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Residents

Arlene B. 9/6 Mary B. 9/6 **Doris B. 9/7** Adleheid K. 9/10 Jeri K. 9/14 Joan L. 9/14 Gwen M. 9/14 Hugh B. 9/15 Richard C. 9/18 **Maggie H. 9/19 Adella D. 9/21** Tom W. 9/23 Mike M. 9/27 Setsuko D. 9/29

🗿 Birthdau

Staff

9/10 Michael Hartnett 9/12 Amy McDowell 9/13 Kiersten Ayles 9/16 Leanne Thomas 9/17 Trudy Hunter 9/22 Dana Brown 9/24 Hailey Rumph 9/26 Jesse Wiley 9/29 Nadine Vanbogart 9/29 Bryson Patricelli

Postage Information

Alpine Way

Our Leadership Team

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

Getting to school was an adventure in itself. School buses were a rarity, so many children walked long distances, rain or shine. This daily trek often built a strong sense of community, as families and neighbors connected through their local school. Reflecting on these memories, it's clear that while much has changed, the joy of learning, making friends, and

Technology in the classroom was a far cry from today's smartboards and tablets. The trusty chalkboard was the centerpiece of the room, and students wrote on slates with chalk. Desks were often bolted in neat rows, and flexible seating was just a dream. Instead of Googling answers, students flipped through well-worn textbooks and took meticulous handwritten notes.

School supplies were prized possessions. Pencils and paper were often shared among siblings, and ink wells and nib pens were part of the daily routine. Lunches, wrapped in cloth or paper, were brought from home-no cafeteria pizzas or chocolate milk here!

Extracurricular activities, though fewer, were cherished. Recess games like hopscotch and kickball, along with school plays and community events, were major highlights. Physical education was simple and often included activities like dodgeball or relay races.



School Days Flashback

As September approaches, the sight of children heading back to school brings a wave of nostalgia, reminding us of how schools used to be.

Back in the day, many schools were one-room schoolhouses, especially in rural areas. Imagine one teacher managing students of all ages and grades in a single room. Discipline was strict-getting the occasional rap on the knuckles with a ruler was not unheard of!

community spirit remains timeless. Here's to celebrating the wonderful memories of school days past!









100th Birthday Celebration!







Summer Olympic Games











Thursdays 1:30 For Independent/Assisted Fridays 1:30 For Lodge

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Coming in September...

9/6 Town Hall Meeting

9/6 Zumba Gold *Provided by Steel Feathers*

9/10 Timberland Library Trip

9/12 Trip to Dahlia Farm

9/13 Activity Planning Meeting

9/17 September Birthday Party W/ John

9/19 Steve & Ted Music

9/20 Zumba Gold *Provided by Steelfeathers*

9/24 Veterans Talk w/ Kim

9/24 Chef Talk

No Social Hour on 9/18 or 9/25