



**Notable Quotable**

“You can’t get a cup of tea large enough or a book long enough to suit me.”

~ C. S. Lewis (born November 29, 1898)

**November Birthdays**

- 11/2 David R.
- 11/7 Maureen W.
- 11/8 Caroline C. and Frank H.
- 11/14 Antoinette M.
- 11/15 Julia D.
- 11/16 Leroy K.
- 11/19 Chuck F.
- 11/20 Susan C.
- 11/24 Ted A.
- 11/29 Barbara S.

**Rockin’ Through History** *(cont. from pg. 1)*

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.

**Cascades Leadership Team**

- Executive Director- Chris Gardner**
- Associate Executive Director- Ardith Peper**
- Business Office Manager- Julie Leach**
- Senior Director of Sales and Marketing- Jessica Helgren**
- Community Relations Directors- Donna Bennett and Amber Leighton**
- Wellness Director of Assisted Living- Marie House, RN**
- Lodge Coordinator- Michelle Petie**
- Plant Operations Director Interim- Micah Cunningham**
- Dining Director- Heidi Rockburn**
- Executive Chef- David Frank**
- Life Enrichment Director- Jennifer Perkins**
- EverFit Director- Alan Thomas**

**Cascades of the Sierra**

November 2024

Cascades of the Sierra | 275 Neighborhood Way | Sparks, NV 89441 | (775) 424-5400

**Celebrating November**

**Family Stories Month**

**Novel Writing Month**

**Election Day**  
*November 5*

**Funny Couple Friday**  
*November 8*

**Veteran’s Day**  
*November 11*

**World Kindness Day**  
*November 13*

**World Philosophy Day**  
*November 21*

**National Cake Day**  
*November 26*

**Thanksgiving Day**  
*November 28*

**Rockin’ Through History**

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.

*(cont. on p. 4)*

**Live Entertainment in November**

Lauren Smiley Sings- Nov. 2<sup>nd</sup> at 2pm in the Fireside Club

Music w/ John Rand- Nov. 6<sup>th</sup> at 2pm in the Fireside Club

The Biggest Little Big Band- Nov. 6<sup>th</sup> at 7pm in the South Living Room

Bill Papa & His Ukulele Group- Nov. 8<sup>th</sup> at 2pm in the South Living Room

The Encore Band- Nov. 9<sup>th</sup> at 2pm in the Fireside Lounge

The Bluegrass Association- Nov. 16<sup>th</sup> at 2pm in the Fireside Club

The Biggest Little Big Band- Nov. 20<sup>th</sup> at 7pm in the South Living Room

The Sierra High Notes- Nov. 23<sup>rd</sup> at 2pm in the South Living Room

Karaoke and Music w/ Jacques- Nov. 27<sup>th</sup> at 2pm in the Fireside Club

DD James on Guitar- Nov. 30<sup>th</sup> at 2pm in the Fireside Club





### Veterans Appreciation Ceremony

On Monday, November 11<sup>th</sup> at 3:00pm we will be honoring all our veterans with a simple appreciation ceremony. We will have drinks, snacks, and Eden Health/Hospice will be there to hand out certificates to our veterans. Please join us in honoring all who have served our country.



### Resident Spotlight- Rosalie

This month, our spotlighted resident is Rosalie. She has been a resident at Cascades for eight years and has made many friends over the years. Rosalie was born in Strasburg, North Dakota and lived in Bishop, California for many years. She was married for forty-two years to her husband Jerry, and they had two dogs. One of her favorite childhood memories was going to her grandmother's house and dancing in the kitchen. Rosalie still likes to dance and play table games. Her favorite kind of food is either Mexican or Italian. She used to belong to a four-wheel club and loves going four-wheel driving. She shared some words of advice, "Enjoy your time on Earth, you're only here for a short time!" Thanks Rosalie! We agree!



### Kristi Kuhn and Venerable Massage



We are so pleased to introduce Kristi Kuhn and Venerable Massage to Cascades of the Sierra. Kristi was born and raised in Carson City and has been certified in massage therapy for 10 years. She is providing general massage concessions as well as various other specialty services, such as Comfort Touch massage that includes acupressure and gentle massage specialized for elderly and end of life care. This service can be done in the massage therapy office or at your residence. She is also a level 2 Reiki master and crystal energy worker. Her office is located next to the Aerobic Studio and is open Monday, Tuesdays, Thursdays, and Fridays. Appointment slips are available outside the Aerobic Studio, or you can call (775) 291-5229 to make an appointment.

### Fun photos from October

