Write On!



We live in a digital age where text messaging, Facebook, Instagram, and email are considered preferable ways of communicating with friends. These days, good old-fashioned letter writing is a lost art. December may be the perfect time to resurrect that art, for December is Write to a Friend

Month, and December 7 is Letter Writing Day.

December presents a variety of opportunities for writing letters. The holiday season is often the one time a year we send holiday cards with updates about our family or events from the past year. And after all the holiday gift giving, there may be no better way to express thanks than by sending a handwritten thank-you card.

If you need some extra incentive to start your letter writing, consider buying some fun new stationery. You could also head to your local post office to pick out some unique stamps. If you want to get really fancy, join a calligraphy class to add an extra flourish to your letters, or add a dash of old-fashioned elegance by sealing your envelopes with a wax seal.

As long as you're writing, a letter could also prove the perfect vehicle for reconnecting with old friends. Receiving a letter in the mail is nice enough, but a letter from a childhood pal or an old flame? Thrilling!

Some shy away from writing to old friends out of the blue because it may feel awkward, but we must not forget that old friendships are valuable things. After all, a friendship is a shared history. What better way to reconnect with a friend than to fondly reminisce about those shared good times and to perhaps reflect on how you have grown? It is also important to realize that reconnecting via a handwritten letter does not necessarily mean you must make a long-term commitment. Sometimes a warm hello is sufficient and can stand well enough on its own.

December Birthdays

Resident

Rosalie – December 3rd Renate – December 5th Gaylene – December 8th Don – December 24th Holly – December 31st

<u>Staff</u>

Tami – December 6th Matthew – December 17th Jefferson – December 24th Lisa – December 31st

<u>Leadership Team</u>

Haley Parker, LVN Executive Director

Kristen Kendrick, LVN Wellness Director

Angela Hammond Community Relations Director

> Alex Carson Plant Ops Director

Annekin Ove Dinning Services Director

Stephanie Parker Life Enrichment Director

Nicole Westervelt Business Office Manager

December 2024

The Cascade Times

Cascades of Grass Valley | 415 Sierra College Dr Grass Valley, CA 95945 | (530) 272-8002

Celebrating December

Christmas Wreath Craft December 3rd

> Walk on Mill St. December 6th

Tai Chi with HomerDecember 5th & 19th

Wood Slice Ornament Craft
December 10th

Scenic Drive December 13th

Cocoa & Discussions Every Wednesday

Virtual Spanish Class for Beginner's December 4th, 17th

Clara & The Nutcracker December 15th

Donut Shop Outing December 20th

> **Christmas Day** December 25th

New Year's Eve Party December 31st















Meaning of Christmas



When fall has given way to winter and snow covers the ground while lights twinkle from house to house, you know that Christmas is coming. Christmas is one of the most important Christian and cultural holidays of the year, but what is the true meaning of Christmas? Is it the gifts? Is it the annual economic boost?

The meaning of Christmas can vary for different people and cultures, but it is generally celebrated as a Christian holiday that commemorates the birth of Jesus Christ. For Christians, Christmas is a time to reflect on the significance of Jesus' birth, emphasizing themes of love, peace, and goodwill toward all.

Beyond its religious roots, Christmas has evolved into a widely celebrated cultural and festive occasion in many parts of the world. It often involves exchanging gifts, spending time with family and friends, decorating homes with festive ornaments, and partaking in special meals and traditions

Christmas is a time of spiritual reflection on the important foundations of the Christian faith. It's also a celebration. It's when Christians celebrate God's love for the world through the birth of the Christ child: Jesus. The Bible tells of his birth hundreds of years before, fulfilling prophecies.



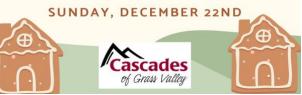
Cowboy Curt – December 8th Forever Young Senior Choir – December 12th Heather MacAdam – December 20th Simple Truth Church Choir – December 21st Harmonic Convergence Quartet – December 22nd



Gingerbread House Decoration Celebration!

Come and enjoy a nice lunch with your loved one at 12pm before we start building our ginger bread houses in the dinning room at 1pm. Followed by a wonderful performance by the Harmonic Convergence Quartet.

Please bring a gingerbread house kit for you and your loved one to do together. Refreshment's will be available. Please RSVP by December 15th by emailing Stephanie Parker (L.E.D) at StephaniePa@Cascadeliving.com



Cutting-Edge Fun



Nothing announces the arrival of the holiday season like the smell of freshly baked cookies. If you're looking to spruce up your baking this year, ditch the common round shape for some

fun cookie cutters during Cookie Cutter Week, held the first week of December.

While evidence shows that ancient Egyptians created interesting molds for baking cakes, Queen Elizabeth I of England is said to have popularized the novelty of baking cookies in the shape of her guests. Gingerbread men and women soon became popular in bakeries across 17th-century England.

Today, you can find cookie cutters in every conceivable shape and size. Some manufacturers will even create custom cookie cutters. Some people enjoy collecting cookie cutters, and serious enthusiasts belong to the Cookie Cutters Collectors' Club (CCCC). In fact, it was the CCCC that originally conceived Cookie Cutter Week about 30 years ago. Members enjoy benefits such as a quarterly newsletter and an exclusive cutter designed to commemorate Cookie Cutter Week.



Patty Green Community Ambassador

Patty has been part of our Cascade community since April 2023 and was chosen as the Ambassador shortly after and what a wonderful person she is. As our Community Ambassador, she welcomes each new resident to our community with a warm welcome and a tell it like it is personality. Patty attends as many activities as she can and encourages all residents to attend. She helps residents with bingo cards during bingo, announces daily activities during breakfast, helps walk resident's back to their apartment, etc.

Patty has two daughters and 4 grandkids (1 boy, 3 girls). She has moved to Grass Valley from San Clamente and feels safe and content up here in this small town we all call home. When Patty is not attending activities, Dr. Phil is her comfort show while relaxing on the couch with her hot cup of tea.

To Request Transportation:

Tuesdays & Thursdays by appointment

Please Email Stephanie at StephaniePa@cascadeliving.com