

Cascade Trails Senior Living

Memory Care

September 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 LOD: Lisa 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) 1p BINGO (GP) 2p Popcorn Social (GP)
3 LOD: Wendy LE: 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 10:30a Balance Video (GP) 11a Catholic Com. (AF) 2p Crafting Cards for Staff 2:45p Bob DeYoung (ML) 4p Wind Down	5 9a Neighbors Social (MDR) 10a Daily with Hayley (GP) 10:30a Bands & Weights (GP) 11a COMMUNION 1p Cardio Drumming! 2p Popcorn & BINGO (GP) 3p Life Skills 4p Wind Down	6 10a Grandparents Appreciation Day (GP) 10:30a Outdoor Walk (ML) 11:30a Life Skills 1-2:30p Glamorous Grandparents Nails & Massages (GP) 4p Wind Down	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) 3:45p Life Skills 4p Wind Down	8 10a Morning Meeting (GP) 10:30a Balloon Ball (GP) 2p Life Skills 3p Wii Wheel of Fortune 4p Wind Down	9 LOD: Gabe (ON CALL) LE: 1p Indoor Games (ML) 2p Walk through the Courtyard (ML)
10 Grandparents Day LOD: Gabe LE: 10a Catholic Mass (ML) 11a Ada Bible (MC) 1p Movie Matinee (AF) 2p Golden Moments w/ Cali Dog	11 9/11 Remembrance 10a Daily & Donuts (GP) 10:15a Music Therapy 11a Catholic Com. (AF) 11:30a Life Skills 2:45p Bob DeYoung (ML) 4p Wind Down ASSISTED LIVING WEEK	12 10a Chronicle Convos (GP) 10:30a Cardio Drumming (GP) 11a Life Skills 2p Outdoor Walk (CY) 3p BINGO (GP) 4p Wind Down ASSISTED LIVING WEEK	13 9a Neighbors Social (MDR) 10a Daily Debrief (GP) 10:30a Bands & Weights 2p Cards & Popcorn! (GP) 3p Life Skills 4p Wind Down ASSISTED LIVING WEEK	14 10a Daily with Hayley (GP) 10:30a Lori Teft (GP) 11:30a Bible Book Club (GP) 2:45p Bing Higbee (ML) 3:45p Life Skills 4p Wind Down ASSISTED LIVING WEEKI	15 9a Neighbors Social (MDR) 10a Morning Meeting (GP) 10:30a BINGO (GP) 2p Mocktail Hour (CY) 3p Nails w/ Noelle 4p Wind Down ASSISTED LIVING WEEK	16 LOD: Laura (ON CALL) 1p Walk around the Neighborhood (ML) 2p Fun Card Games! (ML)
17 LOD: Laura 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) 1p SUGAR SCRUB CRAFT 3p Karaoke w/ Tom (GP) 4p Wind Down	19 9a Neighbors Social (MDR) 10a Chronicle Chat (GP) 1p Cardio Drumming! 2p UNBOXING SPA SURPRISE 3p BINGO (GP) 4p Wind Down	20 9a Neighbors Social (MDR) 10a News & Coffee (GP) 10:30a SENIOR SPA DAY 2p Make & Bake (GP) 3p Sweet Treats Mobile Cart! (R2R) 4p Wind Down	21 9a Neighbors Social (MDR) 10a Daily Debrief (GP) 10:30a Balloon Ball (GP) 11:30a Bible Book Club (GP) 1p Life Skills 2:45p Martin Zyla (ML) 4p Wind Down	22 9a Neighbors Social (MDR) 10:30-12p Balance Clinic (GP) **10a Boulder Ridge Zoo Outing (ML) ? 2p Movie & Mocktails (AF) 3p Nails w/ Noelle 4p Wind Down	23 LOD: Ashley (ON CALL) 1p UNO (ML) 2p Hallway Hikers (ML)
24 LOD: Ashley 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 Music Therapy 10:30a Yoga (GP) 11a Catholic Com. (AF) 1p Life Skills 2:45p Martin Zyla (ML) 4p Wind Down	26 9a Neighbors Social (MDR) 10a Tuesday Talks (GP) 10:30a Cardio Drumming (CY) 2p Life Skills 3p BINGO (GP) 4p Wind Down	27 9a Neighbors Social (MDR) 10a Morning Meeting (GP) 10:30a Stretching (GP) 1p Life Skills 2p Mid-Day Movie (AF) 3p Popcorn Mobile Cart (R2R) 4p Wind Down	28 9a Neighbors Social (MDR) 10a Daily with Hayley (GP) 10:30a Lori Teft (GP) 11:30a Bible Book Club (GP) 1p Life Skills 2:45p Lew Russ (ML) 3:45p Memorable Moments 4p Wind Down	29 9a Neighbors Social (MDR) 10a Chronicle Chat (GP) 10:30 BINGO (GP) ***1p OUTING 3p Trivia & Mocktails (GP) 4p Wind Down	30 LOD: Michael (ON CALL) 1p Courtyard Fun (GP) 2p Uno in the Courtyard (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