

Cascade Trails Senior Living

Assisted Living

August 2026

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                                                                                                                                                                                                             | Monday                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                  | Thursday                                                                                                                                                                                                | Friday                                                                                                                                                                                                                | Saturday                                                                                                                                                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>30</div> <div>10a Virtual Catholic Mass (AF)<br/>10a LaGrave Livestream (ML)<br/>11:30a Chronicle Pick-Up (ML)<br/>2p Short Story (R2R)<br/>3p 10-Minute Movement (AF)<br/>3:15p Game of Uno (AF)</div>       | <div>31</div> <div>10:40a Chair Yoga (AF)<br/>11a Catholic Communion (AF)<br/>2:15p Chronicle Chat (ML)<br/>2:45p Performance by Jeff Schroeder (ML)</div>                                                                             |                                                                                                                                                                                                                  |                                                                                                                                                                                            |                                                                                                                                                                                                         |                                                                                                                                                                                                                       | <div>1</div> <div>9:45a Daybreak Documentary - "Breaking Glass: The Pat Summitt Story" (AF)<br/>11:30a Seated Walk &amp; Move Exercise (AF)<br/>2:45p Chronicle Pick-Up (ML)<br/>3p Independent Short Story(ML)</div> |
| <div>2</div> <div>10a Virtual Catholic Mass (AF)<br/>10a LaGrave Livestream (ML)<br/>11:30a Chronicle Pick-Up (ML)<br/>2p Short Story (R2R)<br/>3p 10-Minute Movement (AF)<br/>3:15p Game of Uno (AF)</div>        | <div>3</div> <div>10:40a Chair Yoga (AF)<br/>11a Catholic Communion (AF)<br/>2:15p Chronicle Chat (ML)<br/>2:45p Performance by Randy Heidema (ML)</div>                                                                               | <div>4</div> <div>11:15a New Exercise: Tai Chi Tuesday (AF)<br/>11:35a Chronicle Convos (AF)<br/>2p Candy BINGO (GP)<br/>3:15p Music W/ Melissa (MC)<br/>5:45p Hot Towels &amp; Hot Topics (DR)</div>            | <div>5</div> <div>10:30a Bands &amp; Weights Exercise (AF)<br/>11a Mindfulness Journey (AF)<br/>3p Daily W/ Hayley (ML)<br/>3:15p Parachute Ball (ML)</div>                                | <div>6</div> <div>11:15a Cardio Drumming (GP)<br/>11:35a Daily Chronicle (GP)<br/>2:45p Performance by Michaelleen Kelly (ML)<br/>6p Short Stories W/ Hayley (ML)</div>                                 | <div>7</div> <div>10:30a Dice Exercise Game (CY)<br/>2p Bingo Bucks BINGO (GP)<br/>3:15p Episode of Amazing Race W/ Concessions (AF)</div>                                                                            | <div>8</div> <div>9:45a Daybreak Documentary - "Beatles 64" (AF)<br/>11:30a Seated Walk &amp; Move Exercise (AF)<br/>2:45p Chronicle Chat (ML)<br/>3p Travelogue - Ontario, Canada (ML)</div>                         |
