

Cascade Trails Senior Living

Independent Living

May 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 30 LOD: Sherri 2p Movie Matinee: Easter Parade (TL)	May 1 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 2p New Resident Mtg (AVR) 4p Michaeleen Kelly (ML) 6:30p Stay & Social (DR)	Appointment Bus Day 2 9a Meet Your Neighbors (C) 10a Bible Study w/ Pat (TL) 2p Stretching w/ Julie (FH) *7p Pool Night League (TL)	3 9a Meet Your Neighbors (C) 11a Ladies Crafting (AR) 2p Sit n' Be Fit (FH) 6:30p Stay & Social (DR)	4 8a Men's Breakfast (MDR) 9a Meet Your Neighbors (C) 2p Cardio Drumming (FH) 4p Chris Sloan (ML) *7p Games w/ Friends (DR)	CINCO DE MAYO 5 9a Meet Your Neighbors (C) 10a Balance Class (W) (FH) **12:30p El Centenario Mexican Grill (ML) 6:30p Stay & Social (DR)	KENTUCKY DERBY 6 LOD: Lisa *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
7 LOD: Lisa 2p Movie Matinee: On the Town (TL)	8 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 4p Bob DeYoung (ML) 6:30p Stay & Social (DR)	Appointment Bus Day 9 9a Meet Your Neighbors (C) 10a Bible Study w/ Pat (TL) 2p Stretching w/ Julie (FH) 3p Book Club (TL) *7p Pool Night League (TL)	10 11-1p Mother's Brunch (DR) 2p Sit n' Be Fit w/ Julie (FH) 3p June Calendar Mtg (AVR) 6:30p Stay & Social (DR)	11 9a Meet Your Neighbors (C) 2p Mother's Yogurt Bar (DR) 2:45p Mother Singers (DR) *7p Games w/ Friends (DR)	12 9a Meet Your Neighbors (C) 10a Balance Class (FH) **12:30p Shopping Outing (ML) 6:30p Stay & Social (DR)	13 LOD: Matt (On-Call) *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
MOTHER'S DAY 14 LOD: Matt (On-Call) 2p Movie Matinee: Indiana Jones (TL)	15 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 4p Quarter BINGO (AVR) 6:30p Stay & Social (DR)	Appointment Bus Day 16 9a Meet Your Neighbors (C) 10a Bible Study w/ Pat (TL) 2p Stretching w/ Julie (FH) *7p Pool Night League (TL)	17 9a Meet Your Neighbors (C) 11a Ladies Crafting (AR) 2p Sit n' Be Fit w/ Julie (FH) 6:30p Stay & Social (DR)	18 8a Men's Breakfast (MDR) 9a Meet Your Neighbors (C) 2p Cardio Drumming (FH) 4p Chris Sloan (ML) *7p Games w/ Friends (DR)	19 9a Meet Your Neighbors (C) 10a Balance Class (FH) **12:30p Grand River Park (ML) 6:30p Stay & Social (DR)	20 LOD: Gabe *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
21 LOD: Gabe 2p Movie Matinee: The Music Man (TL)	22 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 2p New Resident Mtg (AVR) 4p Michaeleen Kelly (ML) 6:30p Stay & Social (DR)	Appointment Bus Day 23 9a Meet Your Neighbors (C) 10a Bible Study w/ Pat (TL) 2p Stretching w/ Julie (FH) *7p Pool Night League (TL)	24 9-10a Waffle Wed (MDR) 11a Ladies Crafting (AR) 2p Sit n' Be Fit w/ Julie (FH) 6:30p Stay & Social (DR)	25 9a Meet Your Neighbors (C) 2p Cardio Drumming (FH) 4p Chris Sloan (ML) *7p Games w/ Friends (DR)	26 9a Meet Your Neighbors (C) 10a Balance Class (FH) 3p Happy Hour (TL) 5p May Birthdays (DR) 6:30p Stay & Social (DR)	27 LOD: Laura *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
28 LOD: Laura 2p Movie Matinee: Singin' in the Rain (TL)	MEMORIAL DAY 29 9a Meet Your Neighbors (C) *1p Independent Hallway Hikers (ML) 4p Bob DeYoung (ML) 6:30p Stay & Social (DR)	Appointment Bus Day 30 9a Meet Your Neighbors (C) 10a Bible Study w/ Pat (TL) 11:30a BP Clinic (AVR) 2p Stretching w/ Julie (FH)	31 9a Meet Your Neighbors (C) 11a Ladies Crafting (AR) 2p Sit n' Be Fit w/ Julie (FH) 3p Resident Forum (AVR) 6:30p Stay & Social (DR)	June 1 9a Meet Your Neighbors (C) 2p Cardio Drumming (FH) 4p Quarter BINGO (AVR) *7p Games w/ Friends (DR)	2 9a Meet Your Neighbors (C) 10a Balance Class (FH) **12:30p Meijer Gardens (ML) 6:30p Stay & Social (DR)	3 LOD: Liz *1p Independent Bridge (TL) 6:30p Stay & Social (DR)

Calendar Key:
 AL - Assisted Living
 AR - Art Room
 AVR - Ada Village Room

C - Café
 DR - Main Dining Room
 FH - Forest Hills Room
 L - Library

ML - Main Lobby
 R2R - Room-To-Room
 TL - Thornapple Lounge
 WR - Workout Room

**Please Sign-up for activity @ front desk

*Independent means "resident led"