

Cascade Trails Senior Living

Independent Living

August 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	31 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Jeff Schroeder & Happy Hour (ML) *6:30p Movie Matinee: Episode of "The Amazing Race" (TL)					1 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
2 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	3 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Randy Heidema & Happy Hour (ML) *6:30p Movie Matinee: Episode of "The Amazing Race" (TL)	4 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) *6:30p Texas Hold'em (AVR)	5 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) 2p Calendar Planning Mtg. (AVR) *7p Current Events Discussion Group - "End of Life" (FH)	6 11:30a Balance Class (FH) 1p Ice Cream Sandwich Social (TL) 4p Performance by Michaelleen Kelly & Happy Hour (ML) *6:30p Games Night (SR/3F)	7 10a Virtual Chair Yoga (FH) **1:30p Ice Cream @ Jersey Junction (Meet in ML) 6:30p Smore's Stay & Social (FH)	8 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
9 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	10 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Kevin Cavanaugh & Happy Hour (ML) *6:30p Movie Matinee: Episode of "The Amazing Race" (TL)	11 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) 2p Book Club Meeting (TL) *6:30p Texas Hold'em (AVR)	12 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)	13 10a Bible Study w/ Amanda (TL) 11:30a Balance Class (FH) 4p Performance by Rick Reuther & Happy Hour (ML) *6:30p Games Night (SR/3F)	14 10a Virtual Chair Yoga (FH) 1p Ice Cream Floats & (SD) *6:30p Fireside Fun (FH)	15 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
16 10a-1p Sunday Brunch (DR) *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	17 11:45a Resident Council (FH) 1p Quarter Bingo (AVR) 4p Performance by Bob DeYoung & Happy Hour (ML) *6:30p Movie Matinee: Episode of "The Amazing Race" (TL)	18 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) 4p Culinary Showcase (AVR) *6:30p Texas Hold'em (AVR)	19 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	20 11:30a Balance Class (FH) 4p Performance by Bobby James & Happy Hour (ML) *6:30p Games Night (SR/3F)	21 10a Chair Yoga w/ Hayley (FH) **12p The Old Goat (Meet in ML) 2:30p Amazing Race Team Orientation & Introduction (FH) *6:30p S'mores Stay & Social (FH)	22 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
23 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	24 AMAZING RACE 10a Virtual Tour of Italy (FH) 3p Amazing Race Challenge: Bocce Ball (FH) 4p Musica Italiana w/ David Molinari & "Vino" (ML) *6:30p Movie Matinee: (TL)	25 AMAZING RACE 10a Virtual Tour of Austria (TL) 1:15p Mobility & Strength - Upper Body (FH) 3p Amazing Race Challenge: "Milk the Cow" (GP) *6:30p Texas Hold'em (AVR)	26 AMAZING RACE 10a Virtual Tour of Australia (FH) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength (FH) 3p Amazing Race Challenge: "Scuba Suit-Up" (FH) 5p Australian "Barbie" (DR)	27 AMAZING RACE 10a Virtual Tour of Ireland (FH) 11:30a Balance Class (FH) 3p Amazing Race Challenge: "Pub Sing Along " (FH) 4p"Uniquely Rogue" Irish Band & Happy Hour (ML) *6:30p Games Night (SR/3F)	28 AMAZING RACE 10a Chair Yoga w/ Cory (FH) 10:30a Virtual Tour of France (FH) **11a French Cafe Outing - "Gaby's Gourmandise" (ML) 3p Amazing Race Challenge: "Hidden Trinkets" (FH)	29 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)

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"