



Cascade Trails Senior Living

March 2024 Monthly Newsletter

Assisted Living

Team Highlight

Our Team Highlight this month is our amazing Maintenance Technician, Van Iacoboni!

We are very blessed to have him part of our Cascade family! His goofy side never fails to brighten our days and he's always willing to help our community!

Van loves being with his wonderful wife, Lisa, and their two daughters, Sonia and Vicky. During his spare time, he enjoys the outdoors, tinkering, and playing with his dogs.

Resident March Birthdays

Melvin (Mel) Mulk - 2nd
Dean Williams - 2nd
Gloria Epema - 3rd
Albert Bouw - 30th

Resident Highlight

Our Resident Highlight this month is the beautiful Miss Becky Eaton!

Becky is a wonderful friend & neighbor to all. We are so blessed to have her in our Cascade Trails family!

Becky is an avid sports fan and loves to be active within our community. She enjoys sharing stories about her wonderful family and spoiling her exceptional grandchildren!

Staff March Birthdays

Keyanna Brown - 4th
Patrick Rubley - 5th
Olivia Gonzales - 8th
Tevin Applewhite - 12th
Araceli Andino - 13th
Teresa Haslett - 15th
Sylvia Villarreal - 18th
Keyanna Thomas - 24th



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!

Gift Basket Give Back

Come and join us to give a helping hand to our neighbors who may need a little boost. We will be putting together small care packages to make a big difference in their lives. Don't miss this chance to give back!

Time: 10:30 a.m.
Date: 3/15
Location: Gathering Place

Non-Denominational Communion

Join us with retired pastor and resident, Dick, for our monthly non-denominational communion. Together, Noelle & Dick will create a wonderful faith based experience for all.

Time: 1:30 p.m.
Date: 3/6
Location: Ada Forest Common Area

Lord of the Rings Movie Marathon

Are you a fan of fiction? Join us for the beginning of a "Movie Marathon" at a "Movie Theatre."

Time: 6:00 p.m.
Date: 3/21
Location: Main Lobby

"Ready Readers" Book Club

Discover new experiences with like-minded friends and fellow avid readers! Please note that a collective book will be provided, but independently read.

Time: 3:00 p.m.
Date: 3/27
Location: Ada Forest Common Area



March Events

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

Baby Chick Arrival! 3/02

Help us welcome our new baby chicks! Watch our eggs hatch and stick around to give these new chickens their forever names.

Gabe's Goodbye Party 3/06

Help us to wish our wonderful Chef "Buckets", farewell, as he parts on his new adventure!

St. Patty's Day Pub Crawl 3/13

Get your St. Patrick's Day green on as we "visit" some in-house Irish Pubs! Our Cascade Trails team will be creating their own themed "booth"/bar in one of our many common spaces. Stay tuned for more info!

March Outings

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

Clique Bowling Alley!

Time: 1:15 p.m.
Date: 3/1
Location: Main Lobby

Meijer Gardens: Butterfly Exhibit!

Time: 1:15p.m.
Date: 3/8
Location: Main Lobby

West Michigan Women's Expo!

Time: 1:00 p.m.
Date: 3/15
Location: Main Lobby

The "Spelling Bee" Play!

Time: 11:45 Departure
Date: 3/20
Location: Main Lobby

Day Light Savings

Happy March!

We want to remind you all that Daylight Savings is quickly approaching on March 10th. Don't forget that we'll be losing an hour of sleep, but we'll gain an extra hour of sunlight in the evening! Take advantage of this springtime shift to enjoy evening walks, sunsets, or quality time with your community.

Remember that there will be after-dinner activities on Mondays, Tuesdays, and Thursdays. So please take this springtime change as an opportunity to join in on post-dinner fun.

If you need help adjusting your clocks, don't hesitate to ask our staff.

Spring is Among Us!

Welcome, March!

Before jumping ahead, let us reflect on the beautiful memories and experiences that we have created throughout the month of February!

We are so grateful and appreciative of the moments that we've spent together, so here are some highlighted memories that we have enjoyed within our community.



Cook-It-Up!

Shoutout to our wonderful Life Enrichment Lead, Noelle Alvarado, for her baking expertise! We indulged in some delicious homemade strawberry shortcake while bonding with new and old neighbors!



Creating Cookies

One of our cook-it-up classes consisted of some delicious chocolate chip cookies, Hayley's style! Her go-to dessert is a batch of "homemade" Nestle Tollhouse cookies! Easy to make, and even easier to eat!



Valentine's Day "Cupid Shuffle"!

We celebrated Valentine's Day bonding with our favorite Forest Hills 5th Graders! Mrs. Gootjes' class made us some handmade Valentine's Day cards and gifted us with their time and sweet conversation.

If you feel so inclined, please feel free to write a letter or card to this lovely group of students and wish them "Happy Schooling!" Please make sure to give them to our Life Enrichment Director, Hayley Gootjes, and she will see that Mrs. Gootjes' 5th graders receive them.

