

Cascade Trails Senior Living

Assisted Living

February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 1:30p Short Story (R2R) 3p Neighbor’s Choice Card Game (AF)	<b>Groundhog Day 2</b> 10:30a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Black History Month Chronicle: Inventors (ML) 2:30p Groundhog Day Reveal Video (ML)	<b>3</b> 11:15a Cardio Drumming (GP) 11:35a Chronicle Cool-Down (GP) 2p BINGO (GP) 3p Resident Council (GP) 3:15p Music W/ Melissa (MC) 6p Hot Towels & After-Dinner Social (DR)	<b>National Soup Day 4</b> 10:30a Bands & Weights (AF) 11a Bible Study: Daily Devotion (AF) 11:15 Daily W/ Hayley (AF) 2:30p SOUPer Samples (GP) 3:30p Puppy Love W/ Poppy! (ML)	<b>5</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 2:30p Winter Olympics: Noodle Hockey (ML) 6p Short Stories W/ Hayley (ML)	<b>Frozen Yogurt Day 6</b> 10a Chronicle Pass (ML) 11a BINGO (GP) 2:30p Movie Matinee: “Queen Bees” (AF) **3:15p Outing To “Pump House Yogurt” (Meet In ML)	<b>7</b> 10a Chronicle Pick-Up (ML) 11a Independent Groundhog Day Word Searches (ML) 2:30p Love Song “Name That Tune” (ML) 3p Travelogue - Meet me in Milan (ML)
<b>Spirit Week! 8</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 1:30p Short Story (ML) 3p Crazy 8's (AF) 6:30p Super Bowl Showing (ML)	<b>“LOVE Your Team” 9</b> 10:30a Chair Yoga (AF) 11a Catholic Communion (AF) 1:30p Chef Chat (CR) 2:15p Black History Month Chronicle: Athletes (ML) 2:45p Performance by Michaelleen Kelly (ML)	<b>Red, White, &amp; PINK 10</b> 11:15a Cardio Drumming (GP) 11:35a Chronicle Cool-Down (GP) 2p BINGO (GP) 3:15p Afternoon Hot Towels(GP)	<b>“Practical Pajamas” 11</b> 10:30 Seated Dancing (AF) 11a Bible Study: Daily Devotion (AF) 11:15a Daily W/ Hayley (AF) 2:30p March Calendar Mtg. (CR) 3:30p Valentines Day Card Creation (CR)	<b>Silly Socks Day 12</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 1:30p Winter Olympics - Miniature Curling (GP) 2:30p Valentine’s Day Trivia (ML) 6p Short Stories W/ Hayley (ML)	<b>Heart on Your Sleeve 13</b> 10a Chronicle Pass (ML) 11a BINGO (GP) 2:30p Spirit Week Raffle Drawing (ML) 3:15p Valentine’s Movie: “Lover Come Back” (AF)	<b>Valentine’s Day 14</b> 10:30a Hugs or “Kisses” Candy Cart (R2R) 11:15a Valentine’s Catchphrase (ML) 2:30p Independent Chronicle (ML) 3p Independent “Who Am I?” (ML)
<b>15</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 1:30p Short Story (R2R) 3p Neighbor’s Choice Card Game (AF)	<b>16</b> 10:30a Seated Stretching (AF) 11a Catholic Communion (AF) 2:15p Independent Chronicle: Black History Month & Actors (ML) 2:45p Performance By Randy Heidema (ML)	<b>Mardi Gras 17</b> 11:15a Cardio Drumming (GP) 11:35a Chronicle Cool-Down (GP) 2p “Beaded” BINGO - Mardi Gras Edition! (GP) 3:15p Music W/ Melissa (MC) 6p Hot Towels & After-Dinner Social (DR)	<b>18</b> 10:30a Bands & Weights (AF) 11a Bible Study: Daily Devotion (AF) 11:15a Daily W/ Hayley (AF) 2:30p Slippery Slope Game (ML) 3:30p Puppy Love W/ Kiko! (ML)	<b>19</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 1:30p Winter Olympic Trivia (ML) 2:45p Performance By Bob DeYoung (ML) 6p Short Stories W/ Hayley (ML)	<b>20</b> 10:30a Hallway Hikers (AF) 11a BINGO (GP) 1:30p Chronicle Pass (ML) 3:15p Black History Month Movie: “Guess Who’s Coming To Dinner” (AF)	<b>21</b> 10a Chronicle Pick-Up (ML) 11a Independent Puzzling (AF) 2:30p Mardi Gras Trivia (ML) 3p Travelogue - Exploring Singapore (ML)
<b>22</b> 10a Virtual Catholic Mass (AF) 10a LaGrave Livestream (ML) 11:30a Chronicle Pick-Up (ML) 1:30p Short Story (R2R) 3p Crazy 8's (AF)	<b>23</b> 10:30a Chair Yoga (AF) 11a Catholic Communion (AF) 2:15p Black History Month Chronicle: Music (ML) 2:30p Motown Sing-Along! (ML)	<b>24</b> 11:15a Cardio Drumming (GP) 11:35a Chronicle Cool-Down (GP) 2p BINGO (GP) 3:30p Puppy Love: Paws w/ A Cause Educational (ML) 6p Hot Towels & After-Dinner Social (DR)	<b>25</b> 10:30a Seated Dancing (AF) 11a Bible Study: Daily Devotion (AF) 11:15 Daily W/ Hayley (AF) 2:30p Men’s Group: “Cupid’s Darts” (GP) 3:30p Puppy Love W/ Murphy! (GP)	<b>26</b> 11:15a Cardio Drumming (GP) 11:35a Daily Chronicle (GP) 1:30p Winter Olympics - Virtual Skiing! 2:45p Performance By Jeff Schroeder (ML) 6p Short Stories W/ Hayley (ML)	<b>27</b> 11a BINGO (GP) 1p Movie Matinee: “Ice Princess” (AF) 1:30p OUTING: Ice Skating W/ Aquinas Hockey Team! (Meet In Main Lobby) 3p Chronicle Pass (ML)	<b>28</b> 10a Chronicle Pick-Up (ML) 11a Independent Puzzling (AF) 2:30p Black History Month Trivia (ML) 3p Sing-Along (ML)