Our Staff to Serve

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

<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

Memory Care Director
CHRISTINE CARPIO
ChristineC@cascadeliving.com



www.HeritageSpringsSeniorLiving.com

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Heritage Springs Assisted Living Memory Care

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.

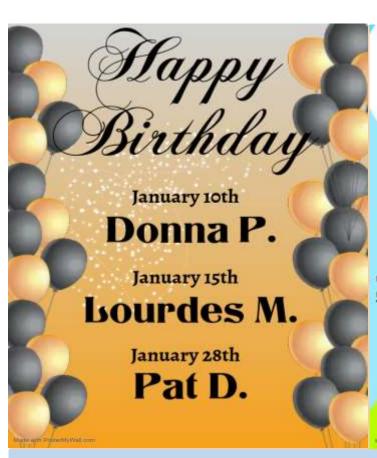


January 1st imarks the first day of the first month of each year thanks to the Gre3gorian calendar, introduced by Pope Gregory XIII in 1582. The calendar was adopted throughout the British empire and its colonies in 1753. Seen as a fresh start, January is a time for reflection on the past year and setting 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



The Difference Between Living and Living Well



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)



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





We Thank all our Wonderful Carolers for Christmas 2024







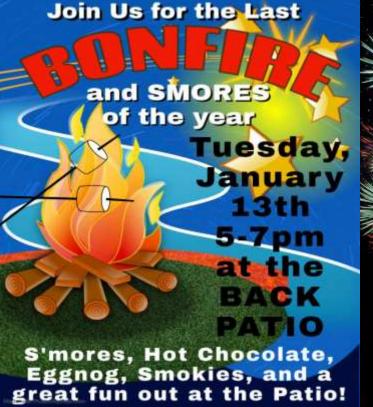














Kathy's Hair Cottage call (702) 326-2260

Snampoo 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

