

# Cascade Trails Senior Living

July 2026 Monthly Newsletter

Memory Care



## 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

8<sup>th</sup> - Ken S.

10<sup>th</sup> - Sandy R.

## 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

Interim Maintenance Director  
Terry Kehoe

Housekeeping Director  
Lisa McLearn

Wellness Director  
Sarah Weaver

Wellness Team Supervisor  
Kayla Gibbs

Executive Chef  
Mike Kosutich

Sous Chef  
Tevin Applewhite

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CASCADE TRAILS  
BY STORYPOINT GROUP

# Cascade Trails Senior Living

Memory Care

# 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 Cardio Drumming 11am Visit from Poppy the Puppy! 1:30p "What's on the Menu Wednesday" - Popsicles 2p Special Edition Chronicle: Canada Day 6p Stacking Stones	<b>2</b> 10a Mid-Morning Tidy 10:30a Sunrise Sing-Along 1:30p Daily Devotion 1:45p Fabric "Firework" Exercise 6p Pattern Pieces Puzzle	<b>3</b> 10a Chronicle Chat 10:15a Courtyard Walk & Talk 11a BINGO (GP) 2p Independence Day & 250 <sup>th</sup> Anniversary Celebration (AL) 6p Sock Matching and Folding	<b>Independence Day 4</b> 10a Independence Day Color Your Own Bookmarks! 10:30a Bean Bag Twister 11a Special Edition Chronicle: Independence Day 1:30p Patriotic Strum & Sing 3p Independent Connection Pod Activities
<b>5</b> 10:15a Virtual Church Service 11a Walk and Talk with Claire 11:15a Table-Top Tidy 12:30p After-Lunch Hot Towels 2p Chronicle Pass	<b>6</b> 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "The Sandlot" 2:45p Performance Bob DeYoung (ML) 6p Peaceful Piano & Puzzling	<b>7</b> 11:35a Chronicle Pass 2p BINGO (GP) 3:15p Music with Melissa 6p Independence Day - Colored Pencil Art	<b>8</b> 10:30a Visit from Poppy the Puppy! 11am Cardio Drumming 1:30pm "What's on the Menu Wednesday" - Fruit Juice Taste Test 2pm Chronicle with Claire 6p Stacking Stones	<b>9</b> 10a Mid-Morning Tidy 10:30a Bubbles and Beats 1:15p Kisses with Kiko the Puppy! 1:45p Chronicle Pass 6p Pattern Pieces Puzzle	<b>10</b> 10:15a Courtyard Walk & Talk 11a Chronicle Pick-Up 2p BINGO (GP) 6p Sock Matching and Folding	<b>11</b> 10a Silverware Sorting and Rolling 10:30a Bean Bag Twister 11a Chronicle Pick-Up 1:30p Strum and Sing 3p Independent Connection Pod Activities
<b>12</b> 10:15a Virtual Church Service 11a Walk and Talk with Claire 11:15a Table-Top Tidy 12:30p After-Lunch Hot Towels 2p Chronicle Pass	<b>13</b> 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "Bye Bye Birdie" 2:45p Performance By Randy Heidema (ML) 6p Peaceful Piano & Puzzling	<b>14</b> 11a Chronicle Pass 2p BINGO 3:15p Suzie Q Sing-Along 6p July - Colored Pencil Art	<b>15</b> 10:30a Cardio Drumming 11a Visit from Poppy the Puppy! 1:30p "What's on the Menu Wednesday" - Ice Cream Sandwiches 2p "Whodunit?" Story 6p Stacking Stones	<b>16</b> 10a Mid-Morning Tidy 10:30a Sunrise Sing-Along 1:30p Ring Toss 1:45p Chronicle Pass 6p Pattern Pieces Puzzle	<b>17</b> **9:30a OUTING: John Ball Zoo 10a Chronicle Chat 10:15a Courtyard Walk & Talk 2p BINGO (GP) 6p Sock Matching and Folding	<b>18</b> 10a Silverware Sorting and Rolling 10:30a Bean Bag Twister 11a Chronicle Pick-Up 1:30p Strum and Sing 3p Independent Connection Pod Activities
<b>19</b> 10:15a Virtual Church Service 11a Walk and Talk with Claire 11:15a Table-Top Tidy 12:30p After-Lunch Hot Towels 2p Chronicle Pass	<b>20</b> 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "Sally" 2:45p Performance by Kevin Cavanaugh (ML) 6p Peaceful Piano & Puzzling	<b>21</b> 11a Chronicle Pass 2p BINGO (GP) 3:15p Music with Melissa 6p Ice Cream - Colored Pencil Art	<b>22</b> 10:30a Visit from Poppy the Puppy! 11a Cardio Drumming 1:30p "What's on the Menu Wednesday" - Trail Mix 6p Stacking Stones	<b>National Vanilla Ice Cream Day! 23</b> 10a Mid-Morning Tidy 10:30a Pool Party on the Patio 1:00p Ice Cream Social 1:45p Daily Devotion 6p Pattern Pieces Puzzle	<b>24</b> **9:30a OUTING: Marge's Donuts 10a Chronicle Chat 10:15a Courtyard Walk & Talk 2p BINGO (GP) 6p Sock Matching and Folding	<b>25</b> 10a Silverware Sorting and Rolling 10:30a Bean Bag Twister 11a Chronicle Pick-Up 1:30p Strum & Sing 3p Independent Connection Pod Activities
<b>26</b> 10:15a Virtual Church Service 11a Walk and Talk with Claire 11:15a Table-Top Tidy 12:30p After-Lunch Hot Towels 2p Chronicle Pass	<b>27</b> 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: "Greese" 2:45p Performance By David Molinari (ML) 6p Peaceful Piano & Puzzling	<b>28</b> 11a Chronicle Pass 2p BINGO (GP) 3:15p Suzie Q Sing-Along 6p Summer Cook Out - Colored Pencil Art	<b>29</b> 10:30a Visit from Poppy the Puppy! 11a Cardio Drumming 1:30p "What's on the Menu Wednesday" - Strawberry Shortcake Bake and Taste Test 3:15p Men's Group: Bocce Ball 6p Stacking Stones	<b>30</b> 10a Mid-Morning Tidy 10:30a Sunrise Sing-Along 1:30p Daily Devotion 1:45p Balloon Basketball 6p Pattern Pieces Puzzle	<b>31</b> 10a Chronicle Chat 10:15a Courtyard Walk & Talk 2p BINGO (GP) 6p Sock Matching and Folding	

**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**