



Cascade Trails Senior Living

March 2024 Monthly Newsletter
Independent Living

A Brief Moment with Matt

Hello, March!

Greetings to everyone for a month filled with good fortune and joy, complete with sunshine and fun!

Remember to note the exciting events lined up in our calendar, particularly the eagerly awaited "St. Patty's Pub Crawl" on March 13th! Don't forget to dress in green to steer clear of any St. Patty's day "pinches"!

Team Highlight!

This month's team highlight is the one and only, Chef Gabe!

Gabe has been with us at Cascade Trails for 3 years. He has been a dedicated member of our team and wonderful friend and colleague to many. Gabe enjoys spending his free time with his beautiful wife, Ashlee, and making new friends.

We will be hosting a final sendoff before he begins his next adventure on March 6th during dinnertime.

Resident March Birthdays

- 2nd - Ann Pasquale
- 9th - Sharon Eardley
- 11th - Roger LaBonte & Sue Porter
- 31st - Sharon Stiles

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!

Secretary of State Mobile

Make sure your appointment is secured for our mobile Secretary of State services! Renew your drivers license, change your voting address, or update any other personal items that you may need renewed for the upcoming year.

Time: 9:30 a.m. - 12:00 p.m.
Date: Friday 3/08
Location: Ada Village Room

Fraud Chat with Kent County Police

Have you ever been a victim of fraud or "scam"? Kent County police department wants to help us detect the signs of fraud through a brief "Fraud Seminar"

Time: 3:00 p.m.
Date: 3/22
Location: Forest Hills Room

Balance "Clinic"

Powerback is looking to provide you with some one-on-one services at their "Balance Clinic". Sharron Landman and Moriah Crosby will be hosting this event on Tuesday, March 5th.

Time: 4:00 p.m.
Date: Tuesday 3/05
Location: Forest Hills Room

Resident Forum

We look forward to revisiting the month of February and discussing/answering any of your questions, comments, or concerns.

Time: 3:00 p.m.
Date: Tuesday, 3/26
Location: Forest Hills Room

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.



March Events

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

Gabe's Goodbye Party 3/06

Help us 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!

Virtual Reality Tour 3/15
with Matthew

Have you ever wanted to take a tour outside of the US? We will be entering into different countries seeing beautiful scenery, different architecture, and more!

Veteran's Specific Social. 3/25

Inviting all Veterans to our special social that we will be holding especially for you! We look forward to seeing you there!

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!

Railtown Brewery

Time: 3:00 p.m.
Date: 3/01

Meijer Gardens: Butterfly Exhibit!

Time: 1:15 p.m.
Date: 3/08

The "Spelling Bee" Play!

Time: 11:45 a.m. Departure Time
Date: 3/20

West Michigan Women's Expo!

Time: 10:00 a.m.
Date: 3/15

Men's Breakfast at Leo's Diner

Time: 9:00 a.m.
Date: 3/29

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.



K-9 Demonstration

This month, we were so fortunate to have our Kent County Sherriff's Department bring our honorable K-9 friend, Kai. We learned what a typical work day looks like for him and the training it takes for him to help his partner. Talk about a "all paws on deck" type of job!

Super Bowl Sunday

No matter what team we were cheering for, we enjoyed spending time with all of you this Super Bowl! Chef Gabe and his talented team made delicious wings, meatballs, and subs! Hopefully next year, we will be watching the Lions play!



"Cupid Shuffle" With Forest Hills Woodland 5th Graders

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!

