

**Cascade Trails Senior Living**

Independent Living

# April 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p NO Chair Yoga (FH) 2:30p Easter Egg Stuffing for Assisted Living AVR) *7p Pool Night - Billiards (TL)	<b>2</b> 10a Bible Study w/ Amanda (TL) 11:30a Sit & Be Fit (FH) 12:30p Chef Chat (FH) 4p Easter Team Trivia & Happy Hour (ML) *6:30p Games Night (SR/3F)	<b>3</b> <b>Good Friday</b> 10a Balance Class (FH) 2:30p Personalized Easter Bonnet Creation (AVR) *6:30p Stay & Social (FH)	<b>4</b> *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
<b>Easter Sunday 5</b> *All Day: Independent Scavenger Hunt (Turn-In to LE Cubby) *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	<b>6</b> 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Steve Spees Happy Hour (ML) *6:30p Movie Matinee: "Easter Parade" (TL)	<b>7</b> 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility w/ Julie (FH) 3p Book Club Movie Matinee: "Frankenstein" 2025 (TL) *6:30p Texas Hold'em (AVR)	<b>8</b> 9a Pancake Party (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) 2:30p Masters Kick-Off (FH) *7p Pool Night - Billiards (TL)	<b>9</b> 11:30a Sit & Be Fit (FH) 1:15p Bereavement Support Group w/ CorsoCare (TL) 4p Performance by Herb & Scott w/ Happy Hour (ML) *6:30p Games Night (SR/3F)	<b>10</b> 10a Balance Class (FH) **1:30p Woodland Mall (Meet in ML) *6:30p Stay & Social (FH)	<b>11</b> *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
<b>12</b> *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	<b>13</b> 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Michaeleen Kelly & Happy Hour (ML) *6:30p Julie Andrews Movie: "Victor Victoria" (TL)	<b>14</b> 10a "Alley Cats" Wii Bowling League (TL) 12:45p Humor in the court 1:15p Mobility w/ Julie (FH) 2p Book Club Meeting (TL) *6:30p Texas Hold'em (AVR)	<b>15</b> 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) 2p New Resident Q&A (FH) *7p Pool Night - Billiards (TL)	<b>16</b> 10a Bible Study w/ Amanda (TL) 11:30a Sit & Be Fit (FH) 4p Performance by Rick Reuther Happy Hour (ML) *6:30p Games Night (SR/3F)	<b>17</b> 10a Balance Class (FH) **1p Grand Rapids Public Museum (Meet in ML) *6:30p Stay & Social (FH)	<b>18</b> *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
<b>19</b> 10a-1p Sunday Brunch *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	<b>20</b> 11:45a Resident Council (FH) 1p Quarter Bingo (AVR) 4p Performance by Randy Heidema Happy Hour (ML) *6:30p Royal Movie Rerun: "Princess Diaries" (TL)	<b>21</b> 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility w/ Julie (FH) *6:30p Texas Hold'em (AVR)	<b>22</b> 9a French Toast Frenzy (DR) 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) 3p "Michigan History" Presentation with Scott (FH) *7p Pool Night - Billiards (TL)	<b>23</b> 11:30a Sit & Be Fit (FH) 4p Performance by Bobby James Happy Hour (ML) *6:30p Games Night (SR/3F)	<b>24</b> 10a Balance Class (FH) **1:30p Bostwick Lake Antiques (Meet in ML) *6:30p Stay & Social (FH)	<b>25</b> *1p Independent Bridge (SR) *6:30p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML)
<b>26</b> *1p Indoor Walk & Talk - Record Steps Using Hallway Markers (Start in ML) *3p Games w/ Friends (AVR)	<b>27</b> 10a Cardio Drumming (FH) 1p Quarter Bingo (AVR) 4p Performance by Jeff Schroeder & Happy Hour (ML) *6:30p Royal Movie Rerun: "Princess Diaries 2" (TL)	<b>28</b> 10a "Alley Cats" Wii Bowling League (TL) 1:15p Mobility w/ Julie (FH) 3p Resident Forum (FHR) *6:30p Texas Hold'em (AVR)	<b>29</b> 10:30a Rosary Prayer (TL) 11a Grocery Shopping (ML) 1:15p Chair Yoga (FH) 2p Living Like Royalty: "Princess Diaries" Theme (AL) *7p Pool Night - Billiards (TL)	<b>30</b> 11:30a Sit & Be Fit (FH) 4p Cascade Karaoke & Happy Hour (FH) *6:30p Games Night (SR/3F)		

**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"