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## December Birthdays

### Staff

12/5 Linda Ortiz  
12/6 Michele Oien  
12/9 Everett Hernandez  
12/17 Hiromi Yamagishi  
12/21 Tyler McKee  
12/22 Luis Barajas  
12/22 Ben Skipworth  
12/25 Dakota Johnson  
12/25 Kimberly Butcher  
12/27 Lily Speaks

### Residents

12/9 Maria Knight  
12/11 John Havens  
12/14 Marilyn Keller  
12/18 GJ Jensen  
12/19 Gretchen Schodee  
12/22 Marie Comier  
12/22 Joan Herstein  
12/25 Janet Franko  
12/26 Jim Mock  
12/31 Ellen Blumhagen  
12/31 Saralee Johnson



### *Our Leadership Team*



#### Executive Director

*Trudy Hunter*

TrudyH@Cascadeliving.com

#### Wellness Director

*Wendy Wincewicz*

WendyW@cascadeliving.com

#### Assistant Wellness

##### Director

*Tracy Goers*

TracyG@Cascadeliving.com

#### Marketing Director

*Cyndy Armitage*

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#### Life Enrichment Director

*Cathy Kretzer*

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#### Business Office Manager

*Brenda Lehman*

BrendaL@cascadeliving.com

#### Environmental Director

*Travis Wagner*

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#### Plant Operations Director

*Rod Davis*

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#### Dining Services Director

*Donna Jorgenson*

DonnaJ@cascadeliving.com

### A Perfect NYC Christmas

There are hundreds of things to do in New York City any day of the year, but the city takes on a sparkle during the Christmas season that makes it feel like you've stepped into a Hallmark movie. The bustle and constant activity can be overwhelming, but they also add to the festive atmosphere.

There's nothing like staring up at the magical tree at Rockefeller Center, which towers 80 feet above the crowd and twinkles with more than five miles of lights! After admiring the tree, many people don some ice skates for a few laps around the famed Rink at Rockefeller Center. Others swear that Wollman Rink at Central Park, featured in movies such as *Home Alone 2*, is a superior choice.

Strolling along Fifth Avenue to take in the window displays is another iconic holiday activity. Stores like Bergdorf Goodman, Tiffany & Co., Barney's, and Macy's create extravagant themed windows that attract tourists and other holiday-fun seekers. The windows showcase fairytale wonderlands, glittery winter landscapes, and magical scenes of Santa and his elves hard at work.

In a town known for its shows, going to see a Christmas performance should be on every list. The Rockettes' *Christmas Spectacular* is filled with the expected high kicks and beloved Christmas tunes. An outing to see Tchaikovsky's *The Nutcracker* is a holiday tradition for families all over the country, but the Lincoln Center's production is one of the most admired performances of this 1892 classic.

The Christmas season isn't complete without picking up some presents for family and friends. Shopping options in the Big Apple are always plentiful, but the European-style Christmas markets have some truly unique gift items. The atmosphere is festive—chilly air, twinkling lights, bustling stalls, and the scent of baked goods create the perfect backdrop for discovering local and handmade goods. For native New Yorkers and visitors alike, nothing beats Christmas in New York. Additionally, indulging in some seasonal treats like sipping on hot cocoa or munching on roasted chestnuts from street vendors can add a delicious layer to your New York City Christmas experience. The combination of delightful flavors and festive sights truly makes the holiday season in the Big Apple a cherished memory.





## October Halloween Lip Sync Battle



**Contest  
Winners**



Candy Corn Guessing  
Ginny



Lip Sync Battle  
Dakota



Best Costume  
Judy

### Gift Wrapping for Residents and Employees.



Life Enrichment will wrap packages for you. All you need to bring is the gifts and the wrapping paper and we will do the rest.

On Wednesday, December 13<sup>th</sup> we will be wrapping gifts in the lodge at 2:00pm and again on Friday, December 22<sup>nd</sup> at 1:30.

We will also be wrapping gifts in the Cedar room on Wednesday, December 20<sup>th</sup> at 1:30.



### Coming in December...

- 12/7 Pearl Harbor Chat
- 12/12 Cocktail Hour
- 12/13 Gift Wrapping (Lodge)
- 12/14 Steve & Ted Music
- 12/15 Ugly Sweater Contest and Sing-along
- 12/18 Library Trip
- 12/19 Chef Talk
- 12/19 December Birthday Party W/ John Schwenessen
- 12/20 Gift Wrapping
- 12/21 Christmas Light Tour
- 12/25 Merry Christmas!
- 12/28 Lunch Bunch
- 12/31 New Years Eve Party



Please write your name on any new clothing that alpine will be laundering so we can be sure they are returned to the rightful owner.