

Cascade Trails Senior Living

Assisted Living

September 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 LOD: Lisa LE: TBD 10a Catholic Mass (ML) 11a Ada Bible (MC) 1p Movie Matinee (AF) 2p Golden Moments w/ Cali Dog	28 Chicago 8a Breakfast at "Lou Mitchell's Diner" (MDR) 11a-2p Magnificent Mile (IL) 2-3p Chicago Blues (DJ) Social (ML) 2a Make & Bake: Traditional LM Donut Holes! (MC) 3p Blvd. BINGO (MC)	29 Tulsa 9a Neighbors Social (MDR) 10:45a Tulsa Trivia (ML) 11a-2p Taking on Tulsa Tourism: Ice Cream Outing (ML) 3p Blue Whale of Catoosa Craft (ML)	30 Amarillo 9a Neighbors Social (MDR) 10:30a "Off to the Races" Horse Race Game (MC) 11a-2p Classic Car Show at Cascade Trails (Parking Lot) 3p Lasso Throw & Rodeo Ring Toss (MC)	31 Santa Fe 9a Neighbors Social (MDR) 10a Stained Glass Art (AF) 2-4:30p Saddle Up: Visit From our Equine Friends (Parking Lot) 4:30p Build Your Own Burrito Bar (MDR)	1 Santa Monica 9a Neighbors Social (MDR) 10a Walk the "Pier" (CY) 11a-2p Santa Monica Pier/Carnival (Parking Lot) 4:30p Authentic Surf & Turf (MDR)	2 LOD: Wendy (ON CALL) LE: TBD 1p BINGO (GP) 2p Popcorn Social (GP)
3 LOD: Wendy LE: TBD 10a Catholic Mass (ML) 11a Ada Bible (MC) 1p Movie Matinee (AF)	4 Labor Day 9a Neighbors Social (MDR) 10a Educational Chat: Labor Day History (GP) 10:30a Balance Video (GP) 11a Catholic Com. (AF) 2p Crafting Cards for Staff (ML) 2:45p Bob DeYoung (ML)	5 9a Neighbors Social (MDR) 10a Daily with Hayley (GP) 10:30a Bands & Weights (GP) 1p TikTok Tuesday: Grandparents Edition! (GP) 2p Popcorn & BINGO (GP)	6 9a Neighbors Social (MDR) 10a Grandparents Appreciation (GP) 10:30a Outdoor Walk (CY) 1-2:30p Glamorous Grandparents Nails & Massages (GP)	7 9a Neighbors Social (MDR) 10a Coffee & Convos (GP) 10:30a Ring Toss! (GP) 11:30a Bible Book Club (GP) 2:45p Michaeleen Kelly (ML)	8 9a Neighbors Social (MDR) 10a Morning Meeting (GP) 10:30a Balloon Ball (GP) 2p Creative Crafting (GP) 3p Wii Wheel of Fortune (ML)	9 LOD: Gabe (On-Call) LE: TBD 1p Soothing Stretching (GP) 2p Chronicle Chat (GP)
10 Grandparents Day LOD: Gabe LE: TBD 10a Catholic Mass (ML) 11a Ada Bible (MC) 1p Movie Matinee (AF) 2p Golden Moments w/ Cali Dog	11 9/11 Remeberance 9a Neighbors Social (MDR) 10a Daily & Donuts (GP) 10:15a NEW Music Therapy 11a Catholic Com. (AF) 2p Moment of Silence for 9/11 2:45p Bob DeYoung (ML) ASSISTED LIVING WEEK	12 9a Neighbors Social (MDR) 10a Chronicle Convos (GP) 10:30a Cardio Drumming (GP) 2p Outdoor Walk (CY) 3p BINGO (GP) ASSISTED LIVING WEEK	13 9a Neighbors Social (MDR) 10a Daily Debrief (GP) 10:30a Bands & Weights 2p Cards & Popcorn! (GP) 3p Resident Forum (GP) ASSISTED LIVING WEEK	14 9a Neighbors Social (MDR) 10a Daily with Hayley (GP) 10:30a Lori Teft (GP) 11:30a Bible Book Club (GP) 2:45p Bing Higbee (ML) ASSISTED LIVING WEEK	15 9a Neighbors Social (MDR) 10a Morning Meeting (GP) 10:30a BINGO (GP) 2p Mocktail Hour (CY) 3p Mix it Up Mini Golf (CY) ASSISTED LIVING WEEK	16 LOD: Laura (On-Call) LE: TBD 1p Courtyard Walk (CY) 2p Daily Chronicle (CY)
17 LOD: Laura LE: TBD 10a Catholic Mass (ML) 11a Ada Bible (MC) 1p Movie Matinee (AF)	18 9a Neighbors Social (MDR) 10a Monday Meeting (GP) 10:30a Balance Class (GP) 11a Catholic Com. (AF) 3p Karaoke w/ Tom (GP)	19 9a Neighbors Social (MDR) 10a Daily with Hayley (GP) 10:30a Stretching 2p TikTok Tuesday: (GP) 3p BINGO (GP)	20 9a Neighbors Social (MDR) 10a News & Coffee (GP) 10:30a Cardio Drumming (GP) 2p Make & Bake (GP) 3p Sweet Treats Mobile Cart! (R2R)	21 9a Neighbors Social (MDR) 10a Daily Debrief (GP) 10:30a Balloon Ball (GP) 11:30a Bible Book Club (GP) 2:45p Martin Zyla (ML)	22 9a Neighbors Social (MDR) 10:30a-12p Balance Clinic (GP) **10a Boulder Ridge Zoo Outing (ML) ? 2p Movie & Mocktails (AF)	23 LOD: Ashley (On-Call) LE: TBD 1p Nails (ML) 2p Games Galore (ML)
24 LOD: Ashley LE: TBD 10a Catholic Mass (ML) 11a Ada Bible (MC) 1p Movie Matinee (AF) 2p Golden Moments w/ Cali Dog	25 9a Neighbors Social (MDR) 10a Chronicle & Convos (GP) 10:15a NEW Music Therapy 10:30a Yoga (GP) 11a Catholic Com. (AF) 2:45p Martin Zyla (ML)	26 9a Neighbors Social (MDR) 10a Tuesday Talks (GP) 10:30a Cardio Drumming (CY) 2p Creative Crafting (ML) 3p BINGO (GP)	27 9a Neighbors Social (MDR) 10a Morning Meeting (GP) 10:30a Stretching (GP) 2p Mid-Day Movie (AF) 3p Popcorn Mobile Cart (R2R)	28 9a Neighbors Social (MDR) 10a Daily with Hayley (GP) 10:30a Lori Teft (GP) 11:30a Bible Book Club (GP) 2:45p Lew Russ (ML)	29 9a Neighbors Social (MDR) 10a Chronicle Chat (GP) 10:30a BINGO (GP) ** 1p Shopping Outing (ML) 3p Trivia & Mocktails (GP)	30 LOD: Michael (On-Call) LE: TBD 1p Adult Coloring (GP) 2p Games Galore (GP)

Calender Key:

AF - Ada Forest Area

CR - Conference Room

CY - Courtyard

GP - Gathering Place

IL - Independent Living

MC - Memory Care

MDR - Main Dining Room

ML - Main Lobby

PL - Parking Lot

R2R - Room-to-Room

LOD - Leader on Duty

LE - Life Enrichment Staff

**Sign-up for outings at

front desk with the

receptionist

CASCADE TRAILS
BY STORYPOINT GROUP