Executive Director
MONICA DE LA TORRE
MonicaD@cascadeliving.com

Community Relations Director
NOREEN CADAWAS-PADILLA
NoreenCP@cascadeliving.com
ARLENE SHEA
ArleneS@cascadeliving.com

Business Office Manager
ERICKA MATTSON
ErickaM@cascadeliving.com

Front Desk
PATRICIA GRIMSLEY
PatriciaG@cascadeliving.com
ANTHONY FRANCIS
AnthonyF@Cascadeliving.com

Life Enrichment Director
CAROL LIGAYO
CarolL@cascadeliving.com

<u>Dining Services Director</u>
CELESTE ANDERSON
CelesteA@cascadeliving.com

Plant Operations Director
ABRAHAM PERALTA
AbrahamP@cascadeliving.com

Resident Care Coordinator
PAULINE PURSLEY
PaulineP@cascadeliving.com

Wellness Director
MICHELLE PONCE
MichellePo@cascadeliving.com



www.HeritageSpringsSeniorLiving.com

Follow and like us on





### The Heritage Springs Gazette

8720 West Flamingo Road, Las Vegas, NV (702) 360-6023 www.HeritageSpringsSeniorLiving.com

Articles are from Activity Connection

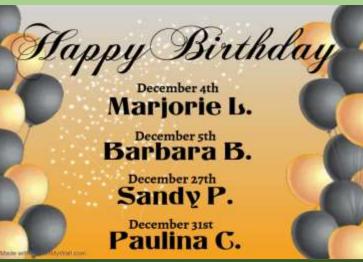
December 2024 Issue



Barbara Meriwether
Barbara Stratton
Joan Menke
KJ Hannigan

From your friends at







December is the 12th month of the year in the Julian and Gregorian calendars.

The ancient Romans initially made
December the tenth month, but later,
when January and February were added,
December became the final month. In
the northern hemisphere, this month
has the shortest daylight hours of
the year. Did you know that December
starts on the same day of the week as
September and ends on the same day as
April every year?



The Difference Between Living and Living Well

## DECEMBER 2024 OUTING LINE UP

**December 6th** Sienna Italiana

December 13th Rampart Casino

December 20th **Mister Chopstix** 

> December 27th **Krazy Buffet**

Please Sign Up at the Front Desk



#### **BUS SCHEDULE**

Sign up at the Front Desk. \$45 charge for a transportation request and also when a staff is needed at an appointment.

**Doctor Appointment** are every Monday, Wednesdays and Thursdays from 9:00am to 2:00pm

**Scheduled Shopping Days** are every Tuesdays and Fridays (Please See our Activity Calendar)



Join us for our monthly **RESIDENT COUNCIL MEETING** and Food For Thought with Chef Celeste **Second Wednesdays** at 10:00 am



### Photos from our **Annual Thanksgiving** Luncheon















**Kathy's Hair Cottage** call (702) 326-2260



Shampoo only .. Men's Shampoo & Haircut ... Women's Shampoo & Haircut...... . \$27 Shampoo, Cut & Style ..... Shampoo & Style ..... Color & Style ..... Color, Cut & Style .... Perm & Cut .... Men's Haircut ...... Fingernail or Toenail Trim ..... Manicure .... Pedicure ...

# This Month's Upcoming Events



Please RSVP the Front Desk by December 15 Guest Meal is for \$25





8720 West Flamingo Road, Las Vegas, Nv 8914 (702) 360-6023

Heritage Springs

