

Cascade Trails Senior Living

Independent Living

February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	Groundhog Day 2 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p "Ground Hog" Team Trivia & Happy Hour (ML) *6:30p Movie Matinee (TL)	3 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility w/ Julie (FH) 2:15p "New Move-In Packet" Input Meeting (FH) *6:30p Texas Hold'em (AVR)	4 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) *7p Pool Night - Billiards (TL)	5 10a Bible Study w/ Amanda (TL) 11:30a Sit & Be Fit (FH) 12:30p Chef Chat (FH) 4p Performance by Rick Reuther & Happy Hour (ML) *6:30p Games Night (SR/3F)	Frozen Yogurt Day 6 10a Balance Class (FH) **1p "The Pump House" Frozen Yogurt (Meet in ML) *6:30p Stay & Social (FH)	7 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
Super Bowl 2026 8 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR) 6:30p Super Bowl Showing (FH)	"LOVE Your Team" 9 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Michaeleen Kelly & Happy Hour (ML) *6:30p Movie Matinee (TL)	Red, White, & PINK 10 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility w/ Julie (FH) 2p Book Club Meeting (TL) *6:30p Texas Hold'em (AVR)	"Practical Pajamas" 11 9a Pancake Party (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) *7p Pool Night - Billiards (TL)	Silly Socks Day 12 10a Bible Study w/ Amanda (TL) 11:30a Sit & Be Fit (FH) 4p Cupid Karaoke & Happy Hour (ML) *6:30p Games Night (SR/3F)	Heart on Your Sleeve 13 10a Balance Class (FH) 1p "Dynamic Duos" - How Well Do You Know Your Partner? (FH) *6:30p Stay & Social (FH)	Valentines Day 14 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
15 10a-1p Sunday Brunch *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	16 11:45a Resident Council (FH) 1p Quarter Bingo (AVR) 4p Performance by Randy Heidema & Happy Hour (ML) *6:30p Movie Matinee (TL)	17 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility w/ Julie (FH) *6:30p Texas Hold'em (AVR)	18 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) 2p Calendar Planning Meeting (AVR) *7p Pool Night - Billiards (TL)	19 10a Bible Study w/ Amanda (TL) 11:30a Sit & Be Fit (FH) 4p Performance by Bob DeYoung & Happy Hour (ML) *6:30p Games Night (SR/3F)	20 10a Balance Class (FH) 1p "All Things Sweet" Food Showcase (FH) *6:30p Stay & Social (FH)	21 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
22 *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	23 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Kevin Cav. & Happy Hour (ML) *6:30p Movie Matinee (TL)	24 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility w/ Julie (FH) 3p Resident Forum (FHR) *6:30p Texas Hold'em (AVR)	25 9a French Toast Frenzy (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) *7p Pool Night - Billiards (TL)	26 10a Bible Study w/ Amanda (TL) 11:30a Sit & Be Fit (FH) 4p Performance by Jeff Schroeder & Happy Hour (ML) *6:30p Games Night (SR/3F)	27 10a Balance Class (FH) **1:30p Southside Ice Arena (Meet in ML) *6:30p Stay & Social (FH)	28 *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)

Calendar Key:

AL - Assisted Living

AVR - Ada Village Room

BP1 - Back Patio 1st Floor

C – Café

DR - Main Dining Room

EF - Event Field

FH - Forest Hills Room

GR - Garden Room

ML - Main Lobby

SD - Skydeck

SR - Sun Room

TL - Thornapple Lounge

PL - Parking Lot

3F - 3rd Floor Main Area

TBD - To Be Determined

**Please Sign-up for activity @ front desk

*Independent means "resident led"