



Cascade Trails Senior Living

December 2023 Monthly Newsletter

Independent 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

- 2nd – Jim Holtgrieve
- 5th – Dave Pakarina

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

Don't miss this month's exciting events!

Sunday Brunch

Enjoy a wonderful brunch put on by our dedicated Culinary staff. Feel free to invite your friends and family to join!

Time: 11:00 a.m. - 1:00 p.m.
Date: 12/17
Location: Main Dining Room

Men's Breakfast

Calling all men of Cascade Trails! We look forward to continuing our new "Men's Breakfast" tradition!

Time: 8:00 a.m.
Date: 12/14
Location: Main Dining Room

Ladies Cocktail Hour

Calling all ladies of Cascade Trails! Come join us for a cocktail and appetizers at our new "Ladies Group" event!

Time: 3:00 p.m. - 5:00 p.m.
Date: 12/20
Location: Thornapple Lounge

Pancake Breakfast

Let the party proceed with a delicious pile of pancakes at 9:00 a.m.!

Time: 9:00 a.m.
Date: 12/06 & 12/20
Location: Main Dining Room

Holiday "Give Back" Initiative

This month, in the spirit of giving, we will be collecting new/gently used coats, of all sizes. These coats will be donated to a charity (or multiple) in need of warm clothing during this snowy season. The coat donation box will be placed in the main lobby near the receptionist desk, starting on December 1st. We would love and appreciate your participation!



December Events

"Bible Study"

Join us in nondenominational fellowship, as we dive into stories of the Bible.

"Composing Christmas Cards" 12/4

Help us in creating Christmas cards for our friends & neighbors during this holiday season!

"Texas Hold'em" 12/6

Join us for our monthly Texas Hold'em tournament @ 6:30 p.m.! There will be a \$5 buy-in to participate.

"Christmas Tree Lighting" 12/8

Gather together as we light/relight our Christmas tree in the dining room, followed by punch and appetizers!

"Show & Share" 12/11

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!



December Outings

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

Fredrick Meijer Gardens

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

Time:1:00 p.m.
Date:12/15
Location:Main Lobby

Coat Drive Delivery

We would love to have a small group join us in delivering our donated coats to those in need! More information on the location will be provided once we figure out a charity, most in need!

Time:1:00 p.m.
Date:12/22
Location: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!



Happy Hour!

Here's to dancing the night away during our lovely performance by Bob DeYoung! Cheers to Happy Hour fun!



Ladies Group, Fun!

Our "Ladies Group" kickoff was such a success, and a very fun and festive gathering! We look forward to continuing this new tradition next month. A huge thank you to all who joined us, and to Chef Gabe for the very tasty treats!



November Brunch!

Thank you to all of the wonderful attendees who partook in our monthly brunch! We had such an amazing time meeting your friends and family, and look forward to seeing you all on December 17th for more delicious food and fun!

Here are some snapshots of the tasty food that our Culinary team cooked for us and the wonderful hands who served it!

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Independent Living

December 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					December 1 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) 1p Creative Crafting (GR) 2p November Birthday Cocktails (TL) 7p Beginning of Coat Drive (ML)	2 *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
3 2p Christmas Movie Countdown: "A Christmas Story" (TL) 3p Games w/ Friends (AVR)	4 9a Meet Your Neighbors (C) 10a Balance Class (ML) 11a Hallway Hikers (ML) 2p Composing Christmas Cards (AVR) 4p Michaeleen Kelly (ML) 6:30p Stay & Social (DR)	5 9a Meet Your Neighbors (C) 11a Wii Bowling (TL) 2p Mobility w/ Julie (FH) *7p Pool Night League (TL)	6 9-10a Pancake Party (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1p Chef Chat (AVR) 3p Jan. Calendar Mtg. (AVR) 6:30p Texas Hold'em (TL)	7 9a Meet Your Neighbors (C) 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Lew Russ (ML) *6:30p Games w/ Friends (DR)	8 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) 1p Christmas Tree Lighting "Ceremony" (DR) 6:30p Stay & Social (DR)	9 *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
10 2p Christmas Movie Countdown: "Christmas Vacation" (TL) 3p Games w/ Friends (AVR)	11 9a Meet Your Neighbors (C) 10a Balance Class (ML) 11a Hallway Hikers (ML) 2p Show & Share: Special Holiday Projects (AVR) 4p Bob DeYoung (ML)	12 9a Meet Your Neighbors (C) 11a Wii Bowling (TL) 2p Mobility w/ Julie (FH) 3p Book Club (TL) *7p Pool Night League (TL)	13 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)	14 8a Men's Breakfast (DR) 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Hymn Sing (ML) 6p Collective Christmas Carol Practice (FR)	15 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) **1p Christmas Trees at Meijer Gardens (ML) 6:30p Stay & Social (DR)	16 *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
SPirit Week 17 11a-1p Brunch (MDR) 2p Christmas Movie Countdown: "Miracle on 34th Street" (TL) 3p Games w/ Friends (AVR)	Christmas Sweaters 18 9a Meet Your Neighbors (C) 10a Balance Class (ML) 11a Hallway Hikers (ML) 2p Hayley's Traditional Christmas Mix (AVR) 3:45p Steve Spees (FH) 6:30stay & Social (DR)	Santa's Look Alike 19 9a Meet Your Neighbors (C) 11a Wii Bowling (TL) 2p Mobility w/ Julie (FH) *7p Pool Night League (TL)	Festive Scarves & Hats 20 9-10a Pancake Party (MDR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1p Chef Chat (AVR) 2p Sit n' Be Fit w/ Julie (FH) 3-5p Ladies Group (TL)	All Green Attire 21 9a Meet Your Neighbors (C) 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Christmas Caroling (AL) *6:30p Games w/ Friends (DR)	Christmas Tree Outfit! 22 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) **1p Coat Drive Delivery (ML) 6:30p Stay & Social (DR)	23 *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
CHRISTMAS EVE 24 2p Christmas Movie Countdown: White Christmas (TL) 3p Games w/ Friends (AVR)	CHRISTMAS 25 9a Meet Your Neighbors (C) 12p Christmas Lunch (MDR) 2p "Deck the Halls" Apartment Open House (R2R)	26 9a Meet Your Neighbors (C) 11a Wii Bowling (TL) *7p Pool Night League (TL)	27 9a Meet Your Neighbors (C) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1p Chef Chat (AVR) 3p Resident Forum (AVR)	28 9a Meet Your Neighbors (C) 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Andy Teitelman (ML) *6:30p Games w/ Friends (DR)	29 9a Meet Your Neighbors (C) 10a Cardio Drumming (FH) 1p Creative Crafting (GR) 6:30p Stay & Social (DR)	30 *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

R2R - Room to Room

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"