

Cascade Trails Senior Living

Independent Living

September 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) *6:30p Texas Hold'em (AVR)	2 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) 7p Current Events Discussion Group: Scam & Fraud (FH)	3 10a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 4p Performance by Andy Paul & Happy Hour (ML) *6:30p Games Night (SR/3F)	4 10a Virtual Chair Yoga (FH) **12p The Score (Meet in ML) Reservation Made - No Driving Seperate! *6:30p Fireside Fun (FH)	5 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
6 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	Labor Day 7 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p "Root Beer & Labor Day Cheer" Floats & Happy Hour(ML) *6:30p Movie Matinee: "The Love Bug" (TL)	8 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) 2p Book Club Meeting (TL) *6:30p Texas Hold'em (AVR)	9 9a Pancake Party (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) 2p Calendar Planning Mtg. (AVR) *7p Pool Night - Billiards (TL)	10 10:45a Balance Class (FH) 1p Grandparents Day "Spa" Experience (FH) 4p Happy Hour (Sky Deck) *6:30p Games Night (SR/3F)	Patriot Day 11 9a Coffee & Donuts w/ Cascade Fire Department (AVR) 10a Virtual Chair Yoga (FH) 6:30p Smore's Stay & Social (FH)	12 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
Grandparents Day 13 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	14 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Bob DeYoung & Happy Hour (ML) *6:30p Movie Matinee: "Extremely Loud and Incredibly Close" (TL)	15 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength (FH) *6:30p Texas Hold'em (AVR)	16 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)	17 10a Bible Study w/ Amanda (TL) 10:45a Balance Class (FH) 2:15p Total Care Therapy Meet & Greet (FH) 4p Performance by Rick Reuther & Happy Hour (ML) *6:30p Games Night (SR/3F)	18 10a Virtual Chair Yoga (FH) **1:30p Warehouse One Antiques & Collectibles (Meet in ML) *6:30p Fireside Fun (FH)	19 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
National Brunch Day 20 10a-1p Sunday Brunch (DR) *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	Housekeeping Week 21 11:45a Resident Council (FH) 1p Quarter Bingo (AVR) 4p Performance by Jeff Schroeder & Happy Hour(ML) *6:30p Movie Matinee: "Eight Below" (TL)	Housekeeping Week 22 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) *6:30p Texas Hold'em (AVR)	Housekeeping Week 23 9a French Toast Frenzy (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) 3p History Presentation w/ Scott Looman (FH) *7p Pool Night - Billiards (TL)	Housekeeping Week 24 10:45a Balance Class (FH) 4p Performance by Bobby James & Happy Hour (ML) *6:30p Games Night (SR/3F)	Housekeeping Week 25 10a Chair Yoga w/ Hayley (FH) 1:30p Ice Cream Floats & Housekeeping Love Notes! (SD) **2:45p Blue House Art Square (Meet in ML) *6:30p Fireside Fun (FH)	26 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
27 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	28 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by David Molinari & Happy Hour (ML) *6:30p Movie Matinee: "Hello, Dolly!" (TL)	29 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility & Strength - Upper Body (FH) 3p Resident Forum (FH) *6:30p Texas Hold'em (AVR)	30 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Mobility & Strength - Lower Body (FH) *7p Pool Night - Billiards (TL)			

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"