

# Cascade Trails Senior Living

April 2024 Monthly Newsletter

Independent Living



## A Brief Moment with Matt

We feel extremely fortunate to have shared yet another month creating new memories with our Cascade Trails Family!

Let's keep embracing and welcoming our new friends, whether they are staff members or neighbors. It brings us great joy to see fresh, friendly faces in our community!

We hope you have a truly "egg"cellent April & a sun-filled spring!

## Resident April Birthdays

Joan Lewis - 2nd  
Jean VanSweden - 17th

## Team Highlight!

Our team highlight this month is the Lovely Lisa Mclear!

Lisa is our cleaning machine, and never fails to keep our community shining! She always carry's a smile on her face and fills the halls with laughter.

On her free time, Lisa enjoys spending time with her husband and her fur baby, Coco! She also enjoys participating and assisting in as many exciting community activities and events as possible!

## Staff April Birthdays

Michael Myers - 9th  
Alyssa Sablan - 10th  
Julia Smereka 10th  
Jennifer Bloomer - 14th  
Sean Surprenant - 20th  
Matthew Fellows - 28th  
Erin Davidson - 29th



Executive Director  
Matthew Fellows

Property Administrator  
Dawn Polonowski

Community Specialist  
Dylan Seeley

Life Enrichment Director  
Hayley Gootjes

Maintenance Lead  
Nate Shields

Housekeeping Lead  
Lisa McLearn

Wellness Director  
Ashley Nisely

Resident Care Supervisor  
Tracee Thomas

Executive Chef  
Eric Benedict

Dining Room Manager  
April Tiesenga

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CASCADE TRAILS  
BY STORYPOINT GROUP

## Don't miss this month's exciting events!

### Bible Study

Our monthly "Bible Study" carries on throughout the month of April. Please join us in growing in your faith along side many of your Cascade neighbors.

Time: 10:00 a.m.  
Date: Thursday's  
Location: Thornapple Lounge

### Book Club

This month's book is "All Adults Here" by Emma Straub. If you are interested in attending, please make sure to bring last month's book with you (if you have received & read it).

Time: 3:00 p.m.  
Date: 4/16  
Location: Thornapple Lounge

### Game-On!

We are thrilled to delve into our upcoming quarterly event, "Games of the Century." Our theme will focus on the fantastic games from the 1970s that gained popularity or were created during this time.

Get ready for a fun-filled two-hour event on Wednesday, April 17th. We are excited to enhance your experience with elevated attire and decorations inspired by the 70s era. Don't forget to dress up in your best jean jackets and stylish flared pants!

Keep your eyes peeled for more information to come!

### Praying the Rosary

If you are interested in an extra allotted time of prayer with friends and neighbors, please consider joining us in the praying of the Rosary!

Time: 10:30 a.m.  
Date: Wednesday's  
Location: Thornapple Lounge

### Show and Share

Do you have a collection or keep sake that has a story behind it? Please consider bringing it to our monthly "Show and Share"!

Time: 2:00 p.m.  
Date: 4/15  
Location: Thornapple Lounge



### April Events

\*\*Please refer to our calendar for specific event times & locations!

Pancake Party 4/10 & 4/24

We look forward to seeing your cheerful faces at our Pancake Party! Come join us in meeting new neighbors and enjoying a wonderful time together!

Men's Breakfast 4/18

Gentlemen, get ready to be amazed by a sweet and savory breakfast put on by our wonderful culinary staff! Feel free to join for food and/or a coffee.

Ladies Group 4/24

Ladies, join us for a special pre-dinner cocktail hour! We look forward to socializing with you!

### April Outings

\*\* Note that bus seating is limited, therefore transportation is first come first serve. Please make sure to sign up at the front desk!

Horrock's Market:

Time: 1:30 p.m.  
Date: 4/05

Koetsier's Greenhouse:

Time: 10:30 a.m.  
Date: 4/12

Forest Hills Aquatic Center:  
Drawing/Art Course

Time: 12:30 - 3:00 p.m.  
Date: 4/10

Pinky's Place Antique Store:

Time: 1:30 p.m.  
Date: 4/19

## April Showers Bring May Flowers!

This month, we look forward to brightening our community and inviting spring into our home! Cascade's "Life Enrichment" and "Settings" team will be working with residents to plant beautiful flowers around our courtyards and entryways.

Please feel free to join us as we garden! Take a look at our calendar for both the time and the date!



## Variety Program

Some new performers/talents took the "stage" last month, and truly filled our souls with sweet music and entertainment!

Carol T. and Carol K. have organized a diverse program that allows residents at Cascade Trails to showcase their unique talents. We are eagerly anticipating our upcoming Variety Program on April 7th!

Thank you, ladi

## Fredrick Meijer Gardens Outing

March allowed us to embark on a new and exciting Fredrick Meijer Gardens outing, as we visited with the butterflies in bloom!

Remember to sign up at the receptionist desk, if you are interested in attending one of our scheduled outings.



## St. Paddy's Pub Crawl

St. Patrick's Day was filled with plenty of excitement as we explored six different pubs within our Cascade community. The competition led to a close winning of the "VIP Party Pub" held by the very enthusiastic pair, Matt & Dylan !

