

Cascade Trails Senior Living

Assisted Living

September 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:15a Tai Chi Tuesday (AF) 11:35a Chronicle Convos (AF) 2p Candy BINGO (GP) 3:15p Music W/ Melissa (MC) 5:45p Hot Towels & Hot Topics (DR)	2 10:30a Fresh-Air Fitness (CY) 11a Mindfulness Journey (CY) 3p Daily W/ Hayley (GP) 3:15p S’mores W/ Claire (GP)	3 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30 Travelogue - Kauai, Hawaii (ML) 6p Short Stories W/ Hayley (ML)	4 10:15a Outdoor Stretching (CY) 11a Candy BINGO (GP) 12p Chronicle Pick-Up (ML) 3:15p Movie Matinee: “The Love Bug” (AF)	5 9:45a Daybreak Documentary - “Abbey Road: I Could Sing”(ML) 11:30a Seated Walk & Move Exercise (ML) 2:45p Chronicle Chat (AF) 3p Group “Wordle” Game (AF) 3:30p “Finish the Song Lyric” Game (AF)
6 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 2p Independent Short Story (ML) 3p 10-Minute Movement (AF) 3:30p Game of Crazy 8s (AF)	Labor Day 7 10:40a Chair Yoga (AF) 11a Catholic Communion (AF) 2:15p Independent Chronicle (ML) 2:30p Labor Day Trivia: Celebrating Different Professions! (ML)	8 11:15a Tai Chi Tuesday (AF) 11:35a Chronicle Convos (AF) 2p Candy BINGO (GP) 3:15p Ladies Group Ice Tea Lemonade (GP) 5:45p Hot Towels & Hot Topics (DR)	9 10:30a Bands & Weights Exercise (AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (ML) 3:15p Special Grandparents Day Video (ML)	10 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30p Grandparents Spa Experience: Hand Massages & Hot Towels (GP) 6p Short Stories W/ Hayley (ML)	Patriot Day 11 10:30a Patriot Day Remembrance & Discussion (GP) 11a Bingo Bucks BINGO (GP) **2p Kilwin’s Ice Cream (ML) 3:15p Movie Matinee W/ Concessions: “Extremely Loud and Incredibly Close” (AF)	12 10:30a Chroncile Chat (AF) 10:45a Game of Dominos (AF) 2:45p Independent Word Searches (ML) 3p Independent Puzzles (AF)
Grandparents Day 13 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 2p Independent Short Story (ML) 3p Independent Crosswords (ML)	Assisted Living & Housekeeping Week 14 10:40a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by Bob DeYoung (ML)	Assisted Living & Housekeeping Week 15 11:15a Tai Chi Tuesday (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p Music W/ Melissa (MC) 5:45p Hot Towels & Hot Topics (DR)	Assisted Living & Housekeeping Week 16 10:30a Fresh-Air Fitness (AF) 11a Mindfulness Journey (CY) 3p Daily W/ Hayley (GP) 3:15p “Keeping It Clean”: Cornhole Edition (GP)	Assisted Living & Housekeeping Week 17 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30p Jokes & Cokes W/ Hugh & Alyssa (ML) 6p Short Stories W/ Hayley (ML)	Assisted Living & Housekeeping Week 18 **10:30a Tous Les Jours (ML) 11a Chronicle Pick-Up (ML) 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: “Eight Below” (AF)	19 10:30a Chroncile Chat (AF) 10:45a Game of 7's (AF) 2:45p Independent Word Searches (ML) 3p Independent Puzzles (AF)
20 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:45a Chronicle Pick-Up (ML) 2p Independent Short Story (ML) 3p Independent Crosswords (ML)	21 10:40a Chair Yoga (AF) 11a Catholic Communion (AF) 2:15p Independent Chronicle (ML) 2:45p Performance by Jeff Schroeder (ML)	First Day of Fall 22 11:15a Tai Chi Tuesday (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:15p Fall Leaves Wreaths (GP) 5:45p Hot Towels & Hot Topics (DR)	23 10:30a Bands & Weights Exercise (AF) 11a Mindfulness Journey (AF) 1:30p Daily W/ Hayley (ML) 2p Men’s Group: Football & Fellowship (CY)	24 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30p Travelogue - Exploring the Everglades (ML) 6p Short Stories W/ Hayley (ML)	25 10:30a Bands & Weights (AF) 11a Chronicle Chat (AF) 2p Bingo Bucks BINGO (GP) 3:15p Movie Matinee W/ Concessions: “Hello, Dolly!” (AF)	26 10:30a Chroncile Chat (AF) 10:45a Game of Crazy 8's (AF) 2:45p Independent Word Searches (ML) 3p Independent Puzzles (AF)
27 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 2p Independent Short Story (ML) 3p Independent Crosswords (ML)	28 10:40a Chair Yoga (AF) 11a Catholic Communion (AF) 2:15p Chronicle Chat (ML) 2:45p Performance by David Molinari (ML)	29 11:15a Tai Chi Tuesday (ML) 11:35a Chronicle Convos (ML) 2p Candy BINGO (GP) 3:30p Resident Council (CR) 5:45p Hot Towels & Hot Topics (DR)	30 10:30a Fresh-Air Fitness AF) 11a Mindfulness Journey (AF) 3p Daily W/ Hayley (ML) 3:15p “Pure Michigan” Trivia (ML)			