Our Staff to Serve You:

Executive Director
MONICA DE LA TORRE
MonicaD@cascadeliving.com

Community Relations Director
NOREEN CADAWAS-PADILLA
NoreenCP@cascadeliving.com

Wellness Director
TAMMIE HINKLE
TammieH@cascadeliving.com

Business Office Manager
ERICKA MATTSON
ErickaM@cascadeliving.com

Memory Care Director
MICHELLE PONCE
MichelleP@cascadeliving.com

Life Enrichment Director
CAROL LIGAYO
CarolL@cascadeliving.com

<u>Dining Services Director</u>
CELESTE ANDERSON
CelesteA@cascadeliving.com

Plant Operations Director
ABRAHAM PERALTA
AbrahamP@cascadeliving.com

Front Desk

ALEXANDRIA FLETCHER

AlexandriaF@cascadeliving.com

TODD GOLDBERG

ToddG@cascadeliving.com

Heritage Springs

Assisted Living Memory Care

www.HeritageSpringsSeniorLiving.com

Follow and like us on



## Heritage Springs

# The Heritage Springs Gazette

8720 West Flamingo Road, Las Vegas, NV (702) 360-6023 www.HeritageSpringsSeniorLiving.com

Articles are from Activity Connection

April 2024 Issue



Frances Schramel Barbara Saba Paul Conboy Jr. Ronald Strociak



#### **Submarine Day**

Celebrate America's maritime history with National Submarine Day on April 11th. This holiday commemorates the day the United States got its first modern commissioned submarine and honors the service and sacrifice of those who have served aboard submarines. America's current submarine fleet includes 53 fast-attack subs, 14 ballistic-missile subs, and four guided-missile subs.



April is the fourth month of the year in the Gregorian calendar. It was originally the second month of the Roman calendar, before the addition of January and February. No one knows for sure how April got its name. Some say comes from the latin *aperire*, meaning "to open," alluding to the opening of buds in springtime. Others say April was named after Aphrodite or the goddess Eostre. Whatever the case, the onset of April means that the spring has arrived.

#### No Foolin'

Its exact beginnings are a mystery, but some historians link April Fools' Day to the 16th century, when moved from April 1 to January 1. Those who commtinued to celebrate the new year on April 1 were called fools.

The Difference Between Living and Living Well

### **Photos from our Veterans Appreciation Ceremony**

We would like to thank The State of Nevada Department of Veterans Services for making this happen.





















#### **BUS SCHEDULE**

Sign up at the Front Desk. There's a \$30 charge when a resident is accompanied by one of our staff.

Doctor Appointment Hours and Personal Errands are every Mondays, Wednesdays and Thursdays from 8:00am to 2:00pm

Shopping Days are every Tuesdays and Fridays (Please See our Activity Calendar)



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



# This Month's Upcoming Events





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