



Cascade Trails Senior Living

December 2023 Monthly Newsletter

Assisted Living

A Brief Moment with Matt

Happy December to our Cascade Trails Family! We feel so blessed to be surrounded by such a fun and loving group of people during this Holiday Season.

This past year was full of growth and new friendships, and we are forever grateful for all the moments we’ve shared together.

Happy Holidays to everyone,
Matthew Fellows,
Executive Director

Alyssa Sablan

Meet our newest Life Enrichment Team member, Alyssa Sablan. Alyssa has been looking forward to growing with our Cascade Trails family, and is excited to announce her transition from Receptionist to Life Enrichment Lead.

Alyssa enjoys spending quality time with her wonderful family, and has a unique passion for surfing! Feel free to ask Alyssa about her interests and hobbies, as she would love to share a story or two with you!

Resident December Birthdays

- 29th - Becky Eaton
- 24th - Char Gillies

Staff December Birthdays

- 8th - Myanna Mackie (Care Specialist)
- 14th - Steven Waldrip (Cook)
- 20th - Rebecca Leiter (Care Specialist)
- 26th - Audrina Contreras (Receptionist)
- 28th - Kiterria Mckinney (Care Specialist)



Executive Director
Matthew Fellows

Property Administrator
Dawn Polonowski

Community Specialist
Dylan Seeley

Life Enrichment Director
Hayley Gootjes

Maintenance Lead
Nate Shields

Housekeeping Lead
Lisa McLear

Wellness Director
Ashley Nisely

Resident Care Supervisor
Tracee Thomas

Executive Chef
Gabriel McAllister

Dining Room Manager
Laura Stapert

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CASCADE TRAILS
BY STORYPOINT GROUP

Don't miss this month's exciting events!

Men's Group

We are looking forward to getting to know the lovely gentlemen of Cascade Trails! Please join us for a fun game of "Dominos", even if you don't know how to play!

Time: 3:00 p.m.
Date: 12/20
Location: Ada Forest Common Area

Holiday Spirit Week

Join us in getting in the holiday spirit, by dressing according to our spirit week days!

Time: All Day!
Date: 12/18 - 12/22
Location: All Neighborhoods!

Non-Denominational Communion

Join us for Communion and blessing put on by our wonderful Life Enrichment Lead, Noelle Alvarado.

Time: 1:15 p.m.
Date: 12/4
Location: Ada Forest Common Area

Crochet Club!

Have you ever wanted to learn the art of "Crocheting"? Now is your time to learn, at our beginners level crocheting class!

Time: 4 p.m.
Date: 12/6
Location: Memory Care

Outing Updates

Happy December, to our Cascade Trails Friends! We are excited for the continuation of our wonderful outing experiences! Please remember to sign up at the front desk in order to reserve your spot on our outings. You will receive a confirmation slip as a reminder of your reservation.

Thank you!!



December Events

Show and Share

We would love to learn of your collections and creations at our new "show and share" event! Please feel free to attend as an observer or participant!

Hymn Sing

We welcome you to a non-denominational "Hymn Sing"! This month we will be joining together in singing traditional Christmas Hymns!

Cook-It-Up

Join us in recreating residents and staffs favorite/famous recipes! This month, we will be making "Donna's Favorite Cake" and "Hayley's Traditional Christmas Mix"!

December Outings

** Note that all of our outings are whether dependent, based off of our community standards!

Christmas Light Drive

Join us in driving through East Grand Rapids as we view the beautiful lights that the community houses have put up

Time: 2:00 p.m.
Date: 12/08
Location: Meet in the Main Lobby

Fredrick Meijer Gardens

Join us in the viewing of the culturally unique Christmas trees located at Fredrick Meijer Gardens

Time: 9:00 a.m.
Date: 12/15
Location: Meet in the Main Lobby

Christmas Shopping

We welcome you to join us for some last minute Christmas shopping at the Dollar Tree!

Time: 10:00 a.m.
Date: 12/22
Location: Meet in the Main Lobby

Happy Holidays!

Happy Holidays to our Cascade Trails Family! We are so grateful for each and every one of you! As we near the end of this year, let us reflect on, and cherish the beautiful memories that we have created! Here are some of the highlighted moments that we shared during this season!



Hymn Sing!

Singing hymns and classic "sing along" tunes in preparation for the upcoming holidays!



Rin the Hedgehog

Our new friend "Rin" came for a visit. We learned plenty of fun facts about Rin and all of her quirky behaviors!



Cardio Drumming Fun!!

We are so excited to have a group of friends who are so passionate about music and exercise! Cardio drumming is a fan favorite, at Cascade Trails, combining both of these enjoyed hobbies! We invite all of you to join us as we drum together to some of our favorite tunes!

