

February 2025

# Cascades of Bremerton

Retirement Living | The Cottage | Ashley Gardens | The Willows



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Continuing Care Retirement Campus

A Cascade Living Group Community

## Discover the *Cascades of Bremerton* Difference

A feeling of home. A social calendar packed with activities and entertainment. Programs that spark joy. Amenities that inspire. Personalized care is available if or when it's needed. At Cascades of Bremerton, there are plenty of opportunities to live large.

No matter what you or a loved one need, we're here to lend a helping hand while providing the lifestyle that's desired, complete with dignity and a commitment to helping residents truly live well.



*Dining*



*Luxuries*



*Fitness*

- Large dining room
- Bistro
- Daily chef specials

- *EverDine* à la carte menus available from 7 a.m. to 7 p.m.
- Private dining rooms
- Al fresco dining

- Concierge services
- Complimentary valet parking
- Weekly housekeeping

- Scheduled transportation
- On- & off-site activity programs

- Large fitness center
- Annual fitness challenges
- *Ageility* Rehabilitation

- *EverFit* wellness programs
- Courtyards and walking paths

## **Ashley Gardens February Noteworthy Events:**

2/2 2:00/2:30 FEBRUARY BIRTHDAYS PARTY

2/4 1:15 Live Music w/ Brett

Scenic Drives Wednesdays at 1:30.

2/9 Superbowl Party

2/17 1:00 LIVE MUSIC! w/ Micheal CRAIN

2/20 1:15 Live music with Tom Petralia

2/13 Valentine's Coffee and Chocolates

### **Family Day February 23**

1:00 Family Day Crafts

2:00 Family Day Tea and Scones

See Our February Daily Activity Calendar for more!

-Wendy Rothwell

Life Enrichment Director, Ashley Gardens

## **The Cottage February Noteworthy Events:**

Scenic Drive every Monday at 2:00pm

2/9 Super Bowl Party

2/12 Armin Jahr School Friends visit

2/13 Live Music with Back in the Day

2/14 Valentine's Day Party

2/16 Painting Class

2/19 Music with Monte

2/24 Music with Fun Singers

2/26 Music with Michael

2/27 Music with Tom

See the February Daily Calendar for the full line-up!

-Janet Presley

Life Enrichment Director, The Cottage

# **Super Bowl Parties**

**at all three locations  
at the Cascades of  
Bremerton! Come  
enjoy the game with  
friends at the  
Willows, The Cottage  
and Ashley Gardens.**

## **The Willows February Noteworthy Events:**

2/9 Superbowl Party

2/10 Name that Tune with Kathy from the Puget Soundsters

2/13 Wine Tasting and Chocolate Pairing with Jeff from Ameriprise

See the February Daily Calendar for more events!

-Colleen Clotfelter

Life Enrichment and Fitness Director, The Willows



## 10 Healthy Habits for Your Brain – from the Alzheimer's Association

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Incorporate some or all of these habits into your life to help maintain a healthy brain. Take charge of your brain health today — it's never too early or too late to start.

**Challenge your mind** Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

**Stay in school** Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.

**Get moving** Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

**Protect your head** Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

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WINE & TASTING  
CHOCOLATE



*Come join Cascades of Bremerton on February 13th to enjoy an afternoon of Wine Tasting and Chocolate Pairing. Jeff from Ameriprise will be here to share his Love of Wine and Chocolate with Residents and Guests. Meet in the Dining room at 2:00 for a delicious time!*



## 10 Healthy Habits for Your Brain – from the Alzheimer's Association, Continued...

**Be smoke-free** Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

**Control your blood pressure** Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.

**Manage diabetes** Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.

**Eat right** Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

**Maintain a healthy weight** Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, exercising and sleeping well — can help with maintaining a healthy weight.

**Sleep well** Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

## NEW TO THE WILLOWS Name That Tune!

Starting February, Kathy from the Puget Soundsters will come in to play “Name that Tune” with the Residents. First show will be February 10th in the dining room. Come join us for a beverage and see if you can name old songs in a few short notes! Kathy has played for us at the piano several times in the past.





## *Elvis Presley came to visit the cottage!*



## *Ashley Gardens had a January Birthday Party!*



*Happy Birthday*

*Marilyn P!*

## *February Birthdays:*

### **The Willows:**

Fern B. 2/28  
Marc B. 2/10  
Diane G. 2/22  
Irene G. 2/13  
Anne H. 2/13  
Marilyn H. 2/1  
Virginia M. 2/6  
Jim M. 2/4  
Steffi P. 2/7  
Toki R. 2/11  
Dave T. 2/20  
Arvid W. 2/4  
Don W. 2/13

### **The Cottage:**

Joan W. 2/5  
Helen N. 2/28

### **Ashley Gardens:**

Genevieve P. 2/14 ♥