

CASCADES OF STAYTON

2201 N. 3rd Ave. Stayton, Or. 97383 | 503-769-3200

NEWSLETTER

FEBRUARY 2025

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Resident of the Month

Penny K. is our Resident of the Month. Penny and her dog Andy are always on the go.

Congratulations, from
All of us. at Cascades of Stayton



December

Employee of the Month

Isabella is one of a kind, always smiling and willing to help everyone.

Congratulations!

VALENTINES EVENTS

Love is in the air, here at Cascades of Stayton. Thursday, February 13th at noon we will enjoy a nice Valentines, themed lunch. Then get ready for Friday, February 14th at 2pm for band "The Rowdy Rumlbers" will be entertaining us with great music and desserts. Family and Friends are welcome to join us.



Activity Meetings

Once a month we have an activities meeting. This is a great time to gather ideas to add to our calendar. Spring is coming let 's get out and enjoy. Anyone interested in a tour of the tulip fields? How about a baseball game?

Dirt Club

Do you like to dig in the dirt. We have just the place for you. Out back of the patio, is three raised flower beds that need some TLC. Everyone is welcome to come and dig around and clean them up. Check your calendar for the date and time, to make a date to dig. All ideas are welcome.

Bus Sign Up Sheet

Interested in a bus outing? Please sign up at the Front Desk. All the outings for the month will be in the book. This secures your seat on the bus. If the spots are full have your name added to the waiting list.



February Birthday's

Happy Birthday to you, Happy Birthday to you, Happy Birthday to....



Leora W. February 1st
Ted A. February 2nd
Penny K. February 3rd
Nevada S. February 5th
Pearl B. February 10th

Happy Birthday from
Cascades of Stayton

Zumba with Kathleen

Zumba is a low impact, easy and fun way to exercise. Everyone is encouraged to join us. Even if you are not sure, come and watch. Once the music starts to play you cannot help yourself but to move to the music.

Wednesday's at 3pm in the Dining Room

Cascades of Stayton Staff

Alma Quesada - Executive Director
Stephaine Barrett - Wellness Director

Eddie Serafin - Community Relations Director
Belinda Vanzandt - Dining Service Director

Piper Freres - Business Office Manager
Carrie Derrick - Support Nurse

George Curtis III - Plant Operations Director
Kara Childress - Life Enrichment Director