



Cascade Trails Senior Living

July 2026 Monthly Newsletter

Independent 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

- 25th - Linda Sch.
- 31st - Ann Marie O.

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

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

616-328-6440
1221 Spaulding Ave SE, Grand Rapids, MI 49546

CASCADE TRAILS
BY STORYPOINT GROUP

Don't miss this month's exciting events!

America's 250th 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

Ice-Cream Floats

Join us for a delightful gathering featuring refreshing floats and meaningful connections on the sky deck. We can't wait to see you there and celebrate the joy of sweet treats and great company.

Date: Friday, 07/17
Time: 1:00 p.m.
Location: Sky Deck

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 reception to sign-up for any group outings that are listed on our monthly calendar. Please keep in mind that we do have limited seating on our shuttle bus. If you are interested in attending and our shuttle is full, please request to be put on our waitlist or consider carpooling with a neighbor!

Reminder for our Tuesday "Appointment Shuttle Bus Day": if you have a personal appointment that you would like transportation to and from, please fill out a request sheet with our receptionist NO LATER than the prior Friday afternoon by 5 PM. We will contact you with any follow up information once we can confirm your transportation is scheduled and is within our shuttle standards.

New Resident Directory Photos

Attention New Residents! If you haven't had your photo taken for our resident directory yet, please be sure to stop by for a quick picture. We will have an updated version of our directory available at reception by Friday, 07/17.

Date: Tuesday, 07/14
Time: 3:00 p.m.
Location: Forest Hills Room

PBS "Frontier to Freedom" Documentary Presentation

Join us for an exclusive presentation featuring the new PBS film, "Frontier to Freedom," presented by the Director, Keith Patterson. He will discuss the film's inspiration and will be available to answer any questions you might have!

Date: Thursday, 07/23
Time: 1:30 p.m.
Location: Forest Hills Room



July Entertainment

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

Singing Group Liberty Ladies	07/02
Singer & Guitarist Bob DeYoung	07/06
Singer & Guitarist Rick Reuther	07/09
Singer & Pianist Randy Hiedema	07/13
Accordian Group	07/16
Singer & Pianist Kevin Cavanaugh	07/20
Singer & Guitarist Bobby James	07/23
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 at the front desk!

Schmohz Brewery

Date: Friday, 07/17
Time: 2:30 p.m.
Location: Meet in Main Lobby

Chihuly - Indoor Exhibit

Date: Friday, 07/24
Time: 1:30 p.m.
Location: Meet in Main Lobby

Yesterdog

Date: Friday, 07/31
Time: 2:30 p.m.
Location: Meet in Main Lobby

Calendar Creation Meetings

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.

Dale Chihuly is renowned for his global exhibitions and large-scale glass installations that have greatly influenced the studio glass movement.

Such beautiful weather, and even better company!



Community Garage Sale

With our neighbors eager to find an opportunity to declutter their homes, our Community Garage Sale was just the solution.

It was especially appreciated by our new neighbors looking to downsize on some beautiful items and pass them along to the next lucky owner!



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.

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Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p NO EXERCISE 2p Calendar Meeting (AVR) *7p Current Events Discussion Group (FH)	2 11:30a Balance Class (FH) 12:30p Chef Chat (FH) 1:15p Bereavement Support Group w/ CorsoCare (TL) 3p Performance by Liberty Ladies & Happy Hour (ML) *6:30p Games Night (SR/3F)	3 10a Virtual Chair Yoga (FH) 2p Independence Day & 250 th Anniversary Celebration (AL) *6:30p Outdoor Stay & Social (FH)	4 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
5 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	6 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Bob DeYoung & Happy Hour (ML) *6:30p Movie Matinee: "The Sandlot" (TL)	7 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) *6:30p Texas Hold'em (AVR)	8 9a Pancake Party (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	9 11:30a Balance Class (FH) 4p Performance by Rick Reuther & Happy Hour (ML) *6:30p Games Night (SR/3F)	10 10a Virtual Chair Yoga (FH) 6:30p Outdoor Stay & Social (FH)	11 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
12 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	13 10a Cardio Drumming (FH) 11:45a Resident Council (FH) 1p Quarter Bingo (AVR) 4p Performance by Randy Heidema & Happy Hour (ML) *6:30p Movie Matinee: "Bye Bye Birdie" (TL)	14 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) 2p Book Club Meeting (TL) 3p New Resident Directory Photos (FH) *6:30p Texas Hold'em (AVR)	15 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	16 10a Bible Study w/ Amanda (TL) 11:30a Balance Class (FH) 2p Performance by Accordion Group & Happy Hour (ML) *6:30p Games Night (SR/3F)	17 10a Virtual Chair Yoga (FH) 1p Ice Cream Floats (SD) **2:30p Outing to Schmozh (Meet in ML) *6:30p Outdoor Stay & Social (FH)	18 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
19 10a-1p Sunday Brunch (DR) *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	20 1p Quarter Bingo (AVR) 4p Performance by Kevin Cav. & Happy Hour (ML) *6:30p Movie Matinee: Sally Ride Documentary, "Sally" (TL)	21 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) *6:30p Texas Hold'em (AVR)	22 9a French Toast Frenzy (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) 3p Michigan History Presentation with Scott (FH)	23 11:30a Balance Class (FH) 1:30p PBS "Frontier to Freedom" Documentary - Director Presentation (FH) 4p Performance by Bobby James & Happy Hour (ML) *6:30p Games Night (SR/3F)	24 10a Chair Yoga w/ Hayley (FH) **1:30p Outing to Chihuly - Indoor Exhibit (Meet in ML) *6:30p Outdoor Stay & Social (FH)	25 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
26 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	27 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by David Molinari & Happy Hour (ML) *6:30p Movie Matinee: "Grease" (TL)	28 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) 3p Resident Forum (FHR) *6:30p Texas Hold'em (AVR)	29 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	30 10a Bible Study w/ Amanda (TL) 11:30a Balance Class (FH) 4p Happy Hour Social on the Sky Deck (SD) *6:30p Games Night (SR/3F)	National Chili Dog Day 31 10a Virtual Chair Yoga (FH) **2:30p Outing to Yesterdog (Meet in ML) *6:30p Outdoor Stay & Social (FH)	

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"