| <div>9</div> <div>10a Virtual Catholic Mass (AF)<br/>10a LaGrave Livestream (ML)<br/>11:30a Chronicle Pick-Up (ML)<br/>2p Short Story (R2R)<br/>3p 10-Minute Movement (AF)<br/>3:15p Game of Dominos (AF)</div>    | <div>10</div> <div>10:40a Seated Stretching (AF)<br/>11a Catholic Communion (AF)<br/>1:30p Chef Chat (CR)<br/>2:15p Chronicle Chat (ML)<br/>2:45p Performance by Kevin Cavanaugh (ML)</div>                                            | <div>11</div> <div>11:15a Tai Chi Tuesday (ML)<br/>11:35a Chronicle Convos (ML)<br/>2p Candy BINGO (GP)<br/>3:15p Resident Council &amp; Calendar Planning Mtg.<br/>5:45p Hot Towels &amp; Hot Topics (DR)</div> | <div>Nat. Record Vinyl Day 12</div> <div>10:30a Fresh-Air Fitness (CY)<br/>11a Mindfulness Journey (CY)<br/>3p Daily W/ Hayley (ML)<br/>3:15p "Shake-It-Up!" W/ Alyssa's Vinyls (ML)</div> | <div>13</div> <div>11:15a Cardio Drumming (GP)<br/>11:35a Daily Chronicle (GP)<br/>2:30p Water Gun Target Practice (CY)<br/>6p Short Stories W/ Hayley (ML)</div>                                       | <div>14</div> <div>10:30a Dice Exercise Game (CY)<br/>12p Chronicle Pick-Up (ML)<br/>2p Bingo Bucks BINGO (GP)<br/>3:15p Movie Matinee W/ Concessions:</div>                                                          | <div>15</div> <div>9:45a Daybreak Documentary - "Free Solo" (AF)<br/>11:30a Seated Walk &amp; Move Exercise (AF)<br/>2:45p Chronicle Chat (ML)<br/>3p Travelogue - New Mexico (ML)</div>                              |
| <div>16</div> <div>10a Virtual Catholic Mass (AF)<br/>10a LaGrave Livestream (ML)<br/>11:45a Chronicle Pick-Up (ML)<br/>2p Short Story (R2R)<br/>3p 10-Minute Movement (AF)<br/>3:15p Game of Crazy 8's (AF)</div> | <div>17</div> <div>10:40a Chair Yoga (AF)<br/>11a Catholic Communion (AF)<br/>2:15p Independent Chronicle (ML)<br/>2:45p Performance by Bob DeYoung (ML)</div>                                                                         | <div>18</div> <div>11:15a Tai Chi Tuesday (ML)<br/>11:35a Chronicle Convos (ML)<br/>2p Candy BINGO (GP)<br/>3:15p Music W/ Melissa (MC)<br/>5:45p Hot Towels &amp; Hot Topics (DR)</div>                         | <div>19</div> <div>10:30a Bands &amp; Weights Exercise (AF)<br/>11a Mindfulness Journey (AF)<br/>3p Daily W/ Alyssa (ML)<br/>3:15p "Back-To-School" Trivia (ML)</div>                      | <div>20</div> <div>11:15a Cardio Drumming (GP)<br/>11:35a Daily Chronicle (GP)<br/>1:30p Ice Cream Sandwich Social (ML)<br/>2p Travel Trivia (ML)<br/>6p Short Stories W/ Hayley (ML)</div>             | <div>21</div> <div>11a Dice Exercise Game (CY)<br/>11:30a Chronicle Chat (CY)<br/>2p Bingo Bucks BINGO (GP)<br/>3p Episode of Amazing Race W/ Concession<br/>**3:15p Love's Ice Cream Outing (Meet in ML)</div>       | <div>22</div> <div>10:30a Chronicle Chat (AF)<br/>10:45a Game of Dominos (AF)<br/>2:45p Independent "Who Am I? (ML)<br/>4:15p Independent Puzzling (AF)</div>                                                         |
| <div>23</div> <div>10a Virtual Catholic Mass (AF)<br/>10a LaGrave Livestream (ML)<br/>11:30a Chronicle Pick-Up (ML)<br/>2p Independent Short Story (ML)<br/>3p Independent Colored Pencil Art (AF)</div>           | <div>AMAZING RACE 24</div> <div>10a Virtual Tour of Italy (AF)<br/>11a Catholic Communion (AF)<br/>11:30a Spaghetti "Gazetti"<br/>1:30p Amazing Race Challenge: Bocce Ball (ML)<br/>2:30p Musica Italiana W/ David Molinari (ML)</div> | <div>AMAZING RACE 25</div> <div>10a Virtual Tour of Austria (ML)<br/>11a "Climb Every ..." Chronicle (GP)<br/>11:15a Candy BINGO (GP)<br/>1:30p Amazing Race Challenge: "Milk the Cow" (MC)</div>                | <div>AMAZING RACE 26</div> <div>10a Virtual Tour of Australia (AF)<br/>11a The Daily "Down Under" (AF)<br/>1:30p Amazing Race Challenge "Scuba Suit-Up"(ML)</div>                          | <div>AMAZING RACE 27</div> <div>10a Virtual Tour of Ireland (AF)<br/>11:35a Celtic Chronicle (AF)<br/>1:30p Amazing Race Challenge: "Pub Sing-Along " (ML)<br/>4p Independent Irish Folklore (ML)</div> | <div>AMAZING RACE 28</div> <div>10a Virtual Tour of France (AF)<br/>**11a French Cafe Outing - "Gaby's Gourmandise" (ML)<br/>1:30p Candy BINGO (GP)<br/>3p Amazing Race FINAL Challenge: "Hidden Trinkets" (IL)</div> | <div>29</div> <div>10:15a Daybreak Documentary - Tucci in Italy (AF)<br/>11a Amazing Race Wrap-up Travel Discussion (AF)<br/>11:30a Seated Walk &amp; Move Exercise (AF)<br/>12:30p Chronicle Pick-Up (ML)</div>      |

Calendar Key:  
AF - Ada Forest Area  
CR - Conference Room  
CY - Courtyard

DR - Dining Room  
EF - Event Field  
GP - Gathering Place  
IL - Independent Living

MC - Memory Care  
ML - Main Lobby  
PL - Parking Lot  
R2R - Room-To-Room

TBD - To Be Determined  
  
\*\*Sign up for outings with Life Enrichment Staff

CASCADE TRAILS  
BY STORYPOINT GROUP