Our entire Cascade Trails team put such amazing creativity into their "pubs", and provided such delicious Irish foods and drinks!

Thank you to all who attended!

# Cascade Trails Senior Living

Independent Living

# April 2024

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Easter Sunday</b> <b>31</b>	<b>1</b> 10a Balance Class (FH) 1p Quarter Bingo (AVR) 4p Michaeleen Kelly *6:30p Stay & Social (DR)	<b>2</b> 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) *6:30p Texas Hold'em (TL)	<b>3</b> 11a Grocery Shopping (ML) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 2p Sit n' Be Fit w/ Julie (FH) *7p Pool Night League (TL)	<b>4</b> 10a Bible Study (TL) 12p Chair Yoga (FH) 1p Karaoke w/ Eva (FH) 2:30p Cribbage (TL) *6:30p Games w/ Friends (DR)	<b>5</b> 10a Cardio Drumming (FH) **1:30p Horrock's Market (Meet in ML) 3:30p Virtual Reality pt. 2 (FH) 6:30p Stay & Social (DR)	<b>6</b> *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>7</b> 2p Movie Matinee (TL) 3p Games w/ Friends (AVR) 4:15p Variety Program (ML)	<b>8</b> 9a Monthly New Resident Gathering (C) 10a Balance Class (FH) 1p Quarter Bingo (AVR) 4p Bob DeYoung (ML) *6:30p Stay & Social (DR)	<b>9</b> 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) 3p Book Club (TL) 3:30p Chronic Pain Seminar (FH) 6:30p Texas Hold'em (TL)	<b>10</b> 9-10a Pancake Party (MDR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 12:30-3p Outing to Forest Hills Aquatic Center (ML) 3p May Calendar Mtg (AVR) *7p Pool Night League (TL)	<b>11</b> 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Masters Happy Hour (ML) 5p Formal Dinner (DR) *6:30p Games w/ Friends (DR)	<b>12</b> 10a Cardio Drumming (FH) **10:30a Koetsier's Greenhouse (Meet in ML) 2p Creating Canvas' (GR) 6:30p Stay & Social (DR)	<b>13</b> *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>14</b> 2p Movie Matinee 3p Games w/ Friends (AVR)	<b>15</b> 10a Balance Class (FH) 1p Quarter BINGO (AVR) 2p Show & Share (TL) 4p Michaeleen Kelly (ML) *6:30p Stay & Social (DR)	<b>16</b> 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) 3p Flower Planting (CY) 6:30p Texas Hold'em (TL)	<b>17</b> 11a Grocery Shopping (ML) 10:30a Rosary Prayer (TL) 2p "Game-On" Event *7p Pool Night League (TL)	<b>18</b> 8a Men's Breakfast (DR) 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Bob DeYoung (ML) *6:30p Games w/ Friends (DR)	<b>19</b> 10a Cardio Drumming (FH) **1:30p Pinky's Place Antique Store (Meet in ML) 6:30p Stay & Social (DR)	<b>20</b> *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>21</b> 11a-1p Monthly Brunch (MDR) 2p Movie Matinee (TL) 3p Games w/ Friends (AVR)	<b>22</b> 10a Balance Class (FH) 1p Quarter BINGO (AVR) 4p Dan the Piano Man (FH) *6:30p Stay & Social (DR)	<b>23</b> 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) *6:30p Texas Hold'em (TL)	<b>24</b> 9-10a Pancake Party (MDR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 2p Sit n' Be Fit w/ Julie (FH) 3-4p Ladies Group (TL) *7p Pool Night League (TL)	<b>25</b> 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Chris Sloan *6:30p Games w/ Friends (DR)	<b>26</b> 10a Cardio Drumming (FH) 2p Creating Canvas' (GR) 6:30p Stay & Social (DR)	<b>27</b> *1p Independent Bridge (TL) 6:30p Stay & Social (DR)
<b>28</b> 2p Movie Matinee (TL) 3p Games w/ Friends (AVR)	<b>29</b> 10a Balance Class (FH) 1p Quarter BINGO (AVR) 2p Veteran Specific Social (TL) 4p Luke Cunningham (ML) *6:30p Stay & Social (DR)	<b>30</b> 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) 3p Resident Forum (FH) 6:30p Texas Hold'em (TL)	<b>1</b> 11a Grocery Shopping (ML) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 2p Sit n' Be Fit w/ Julie (FH) *7p Pool Night League (TL)	<b>2</b> 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Uniquely Rogue Band (ML) *6:30p Games w/ Friends (DR)	<b>3</b> 10a Cardio Drumming (FH) 3p April Birthday Celebration (TL) 6:30p Stay & Social (DR)	<b>4</b> *1p Independent Bridge (TL) 6:30p Stay & Social (DR)

**Calendar Key:**

**AL - Assisted Living**  
**AVR - Ada Village Room**  
**BP1 - Back Patio 1st Floor**

**C - Café**

**DR - Main Dining Room**  
**FH - Forest Hills Room**  
**GR - Garden 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"**