Thank you & Happy March!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>10a Creative Crafting (ML) 11a Moving Motions Ex. (GP) 1:15p OUTING Clique Lanes Bowling (ML) 1:15p Movie Marathon (AF) 3p BINGO and Happy Hour (GP)</div>	<div>2</div> <div>12p Chronicle Pass (ML)</div>
<div>3</div> <div>10a Virtual Catholic Mass (AF) 11a Virtual LaGrave (ML)</div>	<div>"Hug a Veteran Day" 4</div> <div>10:30a Daily w/ Hayley (AF) 11a Catholic Communion (AF) 2p Veteran & First Responder Social (CR) 2:45p Michaeleen Kelly (ML) 6p Friendly Farewell Card Creation (ML)</div>	<div>5</div> <div>11a Balance Class (GP) 11:30a TikTok Tuesday (R2R) 2p Wii Bowling (ML) 3:15p Chronicle Chat (ML) 6p Short Stories: The Legend of Sleeping Bear (ML)</div>	<div>6</div> <div>10a Chronicle Chat (ML) 10:30a Bible Book Club (GP) 11a Non-Denominational Communion w/ Dick (AF) 1p "Cheers" to Chef (GP) 2p BINGO (GP) 3p Soothing Stretching</div>	<div>7</div> <div>11a Chronicle Chat (GP) 11:30a Bands & Weights (GP) 1:15p Virtual Tour of Ireland (ML) 2:45p Bing Higbee (ML) 6p Mini Manicures (ML)</div>	<div>8</div> <div>10a News w/ Noelle (GP) 10:30a Chair YOGA (GP) **1:15p Meijer Gardens: Butterflies (ML) 1:15: Movie Matinee (AF) 3p Bingo & Beverages (GP)</div>	<div>9</div> <div>12p Chronicle Pass (ML)</div>
<div>Daylight Saving Time 10</div> <div>10a Virtual Catholic Mass (AF) 11a Virtual LaGrave (ML)</div>	<div>11</div> <div>10:30a Daily w/ Hayley (AF) 11a Catholic Communion 1:30p Cardio Drumming (GP) 2:45p Chronicle Chat (GP) 6p Coloring & Crosswords: St. Patty's Day Edition (ML)</div>	<div>12</div> <div>11a Balance Class (GP) 11:30a Chronicle Chat (GP) 2p "Game On" Introduction (ML) 3:15p Music w/ Melissa (MC) 6p Short Stories (ML)</div>	<div>13</div> <div>10a Chronicle Chat (ML) 10:30a Bible Book Club (ML) 11a Shamrock Craft (ML) 2p St Patty's Pub Crawl (IL)</div>	<div>14</div> <div>11a Gift Basket Baking: Cake Pops & Cookies (GP) 1:30p Chronicle Chat (ML) 2p Bob DeYoung (ML) 6p Mini Manicures (ML)</div>	<div>15</div> <div>10a Soothing Stretching 10:30a Gift Basket Give Back Creation (GP) 1p West Michigan Women's Expo (ML) 4p BINGO</div>	<div>16</div> <div>12p Chronicle Pass (ML) 1p The Story of St. Patrick (ML) 2p Irish "Car Bomb" Drinks (ML)</div>
<div>St. Patrick's Day 17</div> <div>10a Virtual Catholic Mass (AF) 11a Virtual LaGrave (ML)</div>	<div>18</div> <div>10:30a Daily w/ Hayley (AF) 11a Catholic Communion (AF) 1:30p Cardio Drumming (GP) 2:45p Hymn Sing (ML) 6p UNO (ML)</div>	<div>19</div> <div>11a Balance Class (GP) 11:30a Tik Tok Tuesday (R2R) 2p Game's of the 70's: Wii Wheel of Fortune: (ML) 3:15p Chronicle Chat (ML) 6p Short Stories: The Legend of Mackinac Island (ML)</div>	<div>20</div> <div>10a Bands & Weights (GP) 10:30a Bible Book Club (GP) 11:45a Outing to the "Spelling Bee" Play (ML) 1p Movie Matinee (AF) 2p BINGO (GP)</div>	<div>21</div> <div>11a News w/ Noelle (GP) 11:30a Creative Crafting (GP) 1:30p Soothing Stretching (GP) 2:45p Liberty Ladies (ML) 6p "Lord of the Rings" Movie Marathon (ML)</div>	<div>22</div> <div>10a Morning Movie (AF) 2p Seated Soccer (GP) 3p Game Time Trivia (GP) 4p BINGO & Beverages (GP)</div>	<div>23</div> <div>12p Chronicle Pass (ML)</div>
<div>Palm Sunday 24</div> <div>10a Virtual Catholic Mass (AF) 11a Virtual LaGrave (ML)</div>	<div>25</div> <div>10:30a Daily w/ Hayley (AF) 11a Catholic Communion (AF) 2p Veteran Specific Social (CR) 2:45p Michealeen Kelly (ML) 6p Small Group Skip-Bo (ML)</div>	<div>26</div> <div>11a Balance Class (GP) 11:30a Chronicle Chat (ML) 2p Games's of the 70's: Wii Family Feud (ML) 3:15p Music w/ Melissa (MC) 6p Short Stories (ML)</div>	<div>27</div> <div>10a Monthly News Clip (GP) 10:30a Bible Book Club (GP) 1:30p Balloon Volleyball (GP) 2p BINGO (GP) 4p Ready Readers: New Book Club (CR)</div>	<div>28</div> <div>11a Daily News (GP) 11:30a Chair YOGA (GP) 1:15 Egg Dying (ML) 2:45p Chris Sloan (ML) 6p Mini Manicures (ML)</div>	<div>Good Friday 29</div> <div>9a Men's Coffee & Donuts (CR) 10a Movie Matinee (AF) 2p March Birthday Celebration (GP) 4p BINGO</div>	<div>30</div> <div>12p Chronicle Pass (ML)</div>

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