

March 2025

Cascades of Sugarland

Cascades of Sugarland Ridge | 1551 Sugarland Drive, Sheridan, WY. | 307-674-5575



Celebrating March

Family Dinner Night March 12th

Our Family dinner night is held the 2nd Wednesday of every month, starting at 5p. In honor of St. Patrick's Day, we are serving up Corned Beef & Cabbage, Bratwurst & Sauerkraut, veggies and a chocolate mint cake for dessert. Meals are \$5 per person and as always, kids 10 & under eat free. Please R.S.V.P to JenniferG@Cascadeliving.com

The E.I.O Band March 13th

Thursday, March 13th, at 10a
Dave & Ruby will be here to sing for us and play some St. Patrick's Day Irish music.

St. Patrick's Day

Happy Hour March 17th

Our St. Patrick's Day party will be Monday, March 17th, at 3:30p.
We will play St. Patrick's Day themed games. Snacks, refreshments and green beer will be served.



Sugarland's King & Queen! Gerhard M. & Bobbi F. were voted this year's King & Queen and they were crowned during our Valentine's Day party. We had local band, The Black Mountain Drifters, play for us. The Sheridan Press also stopped by to grab a few pictures during the party.





George H. and his daughter, Mary Katherine.



Both Joyce E. and Mary D. with big smiles during our Valentine's Day party.



Reta O. and her family celebrating Valentine's Day.



Ron poses for a picture with "The King" Gerhard M.



Fran C. and her daughter, Dee came to enjoy the party.



Jeanne R. and her daughter, Julie, and baby



Janice S., Sharon C. and Joan M. showing off their vases they painted and filled with flowers.

Eunice D. bundled up for the wintry weather outside.

A group of residents playing Add Em' Up.



Every week, on Thursday, we make a trip to The Horse Palace so the residents can try their luck.

Jane T. is happy to have our new nail painting kit.

Louise P. trying to get a strike during bowling.



Joan M. & Judy S. proudly show their bunny painting.





Book Bunch getting cozy in the living room.

March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim an inner journey. They're emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are adventurous go-getters, full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

- Bryce S. 3/1 (Dietary Aide)
- Marvis R. 3/4
- Doris R. 3/11
- Reta O. 3/15
- Mayra P. 3/22 (C.N.A)
- Lucille K. 3/22
- Issac M. 3/29
- Judy P. 3/29



Last month we held a chili cook-off, and a few of the residents entered their best chili recipes. Judy S. was the winner with best chili! There were 3 categories to vote on: best flavor, spice and most original.



Judy S. & Bobbi F. are preparing their chilis for the cook-off.



Everyone enjoying trying all the different chilis.