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December 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 10a Virtual Catholic Mass (ML) 11a Virtual Ada Bible (MC) 1p Bands & Weights (ML)	27 9a Neighbors Social (MDR) 10a Early Bird Exercise (GP) 11a Catholic Communion (MC) 1:15p Afternoon Chronicle (GP) 2:45p Michaelleen Kelly (ML) 6p Late Night UNO (ML)	28 9a Neighbors Social (MDR) 11a Balance Class (GP) 1:15p Tuesday Talks (GP) 1:30p Cardio Drumming! (GP) 3p BINGO (MC) 6p Movie Matinee (AF)	29 9a Neighbors Social (MDR) 10a News w/ Noelle (MC) 10:30a Bean Bag Toss (MC) 2p Mini Manicures (ML) 4p Memories Mobile Cart (R2R)	30 9a Neighbors Social (MDR) 10a Daily News (GP) 10:30a Soothing Stretches (GP) 11:30a Bible Book Club (GP) 2:45p Chris Sloan (ML) 3p Popcorn Mobile Cart (R2R)	1 9a Neighbors Social (MDR) 10a News w/ Noelle (GP) 10:30a Morning YOGA (GP) 1:30p Birthday Celebration Mocktail Hour (MC) 2:30p UNO (ML)	2 12p Chronicle Pass (ML) 1p Hallway Hikers 2p Afternoon BINGO
3 10a Virtual Catholic Mass (ML) 11a Virtual Ada Bible (MC) 1p "Hungry Hippos"	4 9a Neighbors Social (MDR) 10a Chronicle Chat (GP) 11a Catholic Com. (AF) 1:15p Non - Denominational Communion (AF) 2:45p Michaelleen Kelly (ML) 6p UNO	5 9a Neighbors Social (MDR) 11a Balance Class (GP) 1:15p Movie Matinee: "The Grinch" and Popcorn (ML) 3p BINGO (MC) 6p Chronicle Chat & Hot Cocoa (ML)	6 9a Neighbors Social (MDR) 10a Make and Bake (GP) 10:30a Bible Book Club (GP) 1:15p Afternoon News (MC) 2p Sweet Treats Mobile Cart (R2R) 3p Men's Rummy Club (AF) 4p Crochet Club (MC)	7 9a Neighbors Social (MDR) 11a Bands & Weights (GP) 1:15p Chronicle Chat (MC) 1:45 Winter Craft (MC) 2:45p Hymn Sing (ML) 4p Mini Manicures (ML)	8 9a Neighbors Social (MDR) 10:30a Leaping Deer Hunt (ML) 1:15p Make and Bake: Donna's Special Cake (MC) 2p OUTING Christmas Lights (Weather Pending)	9 12p Chronicle Pass (ML) 1p Ring Toss 2p Game of "7s"
10 10a Virtual Catholic Mass (ML) 11a Virtual Ada Bible (MC) 1p Balloon Ball	11 9a Neighbors Social (MDR) 10a Music Therapy (MC) 11a Catholic Communion (MC) 1:15p Afternoon Chat 2:45p Bob DeYoung (ML) 6p Players Club: "Sorry" (ML)	12 9a Neighbors Social (MDR) 11a Balance Class (GP) 1:15p Tuesday Talks (MC) 1:30p Cardio Drumming! (MC) 3p BINGO (GP) 6p Creative Coloring (ML)	13 9a Neighbors Social (MDR) 10a News w/ Noelle (GP) 10:30a Bible Book Club (GP) 3p Show and Tell (MC) 4p Christmas Cocoa Mobile Cart (R2R)	14 9a Neighbors Social (MDR) 11a Soothing Stretches (GP) 1:15p Daily Gazette (MC) 1:45p Afternoon Baking (MC) 2:45p Steve Spees (GP) 4p Mini Manicures (ML)	15 9a Fredrick Meijer Gardens (Weather Pending) 1:15p Christmas Card Craft 2p Movie Matinee: "ELF" and Mocktails	16 12p Chronicle Pass (ML) 1p Game of UNO 2p Independent Cross Words and Coloring
SPirit Week 17 10a Virtual Catholic Mass (ML) 11a Virtual Ada Bible (MC) 1p Ring Toss	Christmas Sweaters 18 9a Neighbors Social (MDR) 10a Chronicle Chat (GP) 11a Catholic Communion (AF) 1:15p Chronicle Chat (MC) 2:45p Bing Higbee (ML) 6p Hot Cocoa & Read Aloud: Polar Express (ML)	Santa's Look Alike 19 9a Men's Breakfast (CR) 11a Balance Class (GP) 1:15p Tuesday Talks (MC) 1:30p Cardio Drumming! (MC) 6p Game of "7s" (ML)	Festive Scarves & Hats 20 9a Neighbors Social (MDR) 10a News w/ Noelle 10:30a Bible Book Club 3p Men's Group: Learning Dominos (AF) 4p Ladies Crochet Club (CR)	All Green Attire 21 9a Neighbors Social (MDR) 11a "What's New" News (GP) 11:30 Chair YOGA (GP) 1:15p Snowmen Craft (ML) 2:45p Christmas Carolers! (R2R) 4p Mini Manicures (ML)	Christmas Tree Outfit! 22 9a Neighbors Social (MDR) 10a OUTING Christmas Shopping Weather Pending) 1p Chronicle Chat (MC) 1:30 Balloon Volleyball (GP) 2p Movie Matinee: Polar Express (AF)	23 12p Chronicle Pass (ML) 1p Hallway Hikers 2p Game of Dominoes
Christmas Eve 24 10a Virtual Catholic Mass (ML) 11a Virtual Ada Bible (MC) 1p Christmas Eve Movie "The Santa Clause"(ML)	Christmas 25 9a Neighbors Social (MDR) 10a Chronicle Pass (ML) 12p Christmas Lunch! 1:15p Holiday Sing Along! (ML)	26 9a Neighbors Social (MDR) 11a Balance Class (GP) 1:15p Tuesday Talks (GP) 3p BINGO (MC) 6p Facebook Picture "Rewind" (ML)	27 9a Neighbors Social (MDR) 10a News w/ Noelle (MC) 10:30a Bible Book Club (MC) 3p Holiday Ring Toss (ML) 4p Game of UNO (ML)	28 9a Neighbors Social (MDR) 11a Morning Gazette (MC) 11:30 TIK TOK Thursday (MC) 1:15p Happy Hour (ML) 2:45p Sister Singers (ML) 4p Mini Manicures (ML)	29 9a Neighbors Social (MDR) 10a Calendar Meeting and Chronicle Chat 10:30a Morning Stretches 2p Afternoon Games	30 12p Chronicle Pass (ML) 1p Afternoon BINGO 2p Game of Sorry