

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

Staff

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

Leadership Team

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 Homer

December 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.

December Performer's

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

Step into the Magic
Clara & the Nutcracker

Sunday, December 15th 1:00pm-3:30pm

ELEGANT DANCE | MUSIC | TREATS | FESTIVE DECORATIONS

\$42.99 PER TICKET
LOCATED AT THE MINERS FOUNDRY CULTURAL CENTER IN NEVADA CITY

Please RSVP to reserve your seat
10 Spots Available
Sign Up Sheet will Be in Activity Room
If you'd like to pay for your ticket ahead of time please see Haley E.D

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 dining 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

SUNDAY, DECEMBER 22ND



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.

Resident Spotlight



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 Clemente 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