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Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|---|
| 25 | 26 | 27 | 28 | 29 | March 1 | 2 |
| | | | | | 10a Cardio Drumming (FH) 3p Railtown Brewery Outing (ML) 6:30p Stay & Social (DR) | *1p Independent Bridge (TL) 6:30p Stay & Social (DR) |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 2p Movie Matinee (TL) 3p Games w/ Friends (AVR) | 9a Monthly New Resident Gathering (C) 10a Balance Class (FH) 1p Quarter Bingo (AVR) 4p Michealeen Kelly (ML) *6:30p Stay & Social (DR) | 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) 4p Balance Clinic (FH) 6:30p Texas Hold'em (TL) | 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 3p Mar. Calendar Mtg (AVR) 5p "Cheers" to Chef (DR) *7p Pool Night League (TL) | 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 1:30p Karaoke w/ Eva (FH) *6:30p Games w/ Friends (DR) | 9:30a - 12p Secretary of State Mobile (AVR) 1:15p Meijer Gardens: Butterflies (ML) 3p Cardio Drumming (FH) 6:30p Stay & Social (DR) | *1p Independent Bridge (TL) 6:30p Stay & Social (DR) |
| Daylight Saving Time 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 2p Movie Matinee 3p Games w/ Friends (AVR) 4:15p Variety Program (ML) | 10a Balance Class (FH) 1p Quarter BINGO (AVR) 2p Show & Share (ML) 4p Jonah Gerry (ML) *6:30p Stay & Social (DR) | 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) 3p Book Club (TL) *7p Pool Night League (TL) | 9-10a Pancake Party (MDR) 11a Grocery Shopping (ML) 10:30a Rosary Prayer (TL) 2p St. Patty's Pub Crawl (ML) 2p Sit n' Be Fit w/ Julie (FH) | 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Bob DeYoung *6:30p Games w/ Friends (DR) | 10a West Michigan Women's Expo (ML) 2p Creating Canvas' (GR) 3:30p Virtual Reality Tour w/ Matthew (FH) 6:30p Stay & Social (DR) | *1p Independent Bridge (TL) 6:30p Stay & Social (DR) |
| St. Patrick's Day 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 11a-1p Monthly Brunch (MDR) 2p Movie Matinee (TL) 3p Games w/ Friends (AVR) | 10a Balance Class (FH) 1p Quarter BINGO (AVR) 4p Happy Hour (ML) *6:30p Stay & Social (DR) | 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) *6:30p Texas Hold'em (TL) | 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 11:45a Outing to the "Spelling Bee" Play (ML) 2p Sit n' Be Fit w/ Julie (FH) *7p Pool Night League (TL) | 8a Men's Breakfast (DR) 10a Bible Study (TL) 12p Chair Yoga (FH) 1:30p Freud Educational (FH) 2:30p Cribbage (TL) 4p Liberty Ladies (ML) *6:30p Games w/ Friends (DR) | 10a Team Table Trivia & Tasty Treats (DR) 2p Wine & Paint (GR) 3p Cardio Drumming (FH) 6:30p Stay & Social (DR) | *1p Independent Bridge (TL) 6:30p Stay & Social (DR) |
| Palm Sunday 24 | 25 | 26 | 27 | 28 | Good Friday 29 | 30 |
| 2p Movie Matinee (TL) 3p Games w/ Friends (AVR) | 10a Balance Class (FH) 1p Quarter BINGO (AVR) 2p Veteran Specific Social (TL) 4p Michaelleen Kelly (ML) *6:30p Stay & Social (DR) | 10a Wii Bowling (TL) 2p Mobility w/ Julie (FH) 3p Resident Forum (FH) *7p Pool Night League (TL) | 9-10a Pancake Party (MDR) 11a Grocery Shopping (ML) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 2p Sit n' Be Fit w/ Julie (FH) | 10a Bible Study (TL) 12p Chair Yoga (FH) 2:30p Cribbage (TL) 4p Chris Sloan (ML) *6:30p Games w/ Friends (DR) | 9a Men's Breakfast @ Leo's Diner (ML) 10a Cardio Drumming (FH) 2p Creating Canvas' (GR) 4p March Birthday Celebration (TL) 6:30p Stay & Social (DR) | *1p Independent Bridge (TL) 6:30p Stay & Social (DR) |

Calender 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"

CASCADE TRAILS

A Leisure Living Community