

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 Concierge  
ANTHONY FRANCIS  
AnthonyF@Cascadeliving.com

KATHY FOX  
KathyF@cascadeliving.com

Kathy's Beauty Cottage  
(702)326-2260

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

  
Assisted Living Memory Care  
[www.HeritageSpringsSeniorLiving.com](http://www.HeritageSpringsSeniorLiving.com)

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# The Heritage Springs Gazette

8720 West Flamingo Road, Las Vegas, NV (702) 360-6023  
[www.HeritageSpringsSeniorLiving.com](http://www.HeritageSpringsSeniorLiving.com)

Articles are from Activity Connection

March 2025 Issue



**Deloris Sargent  
Janet Framiglio  
William Miller  
Jean Jackson**

From your friends at



## March's Full Moon

The full moon of March is known by a few names. Some Native American tribes call it the worm moon because, as the temperature warms, the ground begins to thaw, earthworms appear, which brings the return of the robins. Others call it the full crow moon because the cawing of crows signals the end of winter. The full that occurs after March 21 is called the paschal moon and is used to determine the date of Easter.

## Celebrate the Arrival of



The vernal equinox falls on March 20 this year. It is a day when daylight and darkness are approximately equal in length. On this day, the sun crosses the celestial equator - the "line" in the sky above Earth's midline.

It marks the end of winter and the start of spring in the northern hemisphere and the end of summer and the start of Fall in the southern hemisphere.

The Chinese have celebrated the equinox with feasts of egg balancing, where the unbroken egg, a symbol of fertility, is said to bring good luck and prosperity for the rest of the season.

Early equinox celebrations in Germanic countries centered around Ostara, the Germanic goddess of spring. In Persia, the Achaemenid dynasty celebrated the equinox with the festival of **Nowruz**, meaning "new day." And finally, in Central America the Mayans celebrated this day for centuries with a viewing of the sun as it sets on the El Castillo pyramid in Mexico.

*The Difference Between Living and Living Well*

*Happy Birthday*

March 3rd  
**Pam M.**

March 13th  
**Marian E.**

March 16th  
**Sandy C.**

March 28th  
**Bobbye S.**

**MARCH 2025  
OUTING LINE UP**

**March 7th  
Krazy Buffet**

**March 14th  
Palms Casino**

**March 21st  
Archi's Thai Bistro**

**March 28th  
Lucille's BBQ**

**Sign Up at the Front Desk**



**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)

Photos from our Pups and Pals Event February 14th, 2025



**This Month's Upcoming Events**

**MARCH 9th**

**Daylight Saving BEGINS**

**DON'T FORGET TO SET YOUR CLOCKS FORWARD SATURDAY NIGHT**

Heritage Springs  
Assisted Living Memory Care

**ST. PATRICK'S DAY**

*Pot of Gold*

**Lucky Hour** with **Donna Lynne**

at the **BISTRO**

**MARCH 15th 3:00pm**

8720 West Flamingo Road, Las Vegas, NV 89147 (702) 360-6023



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**



**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