

Word Search

FIND THE WORDS IN THE PUZZLE. WORDS CAN GO IN EVERY DIRECTION.

C O N F E T T I V D I B I P S M F H
 I N D E P E N D E N C E D A Y E I H
 B P A R T Y O D A S U M M E R R T E
 B A L L O O N S C P I C N I C D R R
 G P A T R I O T S E A G L E U W A O
 S S T A T U E O F L I B E R T Y D C
 L C X D R E L X M R I C I W L P I R
 R S P A R K L E R S N Y K E F U T H
 S T A R S A N D S T R I P E S L I P
 Q F R E E D O M R I N G C O B M O U
 N D E C L A R A T I O N R I Z X N I
 U N C L E S A M U S A D L F X N V M

BALLOONS	INDEPENDENCE DAY	STARS AND STRIPES
CONFETTI	PARTY	STATUE OF LIBERTY
DECLARATION	PATRIOTS	SUMMER
EAGLE	PICNIC	TRADITION
FREEDOM RING	SPARKLERS	UNCLE SAM
HERO		

July Birthdays

Resident Birthdays

Ann Gray- July 4
 Evan Davis- July 6
 Carl Koring- July 16
 Joe Boivin- July 17
 Richard Rodrigues - July 22
 Brita Rozynski July 26
 Genevieve Ingram- July 29

Associate Birthdays

Lia Sanders- July 1
 Alex Seck- July 16
 Christy Kelly- July 21
 Leah Croker July 27
 Madalen Bickford July 27



July 2024

Cascades Times

Cascades of Grass Valley |
 415 Sierra College Drive Grass Valley, CA 95945 | 530-272-8002 | Lic # 292700563



Fun Events!

July 4th- BBQ
 & Evening
 Fireworks
 outing

July 5th-
 Shopping Trip
 to Savemart

July 9th- New
 Neighbor Meet
 and Greet - 4
 PM

July 12th- Dog
 Days of
 Summer- Hot
 Dogs & Dogs
 Raffle Event

July 16th- Tai
 Chi with
 Homer

July 18th-
 Sutton
 Cinemas- *Fly
 me to the moon*

July 22nd- Taco
 Tuesday &
 Margaritas

July 23rd-
 Honeybee
 Hullabaloo at
 Madalen
 Helling Library

FOURTH OF JULY

BY JOHN BREHM

Freedom is a rocket,
 isn't it, bursting
 orgasmically over
 parkloads of hot
 dog devouring
 human beings.
 or into the cities
 of our enemies
 without whom we
 would surely
 kill ourselves
 though they are
 ourselves and
 America, I see now
 is the soldier
 who said I saw
 something
 burning on my
 chest and tried
 to brush it off with
 my right hand
 but my arm
 wasn't there—
 America is no
 other than this
 moment, the
 burning ribcage,
 the hand gone
 that might have
 put it out, the skies
 afire with our history.





Good Friends Make Good Neighbors!

How It Works When a resident or family member refers a new potential resident* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$4,000 credit applied to their base rent.

We are now offering Guest Meal Cards at the front desk, each card is purchased for 10 meals, get the 11th one free! \$70 at the front desk.

Staying hydrated as temperatures rise

- The average adult needs 6-1/2 glasses of water per day!
- At mealtimes, be sure to drink a full glass of water before drinking things such as juice, and tea.
- When searching for a snack, try hydrating choices such as popsicles, Jello, lemonade, and juicy fruits such as oranges, melons, grapefruits, and berries.
- When going outdoors, be sure to wear a hat and sunscreen, Don't forget your water bottle!

New Neighbors! Friendly Faces!

We would like to welcome several new neighbors to our community!

Neighborhood Meet and Greet
Meet for cocktails, light appetizers, and warm conversations

Tuesday July 9th
4:00 PM
Activity Room

Sierra Gold Senior Center

The New Senior Center, located near downtown Grass Valley is set to open on July 1st. Annual memberships are only \$50, and a benefit to being a member, is that you will receive a 50% discount on all activities, with activities ranging from \$4-\$15.

Applications will be posted near the mailboxes, along with their current calendar. Our hope is to implement weekly outings to the Senior Center to attend one of their various activities, ranging from exercise, games, live music, historical and educational series.

There is truly something for everyone!

Food Demo with Jason!
Join Jason from our Dining Services Department for a festive Demo this month featuring Red, White and Blue Shortcakes!

Drive outs will continue to be available on Tuesdays & Thursdays on a first come basis. Appointment requests can be made via email to haley@cascaadeliving.com, or via phone at 530-272-8002. Appointments must be made at least 48 hours in advanced; Time slots are limited. Please see Haley if you have questions.

Cascades Leadership Team

- Haley Parker, LVN, Executive Director
- Kristen Kendrick, LVN, Wellness Director
- Angela Hammond, Community Relations Director
- Annekin Ove, Dining Services Director
- Nicole Westervelt, Business Office Manager
- Alex Carson, Plant Ops Director

Front Desk Phone Number: 530-272-8002

Something for Everybody!

Podiatry

July 2nd- 1 PM

Needlepoint with Haley-

July 5th- 11 AM

Happy Hour with

Cowboy Curt

July 5th – 3PM

Dementia Support Group

July 11th -2:30 PM

Jewelry Making with

Nicole- 3 PM

Australian Vacation Slide show with Katherine &

Maurice

July 17th-3 PM

Resident Council

July 18th -11 AM

Diamond Dot Art with

Kristen

July 19th -11 AM