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Postage
Information

2024

July

Alpine Way * 900 W. Alpine Way, Shelton WA 98584 (360)426-2600



Countdown to Paris

The upcoming Summer Olympics in Paris are generating anticipation worldwide as the city prepares to host this prestigious event for the third time in history. Paris offers a rich tapestry of culture, history, and modernity, making it an ideal setting for the Olympic Games. From its famous landmarks to its vibrant culinary scene, Paris promises a memorable and unique experience for visitors.

Paris is known for its extensive metro system. With over 300 stations spanning 16 lines, the Paris Metro is one of the busiest underground systems in the world. It will play a crucial role in transporting athletes and spectators to various Olympic venues across the city.

Another notable aspect of Paris is its culinary scene. From croissants and baguettes to escargot and foie gras, Paris offers a gastronomic adventure for food enthusiasts. And let's not forget about the charming sidewalk cafés, perfect for people-watching and savoring a café au lait.

Parisians are known for their passion for sports, particularly soccer, rugby, and tennis. The city boasts world-class stadiums like the Stade de France and Roland Garros, where fans gather to cheer on their favorite teams and athletes. The city is focused on ensuring that these top-notch facilities are safe and secure for the massive influx of visitors.

The Olympics provide an opportunity for athletes to showcase their skills and compete on a global stage. It's a chance for nations to come together in the spirit of sportsmanship and camaraderie. As the countdown to the Paris Olympics continues, excitement is building among sports enthusiasts worldwide. Whether you're a fan of track and field, swimming, or gymnastics, the 2024 Summer Games are sure to offer thrilling moments and unforgettable memories. Mark your calendars and get ready to witness the world's best athletes in action against the backdrop of beautiful Paris.

July Birthdays

Staff

7/1 Brenda Lehman
7/6 Allison Layman
7/8 Kyle Mix
7/24 Cyndy Armitage
7/25 Dominique Carriker
7/30 Wendy Wincewicz
7/31 Winnie De Vera

Residents

7/2 Leila M.
7/5 Betty R.
7/10 Martina C.
7/16 Betty M.
7/19 Marie K.
7/24 Lois D.
7/28 Bonnie N.
7/31 Donna W.
7/31 Tony P.



Executive Director

Trudy Hunter

TrudyH@Cascadeliving.com

Wellness Director

Wendy Wincewicz

WendyW@cascadeliving.com

Assistant Wellness

Director

Tracy Schueller

TracyS@Cascadeliving.com

Marketing Director

Cyndy Armitage

CyndyA@cascadeliving.com

Business Office Manager

Brenda Lehman

BrendaL@cascadeliving.com

Environmental Director

Travis Wagner

TravisW@cascadeliving.com

Plant Operations Director

Rod Davis

RodD@cascadeliving.com

Dining Services Director

Donna Jorgenson

DonnaJ@cascadeliving.com

Food Friends and BBQ

We will be celebrating 4th of July with a BBQ lunch menu:

BBQ Chicken Legs or Brats

Food will be served at normal times in each dining hall

ALPINE WAY PRESENTS

4TH OF JULY PIE

JULY 4TH • 2:00PM IN CEDAR ROOM

Seattle Mariners July Schedule

July 2 Tue.	6:40pm	Orioles
July 3 Wed.	7:10pm	Orioles
July 4 Thur.	1:10pm	Orioles
July 5 Fri.	6:40pm	Blue Jays
July 6 Sat.	1:10pm	Blue Jays
July 7 Sun.	1:10pm	Blue Jays
July 9 Tue.	6:40pm	Padres
July 10 Wed.	3:40pm	Padres
July 11 Thur.	6:38pm	Angels
July 12 Fri.	6:38pm	Angels
July 13 Sat.	6:38pm	Angels
July 14 Sun.	1:07pm	Angels
July 19 Fri.	7:10pm	Astros
July 20 Sat.	6:40pm	Astros
July 21 Sun.	1:10pm	Astros
July 22 Mon.	6:40pm	Angels
July 23 Tue.	6:40pm	Angels
July 24 Wed.	12:40pm	Angels
July 26 Fri.	5:10 pm	White Sox
July 27 Sat.	4:15pm	White Sox
July 28 Sun.	11:10am	White Sox
July 29 Mon.	4:10pm	Red Sox
July 30 Tue.	4:10pm	Red Sox
July 31 Wed.	1:10pm	Red Sox

Coming in July

- 7/2 Resident Council Meeting
- 7/4 4th of July Pie
- 7/5 Zumba Gold Provided by Steel Feather
- 7/16 Timberland Library Trip
- 7/16 July Birthday Party with John Schwenessen
- 7/18 Fab 50's Ice Cream Parlor
- 7/19 Zumba Gold Provided by Steel Feather
- 7/23 Low Vision Support Group
- 7/25 Summer Cocktail Party
- 7/30 Chef Talk

SHAKE, RATTLE & ROLL INTO THE FAB 50'S ICE CREAM PARLOR

In Honor of National Ice Cream Day, Staff will be making custom ice cream sundaes!

Bring your poodle skirt or greaser jacket and come on down and enjoy the music and refreshments

July 18th @ 2:00pm Cedar Room

Low Vision Support Group

Tuesday, July 23rd
1:00pm
In the Meeting Room

We will be hosting a monthly Vision support group lead by Bill Scholl from The Senior center. Please come and down and share your problems, solutions and ideas on navigating vision loss.

BINGO

MONDAYS 1:30-2:30

SATURDAYS 2:00-3:00