

Cascade Trails Senior Living

September 2023

Independent Living

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> LOD: Matt  2p Movie Matinee: Resident Choice or Cornhole Challenge (TL / BP1)	<b>Route 66 - Chicago 28</b> 9-10a Lou Mitchell's Diner Breakfast (DR) 11a-2p The Magnificent Mile (ML) 4p Chicago Blues (ML) 6:30p Stay & Social (DR)	<b>Route 66 - Tulsa 29</b> 9a Meet Your Neighbors (C) 10a Bible Study (TL) **1p Taking on Tulsa Outing (ML) 11:30a BP Clinic (AVR) 2p Mobility w/ Julie (FH) *7p Pool Night League (TL)	<b>Route 66 - Amarillo 30</b> 9a Meet Your Neighbors (C) 11a-2p Classic Car Show (Parking Lot) 2p Sit n' Be Fit w/ Julie (FH) 6:30p Stay & Social (DR)	<b>Route 66 - Santa Fe 31</b> 9a Meet Your Neighbors (C) 11:30a Chair Yoga (FH) 2-4:30p Fiesta De Santa Fe 5p Build Your Own Burrito Bar (DR) *6:30p Games w/ Friends (DR)	<b>Santa Monica Pier 1</b> 9a Meet Your Neighbors (C) 11a-2p Santa Monica Pier (Parking Lot) 5p Authentic Surf & Turf Dinner (DR) 6:30p Stay & Social (DR)	<b>2</b> LOD: Wendy (On-Call)  12p Ice Cream Social (AVR) *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>3</b> LOD: Wendy (On-Call)  2p Movie Matinee: Resident Choice or Cornhole Challenge (TL / BP1)	<b>Labor Day 4</b> 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 4p Bob DeYoung (ML) 6:30p Stay & Social (DR)	<b>5</b> 9a Meet Your Neighbors (C) 10a Bible Study (TL) 2p Mobility w/ Julie (FH) 3p Book Club (TL) *7p Pool Night League (TL)  APPOINTMENT BUS DAY	<b>6</b> 9a Meet Your Neighbors (C) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1p Chef Chat (AVR) 2p Sit n' Be Fit (FH) 3p Oct. Calendar Mtg (AVR) 6:30p Stay & Social (DR)	<b>7</b> 8a Men's Breakfast (MDR) 9a Meet Your Neighbors (C) 11:30a Chair Yoga (FH) 2:30p Cribbage w/ Friends (TL) 4p Michaelleen Kelly (ML) *6:30p Games w/ Friends (DR)	<b>8</b> 9a Meet Your Neighbors (C) **10-3p Allegan County Fair 6:30p Stay & Social (DR)	<b>9</b> LOD: Gabe (On-Call)  *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>Grandparents Day 10</b> LOD: Gabe 11-1p Grandparents Day Brunch (DR) 2p Movie Matinee: On Golden Pond or Cornhole Challenge (TL / BP1)	<b>9/11 Remembrance 11</b> 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 4p Bob DeYoung (ML) 6:30p Stay & Social (DR)  ASSISTED LIVING WEEK	<b>12</b> 9a Meet Your Neighbors (C) 10a Bible Study (TL) 2p Mobility w/ Julie (FH) *7p Pool Night League (TL)  APPOINTMENT BUS DAY ASSISTED LIVING WEEK	<b>13</b> 9-10a Waffle Wed (MDR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1p Chef Chat (AVR) 2p Sit n' Be Fit w/ Julie (FH) 6:30p Stay & Social (DR) ASSISTED LIVING WEEK	<b>14</b> 9a Meet Your Neighbors (C) 11:30a Chair Yoga (FH) 2:30p Cribbage w/ Friends (TL) *6:30p Games w/ Friends (DR) ASSISTED LIVING WEEK	<b>15</b> 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) **1p Art Prize 6:30p Stay & Social (DR) ASSISTED LIVING WEEK	<b>16</b> LOD: Laura (On-Call)  *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>17</b> LOD: Laura 2p Movie Matinee: Resident Choice or Cornhole Challenge (TL / BP1)	<b>18</b> 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 4p Steve Spees (ML) 6:30p Stay & Social (DR)	<b>19</b> 9a Meet Your Neighbors (C) 10a Bible Study (TL) 2p Mobility w/ Julie (FH) *7p Pool Night League (TL)  APPOINTMENT BUS DAY	<b>20</b> 9a Meet Your Neighbors (C) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1p Chef Chat (AVR) 2p Sit n' Be Fit w/ Julie (FH) 6:30p Stay & Social (DR)	<b>21</b> 8a Men's Breakfast (MDR) 9a Meet Your Neighbors (C) 11:30a Chair Yoga (FH) 2:30p Cribbage w/ Friends (TL) 4p Steve Spees (ML) *6:30p Games w/ Friends (DR)	<b>22</b> 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) 2p Happy Hour (TL) 6:30p Stay & Social (DR)	<b>23</b> LOD: Ashley (On-Call)  *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>24</b> LOD: Ashley  2p Movie Matinee: Resident Choice or cornhole Challenge (TL / BP1)	<b>25</b> 9a Meet Your Neighbors (C) 1p Hallway Hikers (ML) 3:30p Karaoke w/ Tom (FH) 6:30p Stay & Social (DR)	<b>26</b> 9a Meet Your Neighbors (C) 10a Bible Study (TL) 2p Mobility w/ Julie (FH) *7p Pool Night League (TL)  Appointment Bus Day	<b>27</b> 9a Meet Your Neighbors (C) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1p Chef Chat (AVR) 2p Sit n' Be Fit w/ Julie (FH) 3p Resident Forum (AVR) 6:30p Stay & Social (DR)	<b>28</b> 8a Men's Breakfast (MDR) 9a Meet Your Neighbors (C) 11:30a Chair Yoga (FH) 2:30p Cribbage w/ Friends (TL) 4p Lew Russ (ML) *6:30p Games w/ Friends (DR)	<b>29</b> 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) 3p August Birthday Happy Hour (TL) 6:30p Stay & Social (DR)	<b>30</b> LOD: Michael (On-Call)  *1p Independent Bridge (TL) 6:30p Stay & Social (DR)

Calender Key:

AL - Assisted Living

AR – Art Room

AVR - Ada Village Room

BP1 - Back Patio 1st Floor

C – Café

DR - Main Dining Room

FH - Forest Hills Room

ML - Main Lobby

SD - Skydeck

TL - Thornapple Lounge

WR - Workout Room

LOD - Leader on Duty

\*\*Please Sign-up for  
activity @ front desk

TBD - To Be Determined

\*Independent means  
"resident led"