11:30a Seated Walk & Dance Exercise (AF) 2:45p Special Edition Chronicle: Independence Day (ML) 3p Travelogue - Ye Olde Williamsburg (ML) 4p Patriotic Sing-Along (ML)
<b>5</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 1:30p Short Story (R2R) 2:30p Walk & Talk (CY) 3p Game of 7s (AF)	<b>6</b> 10:40a Chair Yoga (AF) 11a Catholic Communion (AF) 2:15p Independent Chronicle (ML) 2:45p Performance by Bob DeYoung (ML)	<b>7</b> 11:15a Tuesday Tea & Trivia (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p Music W/ Melissa (MC) 5:45p Hot Towels & After-Dinner Social (DR)	<b>8</b> 10:30a Bands & Weights Exercise (AF) 11a Mindfulness Journey (AF) 3p Calendar Planning Meeting (ML) 3:15p Outing Sign-Up (ML)	<b>9</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2p Kisses From Kiko the Puppy! (ML) 6p Independent Short Stories (ML)	<b>10</b> 11a Courtyard Walk (CY) 11:30a Chronicle Pick-Up (ML) 2p Candy BINGO (GP) 3:15p Musical Matinee: "Bye, Bye, Birdie!" (AF)	<b>11</b> 10:15a Nature Documentary: Glacier National Park (AF) 11a Seated Walk & Dance Exercise (AF) 2:45p Chronicle Chat (ML) 3p Travelogue - Nevada, U.S.A (ML)
<b>12</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 1:30p Short Story (R2R) 2:30p Walk & Talk (CY) 3p Game of Crazy 8s	<b>13</b> 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by Randy Heidema (ML)	<b>14</b> 11:15a Tuesday Tea & Trivia (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p "Whodunit?" Story (ML) 5:45p Hot Towels & After-Dinner Social (DR)	<b>15</b> 10:30a Fresh Air Fitness (CY) 11a Mindfulness Journey (CY) 3p Daily w/ Hayley (CY) 3:15p Wine Wednesday by the "Water" (CY)	<b>16</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 3:30p Strum & Sing - Ukulele Sing-Along (ML) 6p Short Stories W/ Hayley (ML)	<b>17</b> 9:30a Outing to John Ball Zoo (Meet in ML) 10:30a Courtyard Walk (CY) 12p Chronicle Pick-Up (ML) 2p Bingo Bucks BINGO (GP) 3:15p Musical Matinee w/ Concessions: "On Moonlight Bay " (AF)	<b>18</b> 10:15a Nature Documentary: Canyonlands (AF) 11:30a Seated Walk & Dance Exercise (AF) 2:45p Chronicle Chat (ML) 3p Travelogue - Hotel Safari in Africa (ML)
<b>19</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:45a Chronicle Chat (ML) 1:30p Short Story (R2R) 2:30p Walk & Talk (CY) 3p Game of Dominos (AF)	<b>20</b> 10:40a Chair Yoga (AF) 11a Catholic Communion (AF) 2:15p Independent Chronicle (ML) 2:45p Performance by Kevin Cavanaugh (ML)	<b>21</b> 11:15a Tuesday Tea & Trivia (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p Music W/ Melissa (MC) 5:45p Hot Towels & After-Dinner Social (DR)	<b>22</b> 10:30a Bands & Weights Exercise (AF) 11a Mindfulness Journey (AF) 2p "Knock The Balloon" (ML) 2:30p Chronicle Pick-Up (ML)	<b>23</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2p Outing to Love's Ice Cream (Meet in ML) 6p Short Stories W/ Hayley (ML)	<b>24</b> 11a Chronicle Chat (ML) 2p Bingo Bucks BINGO (GP) 3:15p Movie w/ Concessions: Sally Ride Documentary - "Sally" (AF)	<b>25</b> 10:15a Nature Documentary: Secret Yellowstone (AF) 11:30a Seated Walk & Dance Exercise (AF) 2:45p Chronicle Chat (ML) 3p Travelogue - Going Batty in Borneo (ML)
<b>26</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 1:30p Short Story (R2R) 2:30p Walk & Talk (CY) 3p Game of Crazy 8s (AF)	<b>27</b> 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by David Molinari (ML)	<b>28</b> 11:15a Tuesday Tea & Trivia (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p Resident Council (GP) 5:45p Hot Towels & After-Dinner Social (DR)	<b>29</b> 10:30a Fresh Air Fitness (CY) 11a Mindfulness Journey (AF) 3p Daily w/ Hayley (ML) 3:15p Men's Group: Bocce Ball (CY)	<b>30</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30p Bahama Mamas & A Drama! (ML) 6p Short Stories W/ Hayley (ML)	<b>National Chili Dog Day 31</b> 10:30a Courtyard Walk (CY) **12p Outing to Yesterdog (Meet in ML) 2p Bingo Bucks BINGO (GP) 3:15p Musical Matinee w/ Concessions: "Grease" (AF)	

<p><b>Calendar Key:</b>  <b>AF - Ada Forest Area</b>  <b>CR - Conference Room</b>  <b>CY - Courtyard</b></p>	<p><b>DR - Dining Room</b>  <b>EF - Event Field</b>  <b>GP - Gathering Place</b>  <b>IL - Independent Living</b></p>	<p><b>MC - Memory Care</b>  <b>ML - Main Lobby</b>  <b>PL - Parking Lot</b>  <b>R2R - Room-To-Room</b></p>	<p><b>TBD - To Be Determined</b>   <b>**Sign up for outings with Life Enrichment Staff</b></p>	<p>CASCADE TRAILS BY STORYPOINT GROUP</p>
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