

Cascade Trails Senior Living

Memory Care

February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:15a Virtual Church Service 10:30a Morning Massages and Scented Hot Towels 11:15a Hymns & Harmony Sing-Along 1p Chronicle Pass 3p Afternoon Program: Hallmark Movie	<b>Groundhog Day 2</b> 9a Black History Month Chronicle: Inventors 11a Catholic Communion 1p Movie Monday: "Queen Bees" 6p Peaceful Piano & Puzzling	<b>3</b> 11a Chronicle Pass 2p BINGO (GP) 3:15p Music with Melissa 6p Groundhog Day - Colored Pencil Art	<b>National Soup Day 4</b> 10:30a Cardio Drumming 11a Chronicle Cool-Down 1p "What's on the Menu Wednesday" - Soup Taste Test! 3:30p Puppy Love: Poppy 6p Stacking Stones	<b>5</b> 10:30a Seated Stretching 11a Visit from Murphy the Dog! 1:30p Winter Olympics - Virtual Skiing 6p Pattern Pieces Puzzle	<b>Opening Ceremony - Olympics 6</b> 10:15a Hallway Hikers 11a BINGO (GP) 12:30p Chronicle Pass 6p Picture Book Perusal	<b>7</b> 10:15 Cardio Drumming 10:45a Silverware Rolling 2p Chronicle Pick-Up 3p Independent Connection Pod Activities
<b>Spirit Week! 8</b> 10:15a Virtual Church Service 10:30a Morning Massages and Scented Hot Towels 11:15a Hymns & Harmony Sing-Along 1p Chronicle Pass 6:30p Super Bowl showing	<b>"LOVE" Your Team 9</b> 9a Black History Month Chronicle: Athletes 11a Catholic Communion 1p Movie Monday: "A Charlie Brown Valentine" 2:45p Performance by Michaeleen Kelly (ML) 6p Peaceful Piano & Puzzling	<b>Red, White, and PINK 10</b> 11a Chronicle Pass 2p BINGO (GP) 3:15p Suzie Q Sing-Along 6p Valentine's Day - Colored Pencil Art	<b>"Practical Pajamas" 11</b> 10:30a Cardio Drumming 11a Chronicle Cool-Down 1:30p "What's on the Menu Wednesday" - Dump Cake Bake and Taste Test! 3p Valentine's Day Picture Perusal 6p Stacking Stones	<b>Silly Socks Day 12</b> 10:30a Seated Stretching 11a Valentine's Day Card Creation 1:30p Winter Olympics - Miniature Curling (GP) 6p Pattern Pieces Puzzle	<b>Heart on Your Sleeve 13</b> 10a Hugs or "Kisses" Candy Cart 11a BINGO (GP) 12:30p Chronicle Pass 6p Picture Book Perusal	<b>Valentines Day 14</b> 10a Valentine Chocolate "Kisses" Hand Out 11a Valentine's Coloring and Word Searches 2p Chronicle Pick-Up 3p Independent Connection Pod Activities
<b>15</b> 10:15a Virtual Church Service 10:30a Morning Massages and Scented Hot Towels 11:15a Hymns & Harmony Sing-Along 1p Chronicle Pass 3p Afternoon Program: Winter Olympics	<b>16</b> 9a Black History Month Chronicle: Actors 11a Catholic Communion 1p Movie Monday: "Lover Come Back" 2:45p Performance by Randy Heidema (ML) 6p Peaceful Piano & Puzzling	<b>Mardi Gras 17</b> 11a Chronicle Pass 2p "Beaded" BINGO - Mardi Gras Edition! (GP) 3:15p Music with Melissa 6p Mardi Gras - Colored Pencil Art	<b>18</b> 10:30a Cardio Drumming 11a Chronicle Cool-Down 1:30p "What's on the Menu Wednesday" - Chocolate Taste Test 4p Puppy Love W/ Kiko! 6p Stacking Stones	<b>19</b> 10:30a Seated Stretching 11a Visit from Murphy the Dog! 1:30p Winter Olympic Trivia (ML) 2:30p Performance by Bob DeYoung (ML) 6p Pattern Pieces Puzzle	<b>20</b> 11a BINGO (GP) 12:30p Chronicle Pass **2:30p AMF Bowling 6p Picture Book Perusal	<b>21</b> 10:15a Cardio Drumming 10:45a Silverware Rolling 2p Chronicle Pick-Up 3p Independent Connection Pod Activities
<b>Closing Ceremony - Olympics 22</b> 10:15a Virtual Church Service 10:30a Morning Massages and Scented Hot Towels 11:15a Hymns & Harmony Sing-Along 8p Evening Program: Winter Olympics Closing Ceremony	<b>23</b> 9a Black History Month Chronicle: Music 11a Catholic Communion 1p Movie Monday: "Ice Princess" 2:30 Motown Sing Along 6p Peaceful Piano & Puzzling	<b>24</b> 11a Chronicle Pass 2p BINGO (GP) 3:15p Suzie Q Sing-Along 3:30p Puppy Love: Paws w/ A Cause Educational (ML) 6p Black History Month- Colored Pencil Art	<b>25</b> 10:30a Cardio Drumming 11a Chronicle Cool-Down 1:30p "What's on the Menu Wednesday" - Chips & Dip Taste Test! 2:30p Men's Group: Cupid's Darts (GP) 4p Puppy Love W/ Murphy! (GP) 6p Stacking Stones	<b>26</b> 10:30a Seated Stretching 11a Visit from Murphy the Dog! 2:45p Performance By Jeff Schroeder (ML) 6p Pattern Pieces Puzzle	<b>Polar Bear Day 27</b> 10:15a Hallway Hikers 11a BINGO (GP) 12:30p Chronicle Pass 1p National Geographic Film: "Polar Bear" 6p Polar Bear Picture Perusal	<b>28</b> 10:15a Cardio Drumming 10:45a Sock Matching and Folding 2p Chronicle Pick-Up 3p Independent Connection Pod Activities