

Our Staff to Serve  
You:

Executive Director  
MONICA DE LA TORRE  
MonicaD@cascadeliving.com

Community Relations Director  
NOREEN CADAWAS-PADILLA  
NoreenCP@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

Dining Services Director  
CELESTE ANDERSON  
CelesteA@cascadeliving.com

Plant Operations Director  
ABRAHAM PERALTA  
AbrahamP@cascadeliving.com

Resident Care Coordinator  
PAULINE PURSLEY  
PaulineP@cascadeliving.com

Memory Care Director  
CHRISTINE CARPIO  
ChristineC@cascadeliving.com



# The Heritage Springs Gazette

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

Articles are from Activity Connection

January 2025 Issue



**Edith Vidos**  
**Carole Powers**  
**Ida Haddock**  
**Esther Sanderson**

From your friends at



### Ways to Ring In the New Year

While Americans often use fireworks to celebrate the new year, Puerto Ricans throw water out the window at midnight to rid their homes of evil spirits. Danes smash plates and glasses against the front door to banish bad spirits. In France, pancakes are eaten for luck and good health. And in Spain, it's traditional to eat twelve grapes at midnight - one for each strike of the clock and month of the year.

January 1st marks the first day of the first month of each year thanks to the Gregorian calendar, introduced by Pope Gregory XIII in 1582. The calendar was adopted throughout the British empire and its colonies in 1753. Seen as a fresh start, January is a time for reflection on the past year and setting goals for the new one. January is one of two months (along with November) with more than one U.S. federal holiday: New Year's Day and Martin Luther King Jr. Day



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*The Difference Between Living and Living Well*

*Happy Birthday*

January 10th  
**Donna P.**

January 15th  
**Lourdes M.**

January 28th  
**Pat D.**

**JANUARY 2025  
OUTING LINE UP**

**January 3rd  
Hiraki Sushi**

**January 10th  
Red Rock Casino**

**January 17th  
Popeye's Chicken**

**January 24th  
PF Chang's**

**January 31st  
The Windy City**



**BUS SCHEDULE**  
Sign up at the Front Desk.  
A \$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)

We Thank all our Wonderful Carolers for Christmas 2024



**This Month's Upcoming Events**

Join Us for the Last **BONFIRE** and **SMORES** of the year

**Tuesday, January 13th**  
**5-7pm**  
**at the BACK PATIO**

S'mores, Hot Chocolate, Eggnog, Smokies, and a great fun out at the Patio!



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

Shampoo only .....	\$10
Men's Shampoo & Haircut .....	\$22
Women's Shampoo & Haircut.....	\$27
Shampoo, Cut & Style .....	\$43
Shampoo & Style .....	\$27
Color & Style .....	\$62
Color, Cut & Style .....	\$77
Perm & Cut .....	\$85
Men's Haircut .....	\$20
Fingernail or Toenail Trim .....	\$15
Manicure .....	\$25
Pedicure .....	\$37



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

