

Cascade Trails Senior Living

Memory Care

September 2026

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                                                                                                                                                    | Monday                                                                                                                                                                                    | Tuesday                                                                                                                             | Wednesday                                                                                                                                                                                       | Thursday                                                                                                                                                    | Friday                                                                                                             | Saturday                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                           |                                                                                                                                                                                           | 1<br>11a Chronicle Pass<br>2p Candy BINGO (GP)<br>3:15p Music with Melissa<br>6p Campfire - Colored Pencil Art                      | 2<br>10a Visit from Poppy the Puppy!<br>10:15a Chronicle Hand-Out<br>1:30p "What's on the Menu Wednesday" - S'mores Making<br>2p "Campfire" Sing-Along<br>6p Sock Matching and Folding          | 3<br>10a Mid-Morning Tidy<br>10:30a Seated Stretching<br>1:30p Daily Devotion<br>1:45p "Finish the Song Lyric" Group Game<br>6p Pattern Pieces Puzzle       | 4<br>10:15a Chronicle Pick-Up<br>11a Candy BINGO (GP)<br>**1:30p OUTING: Cascade Library<br>6p Student Work Review | 5<br>10a Silverware Sorting and Rolling<br>10:30a Exercise Dice Game<br>1:30p Strum & Sing<br>4:15p Chronicle Chat |
| 6<br>9:30a Fabric Swatch Sorting<br>10:15a Mindful Morning Movement<br>10:30a Virtual Church Service<br>1p After-Lunch Hot Towels<br>2p Chronicle Pick-Up | 7<br>Labor Day<br>9a Daily News Hand-Out<br>11a Catholic Communion<br>1p Movie Monday: "The Love Bug"<br>6p Peaceful Piano & Puzzling                                                     | 8<br>11a Chronicle Pass<br>2p Candy BINGO (GP)<br>3:15p Suzie Q Sing-Along<br>6p Grandparents Day - Colored Pencil Art              | 9<br>10a Visit from Poppy the Puppy!<br>10:15a Chronicle Hand-Out<br>1:30p Spin and Think Game<br>Grandparents Day<br>3:15p Special Grandparents Day Video (ML)<br>6p Sock Matching and Folding | 10<br>10a Mid-Morning Tidy<br>10:30a Seated Stretching<br>2:30p Grandparent Spa Experience: Hand Soaking and Scented Hot Towels<br>6p Pattern Pieces Puzzle | 11<br>10:30a Chronicle Pick-Up<br>11a Bingo Bucks BINGO (GP)<br>2p Colored Pencil Art<br>6p Student Work Review    | 12<br>10a Suzie Q Sing-Along<br>10:30a Chronicle Pick-Up<br>1:30p Colored Pencil Art<br>4:15p Peaceful Puzzling    |
| 13<br>Grandparents Day<br>9:30a Fabric Swatch Sorting<br>10:30a Virtual Church Service<br>2p Chronicle Pick-Up<br>3p Independent Connection Pod Activites | 14<br>9a Daily News Hand-Out<br>11a Catholic Communion<br>1p Movie Monday: "Extremely Loud and Incredibly Close"<br>2:45p Performance by Bob DeYoung (ML)<br>6p Peaceful Piano & Puzzling | 15<br>11a Chronicle Pass<br>2p Candy BINGO<br>3:15p Music with Melissa<br>6p September - Colored Pencil Art                         | 16<br>10a Visit from Poppy the Puppy!<br>10:15a Chronicle Hand-Out<br>4p Grandparent's Day<br>Crossword Puzzles<br>6p Sock Matching and Folding                                                 | 17<br>10a Mid-Morning Tidy<br>10:30a Chair Yoga<br>1:30p Daily Devotion<br>1:45p Grandparents Day Trivia<br>6p Pattern Pieces Puzzle                        | 18<br>10a Chronicle Pick-Up<br>10:30a Colored Pencil Art<br>2p Bingo Bucks BINGO (GP)<br>6p Student Work Review    | 19<br>10a Suzie Q Sing-Along<br>10:30a Chronicle Pick-Up<br>1:30p Colored Pencil Art<br>4:15p Peaceful Puzzling    |
| 20<br>9:30a Fabric Swatch Sorting<br>10:30a Virtual Church Service<br>2p Chronicle Pick-Up<br>3p Independent Connection Pod Activites                     | 21<br>9a Daily News Hand-Out<br>11a Catholic Communion<br>1p Movie Monday: "Eight Below"<br>2:45p Performance by Jeff Schroeder (ML)<br>6p Peaceful Piano & Puzzling                      | 22<br>First Day of Fall<br>10:30 Seated Stretching<br>11a Chronicle Chat<br>2p Candy BINGO (GP)<br>6p Fall Day - Colored Pencil Art | 23<br>10a Visit from Poppy the Puppy!<br>10:15a Chronicle Hand-Out<br>1p "What's on the Menu Wednesday" - Ice Cream Sandwiches<br>6p Sock Matching and Folding                                  | 24<br>10a Mid-Morning Tidy<br>10:30a Seated Stretching<br>1:15p Chronicle Chat<br>1:30p Suzie Q Sing-Along<br>6p Pattern Pieces Puzzle                      | 25<br>10:15a Chronicle Pick-Up<br>10:30a Stacking Stones<br>2p Bingo Bucks BINGO (GP)<br>6p Student Work Review    | 26<br>10a Suzie Q Sing-Along<br>10:30a Chronicle Pick-Up<br>1:30p Colored Pencil Art<br>4:15p Peaceful Puzzling    |
| 27<br>9:30a Fabric Swatch Sorting<br>10:30a Virtual Church Service<br>2p Chronicle Pick-Up<br>3p Independent Connection Pod Activites                     | 28<br>9a Daily News Hand-Out<br>11a Catholic Communion<br>1p Movie Monday: "Hello, Dolly!"<br>2:45p Performance by David Molinari (ML)<br>6p Peaceful Piano & Puzzling                    | 29<br>11a Chronicle Pass<br>2p Candy BINGO (GP)<br>3:15p Music with Melissa<br>6p Autumn Leaves - Colored Pencil Art                | 30<br>10a Visit from Poppy the Puppy!<br>10:15a Chronicle Hand-Out<br>1:30p "What's on the Menu Wednesday" - Bahama Mama Mocktail Mixing<br>2p Sip and Social<br>6p Sock Matching and Folding   |                                                                                                                                                             |                                                                                                                    |                                                                                                                    |

Calendar Key:  
EF - Event Field  
GP - Gathering Place  
ML - AL Main Lobby

PL - Parking Lot  
R2R - Room-To-Room  
TBD - To Be Determined

\*\* - Out of the Community