







March 2026 Cascades Assisted Living Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30am-St Mary's Church Catholic Mass- OT  1:30 pm- Afternoon Movie "	2 Purim Begins 10:30 am- Seated Exercise-W 11 am- Theater group- Pub 11:30 am-Wordle -W 1:30 pm- Bingo-Pub 3 pm-Poker- W 4 pm- Happy Hour/word game- Pub	3 Happy Birthday Ruth C! 10:30 am- Russian Bank Card game -W 10:30 am- Standing Exercise-W 11:30 am- Wordle - W 1:30 pm-Rummikub- Pub 3 pm-Rosary- Lib 3:30 pm- Klatch- Lib	4 10:30 am- Upper Body exercise-W 11 am- Hang man- W 11:30 am - Wordle – Pub 1:30 pm- Bingo- Pub 3 pm- Poker -W 4 pm- Happy Hour/Trivia	5 10:30 am- Visit from Honey tree pre-school- Pub 11:30 am- Wordle group- W 1:30 pm- Neck Massages- Pub 1:30 pm- Russian Bank game- W 2:30 -m- Sing a long- W 4 pm- Banana grams game- Pub	6 10:30 am-Core exercise 11:15 am-Monopoly- Pub 11:45 am- Communion- Lib 1:30 pm- Russian Bank- 1:30 pm- Wordle- W 2 pm-Rummikub-Pub 3 pm- Poker-W 4 pm- Happy Hour & Music with Jon Tench- Pub	7 10:30 am- Coffee /news- Pub 11 am- History Program with Mark Alberts "Helen Keller" Lib 1:30 pm- Afternoon Movie- Lib See flier for movie details! 3:15 pm- Bingo- Pub 4:15 pm- Craft – Art Room
8 Daylight Savings! 10:30am-St Mary's Church Catholic Mass- OT  1:30 pm- Afternoon Movie "	9 10:30 am- Seated Exercise-W 11 am- Theater group- Pub 11:30 am-Wordle -W 1:30 pm- Bingo-Pub 3 pm-Poker- W 4 pm- Happy Hour/word game- Pub	10 10:30 am- Russian Bank Card game -W 10:30 am- Standing Exercise-W 11:30 am- Wordle - W 1:30 pm-Rummikub- Pub 3 pm-Rosary- Lib 3:30 pm- Klatch- Lib	11 10:30 am- Upper Body exercise-W 11 am- Word Find- W 11:30 am - Wordle - Pub 1:30 pm- Bingo- Pub 3 pm- Poker -W 4 pm- Happy Hour/Trivia-Pub	12 10:30 am-Cycling class- W 11 am- Spelling B/Group Cross word- W 11:30 am- Wordle group- W 1:30 pm- Russian Bank game- W 1:30 pm- Manicures- Pub 2:30 -m- Sing a long- W 4 pm- Banana grams game- Pub	13 10:30 am- Yoga/Lois-W 11:15 am-Monopoly- Pub 1:30 pm- Wordle- W 1:30 pm- Russian Bank- W 2 pm-Rummikub-Pub 3 pm- Poker-W 4 pm- Happy hour, Music with Larry & Doreen Ayce - Pub	14 Happy Birthday Bill! 10:30 am- Coffee and the news- Pub 11 am- Bingo- Pub 1:30 pm- Afternoon Movie- Lib See flier for movie details! 4pm- Crafts – Art Room
15 10:30am-St Mary's Church Catholic Mass- OT  1:30 pm- Afternoon Movie "	16 10:30 am- Seated Exercise-W 11 am- Theater group- W 11 am-Baking Irish Soda Bread w/ Chef Eric – Pub 1:30 pm- Bingo- Pub 3 pm-Poker- W 4 pm- Happy Hour/word game- Pub	17 St Patrick's Day! 10:30 am- Russian Bank card game -W 10:30 am- Standing Exercise-W 11:30 am- Communion- Lib 11:30 am- Wordle group- W 1:30 pm- Rummikub- Pub 3 pm-Rosary- Lib 3:30 pm- Klatch- Lib	18 10:30 am- Upper Boday exercise-W 11 am- Crossword- W 11:30 am- Wordle-W 1:30 pm- Bingo- Pub 3 pm- Poker -W 4 pm- Happy Hour/Trivia	19 Happy Birthday Kathleen! 