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Postage  
Information

# NOVEMBER

2024

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

## Our Leadership Team

### Executive Director

*Trudy Hunter*

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### Wellness Director

*Wendy Wincewicz*

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### Assistant Wellness

#### Director

*Tracy Schueller*

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### Marketing Director

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### Business Office Manager

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### Environmental Director

*Travis Wagner*

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### Plant Operations Director

*Rod Davis*

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### Dining Services Director

*Donna Jorgenson*

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## Rockin' Through the Years

Rock and roll, a genre that revolutionized music, began in the early 1950s, blending elements of rhythm and blues, jazz, gospel, and country. Its roots can be traced back to African American musical traditions, which profoundly influenced its development.

It was Elvis Presley, the "King of Rock and Roll," who brought rock and roll into the mainstream. His 1956 hit "Heartbreak Hotel" topped charts and made him a household name. Other pioneers included Chuck Berry, whose guitar riffs and showmanship set the standard for future rock musicians, and Little Richard, whose wild performances captivated audiences.

The late 1950s and early '60s saw rock and roll evolve into various subgenres. The British Invasion, led by the Beatles and the Rolling Stones, brought a new wave of rock music to the United States, blending rock and roll with British pop influences. This era also saw the rise of surf rock, with bands like the Beach Boys capturing the spirit of the California lifestyle.

By the late 1960s, rock music had become more experimental. Psychedelic rock, exemplified by bands like the Jimi Hendrix Experience and the Doors, pushed the boundaries of sound and performance. The Woodstock Festival in 1969 symbolized the peak of the counterculture movement and the unifying power of rock.

On November 9, 1967, *Rolling Stone* published its first issue, marking a significant moment in rock history. John Lennon graced the cover, and it cost only a quarter to purchase. The magazine became a leading voice in music journalism, covering the latest trends, iconic artists, and cultural shifts within the rock-and-roll world.

Rock and roll's journey from its early days to the early 1970s laid the groundwork for countless genres and artists, forever transforming the cultural landscape.

## Staff Birthdays

Mariah Simoneau 11/9

Nadia Ruff 11/16

Kara Parker 11/24

## Resident Birthdays

Lois D. 11/12

Bubbs F. 11/20

Donna M. 11/24

Joyce E. 11/24





JOIN US FOR

# November Birthday Party

Tuesday, November 19th  
2.00PM

Cedar Dining Room

**Everyone is Welcome!**



## VETERANS DAY CELEBRATION

**NOVEMBER 11**

*honoring all who served*

1:15 ★ Cedar Room

Service by Kim Russell

FRIDAY, NOVEMBER 1st  
FRIDAY, NOVEMBER 15th

JOIN OUR CLASS

# ZUMBA

PROVIDED BY STEEL FEATHERS

9:15-9:45AM

DOGWOOD DINING ROOM

# FALL BACK

DAYLIGHT SAVING ENDS

**NOVEMBER 3rd 2024**

Don't forget to set your clock back one hour.



## A Special Thank You to Our Veterans

- Bill Allen
- Rick Anderson
- Hugh Brown
- Richard Carlson
- Adella Dwyer
- Lee Hatch
- John Havens
- Pete Hernandez
- FW Johnson
- Ed Lenington
- Albert Mimms
- Gwen Mock
- Jim Mock
- Tony Paradise
- John Stewart
- Tim Timblin
- Tom Willis
- Fern Jacobson
- Sandra Stevenson
- Wes Speaks



*"Veterans Day is an acknowledgement that those willing to make the ultimate sacrifice for our country—and their families—deserve our admiration and respect today and every day."*

-Elizabeth Esty

## COMING IN NOVEMBER

- 11/1 Zumba  
Provided by Steel Feathers
- 11/3 Daylight savings Ends
- 11/5 Thanksgiving Card Making
- 11/8 Timberland Library Trip
- 11/11 Veterans Day
- 11/15 Zumba  
Provided by Steel Feathers
- 11/19 November Birthday Party
- 11/28 Thanksgiving Day
- Catholic Communion Services every Tuesday in the Private Dining Room*

## Reminder

Due to fire hazard, we cannot have live wreaths or trees in the building.

We also ask that you please keep all furniture at least 12 feet away from all heater vents.