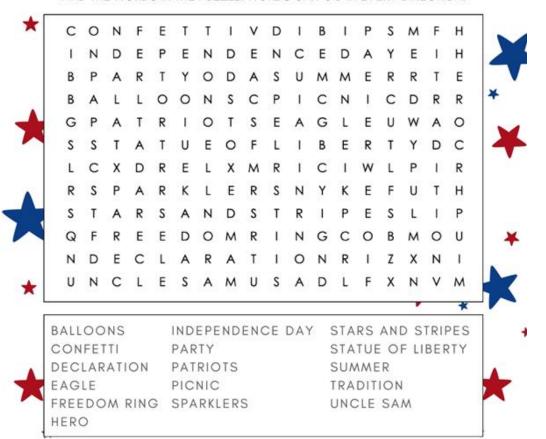


FIND THE WORDS IN THE PUZZLE. WORDS CAN GO IN EVERY DIRECTION.



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 5thShopping 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 18thSutton
Cinemas- Fly
me to the moon

July 22nd- Taco Tuesday & Margaritas

July 23rd:
Honeybee
Hullabaloo at
Madelen
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. <u>Annual memberships are only \$50, and a benefit to being a member, is that you will receive a 50% discount on all activities</u>, 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 haleyp@cascadeliving.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

PAGE 3

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 <u>Kristen</u>

July 19th -11 AM