

Cascade Trails Senior Living

Memory Care

July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:15a Table-Top Tidy 11a Mindful Morning Movement 11:15a Virtual Church Service 1p After-Lunch Hot Towels 2p Chronicle Pick-Up	31 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: 2:45p Performance by Jeff Schroeder (ML) 6p Peaceful Piano & Puzzling					1 10a Silverware Sorting and Rolling 10:30a Exercise Dice Game 1:30p Workday vs Vacation Day Summer Sorting 4:15p Chronicle Pick-Up
2 10:15a Table-Top Tidy 11a Mindful Morning Movement 11:15a Virtual Church Service 1p After-Lunch Hot Towels 2p Chronicle Pick-Up	3 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: 2:45p Performance by Randy Heidema (ML) 6p Peaceful Piano & Puzzling	4 11a Chronicle Pass 2p Candy BINGO (GP) 3:15p Music with Melissa 6p Italy - Colored Pencil Art	5 10:30a Cardio Drumming 11a Visit from Poppy the Puppy! 1:30p "What's on the Menu Wednesday" - Dump Cake Bake 2p Cake Tasting and Trivia 6p Student Work Review	6 10a Mid-Morning Tidy 10:30a Giant Crossword "Name That Tune" 1:30p Daily Devotion 1:45p Exercise Dice Game 6p Pattern Pieces Puzzle	7 10:15a Chronicle Chat 10:30a Seated Stretching 11a Mosaic Art Dice Game 2p Bingo Bucks BINGO (GP) 6p Sock Matching and Folding	8 10a Silverware Sorting and Rolling 10:30a Balloon Ball 1:30p Strum & Sing 4:15p Chronicle Chat
9 10:15a Table-Top Tidy 11a Mindful Morning Movement 11:15a Virtual Church Service 1p After-Lunch Hot Towels 2p Chronicle Pick-Up	10 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: 2:45p Performance by Kevin Cavanaugh (ML) 6p Peaceful Piano & Puzzling	11 11a Chronicle Pass 2p Candy BINGO 3:15p Suzie Q Sing-Along 6p Austria - Colored Pencil Art	Nat. Vinyl Record Day 12 10:30a Visit from Poppy the Puppy! 11a Cardio Drumming 1:30p "What's on the Menu Wednesday" - Ice Cream 2p "Show & Listen": Alyssa's Record Collection 6p Student Work Review	13 10a Mid-Morning Tidy 10:30a Bubbles and Beats 1:30p Water Gun "Target Practice" 1:45p Chronicle Pick-Up 6p Pattern Pieces Puzzle	14 **9:30a OUTING: Sprinkles Donuts 10a Chronicle Pick-Up 10:30a Seated Stretching 2p Bingo Bucks BINGO (GP) 6p Sock Matching and Folding	15 10a Silverware Sorting and Rolling 10:30a Exercise Dice Game 1:30p Strum & Sing 4:15p Chronicle Chat
16 10:15a Table-Top Tidy 11a Mindful Morning Movement 11:15a Virtual Church Service 1p After-Lunch Hot Towels 2p Chronicle Pick-Up	17 9a Daily News Hand-Out 11a Catholic Communion 1p Movie Monday: 2:45p Performance by Bob DeYoung (ML) 6p Peaceful Piano & Puzzling	18 11a Chronicle Pass 2p Candy BINGO (GP) 3:15p Music with Melissa 6p Australia - Colored Pencil Art	19 10:30a Cardio Drumming 11a Visit from Poppy the Puppy! **1:30p OUTING: French Cafe "Gaby's Gourmandise" 6p Student Work Review	20 10a Mid-Morning Tidy 10:30a Suzie Q Sing-Along 1p Ice Cream Sandwich Social 1:45p Chronicle Pick-Up 6p Pattern Pieces Puzzle	21 10:15a Chronicle Chat 10:30a Seated Stretching 2p Candy BINGO (GP) 6p Sock Matching and Folding	22 10a Countries of the World Word Searches 10:30a Chronicle Pick-Up 1:30p Stacking Stones 4:15p Peaceful Puzzling
23 10:15a Table-Top Tidy 11:15a Virtual Church Service 1p Chronicle Pick-Up 2p Independent Connection Pod Activities	AMAZING RACE 24 10a Virtual Tour of Italy 11a Spagetti "Gazetti" 1:30p Amazing Race Challenge: "Bocce Ball" (ML) 2:30p Musica Italiana w/ David Molinari (ML) 6p Italian Food Word Searches	AMAZING RACE 25 10a Virtual Tour of Austria 11a "Climb Every ..." Chronicle 11:15a Candy BINGO (GP) 1:30p Amazing Race Challenge: "Milk the Cow" 6p Amazing Race - Colored Pencil Art	AMAZING RACE 26 10a Virtual Tour of Australia 11a The Daily "Down Under" 1:30p Amazing Race Challenge: "Scuba Suit Up" (GP) 6p Australian Word Puzzles	AMAZING RACE 27 10a Virtual Tour of Ireland 11a A "Celtic" Chronical 1:30p Amazing Race Challenge: "Pub Sing Along" (GP) 6p Celtic Coloring	AMAZING RACE 28 10a Virtual Tour of France 11a Following French Features 1:30p Candy BINGO (GP) 3p Amazing Race FINAL Challenge: "Hidden Trinkets" (IL) 6p Paris Colored Pencil Art	29 10a Silverware Sorting and Rolling 10:30a Chronicle Pick-Up 1:30p Colored Pencil Art 4:15p Peaceful Puzzling