10:30 am-Cycling class- W 11 am- Spelling B/Group Cross word- W 11:30 am- Wordle group- W 1:30 pm- Russian Bank game- W 1:30 pm-Hand Massage- Pub 2:30 -m- Sing a long- W 4 pm- Banana grams game- Pub	20 Spring Begins! 10:30 am- Core exercise 11:15 am-Monopoly- Pub 1:30 pm- Wordle- W 1:30 pm- Russian bank- W 2 pm- Rummikub-Pub 3 pm-Poker-W 4 pm- Happy Hour & Music with Ted Hartlett- Pub	21 10:30 am- Coffee and the news- Pub 11 am- Bingo- Pub 1:30 pm- Afternoon Movie- Lib See flier for movie details! 4pm- Crafts – Art Room
22 10:30am-St Mary's Church Catholic Mass- OT  1:30 pm- Afternoon Movie "	23 10:30 am- Exercise-W 11 am- Theater group- Pub 11:30 am-Wordle - W 1:30 pm- Bingo- Pub 3 pm-Poker- W 4 pm- Happy Hour & Music with Larry Batter- Pub	24 10:30 am-Russian Bank Card game -W 10:30 am- Standing Exercise-W 11:30 am- Wordle - W 1:30 pm-Rummikub- Pub 3 pm-Rosary- Lib 3:30 pm- Klatch-Lib	25 10:30 am- Upper Body Exercise - W 11 am- Hang Man- W 11:30 am- Wordle-W 1:30 pm- Bingo- Pub 3 pm- Poker -W 4 pm- Happy Hour/Trivia	26 10:30 am-Cycling class- W 11 am- Spelling B/Group Cross word- W 11:30 am- Wordle group- W 1:30 pm- Russian Bank game- W 1:30 pm- Manicures- Pub 3 pm- Tenant Council meeting- W 4 pm- Banana grams game- Pub	27 10:30 am- Yoga/Lois-W 11:15 am-Monopoly- Pub 1:30 pm- Wordle- W 1:30 pm- Russian Bank- W 2 pm- Rummikub-Pub 3 pm-Poker- W 4 pm- Happy Hour & Music with Dean Snellback - Pub	28 10:30 am- Coffee and the news- Pub 11 am- Bingo- Pub 1:30 pm- Afternoon Movie- Lib See flier for movie details! 4pm- Crafts – Art Room
29 Happy Birthday Loretta! Palm Sunday 10:30am-St Mary's Church Catholic Mass- OT  1:30 pm- Afternoon Movie	30 10:30 am- Seated Exercise-W 11 am- Theater group- Pub 11:30 am-Wordle -W 1:30 pm- Bingo-Pub 3 pm-Poker- W 4 pm- Happy Hour & Music with Don Lowe- Pub	31 10:30 am-Russian Bank Card game -W 10:30 am- Standing Exercise-W 11:30 am- Wordle - W 1:30 pm-Rummikub- Pub 3 pm-Rosary- Lib 3:30 pm- Klatch-Lib	Woman's History Month The first Women's History Day took place in 1909. After being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 in 1987, which <u>designated the month of March.</u>	Happy Birthday to: Ruth C- 3/03 Bill- K- 3/14 Kathleen C- 3/19 Lorretta K- 3/29 	Please Note: You can always find tabletop games and puzzles in the library and the Wellness center to do independently or with friends at any time, at your convenience. Thank you!	*All Programs Subject to Change* Location Legend W-Wellness center LIB- Library PUB- Pub A/C- Arts & Crafts room FL- Front Lobby OT- Out Trip

Please note: All programs are subject to change as needed, Thank You!