

Our Staff to Serve
You:

Executive Director
MONICA DE LA TORRE
MonicaD@cascadeliving.com

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

Business Office Manager
ERICKA MATTSON
ErickaM@cascadeliving.com

Front Desk
PATRICIA GRIMSLEY
PatriciaG@cascadeliving.com
GLORIA FLORES
GloriaFM@cascadeliving.com
TODD GOLDBERG
ToddG@cascadeliving.com

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

Wellness Director
MICHELLE PONCE
MichellePo@cascadeliving.com

Kathy Beall at Kathy's Hair Cottage
(702)326-2260



The Heritage Springs Gazette

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

Articles are from Activity Connection

September 2024 Issue

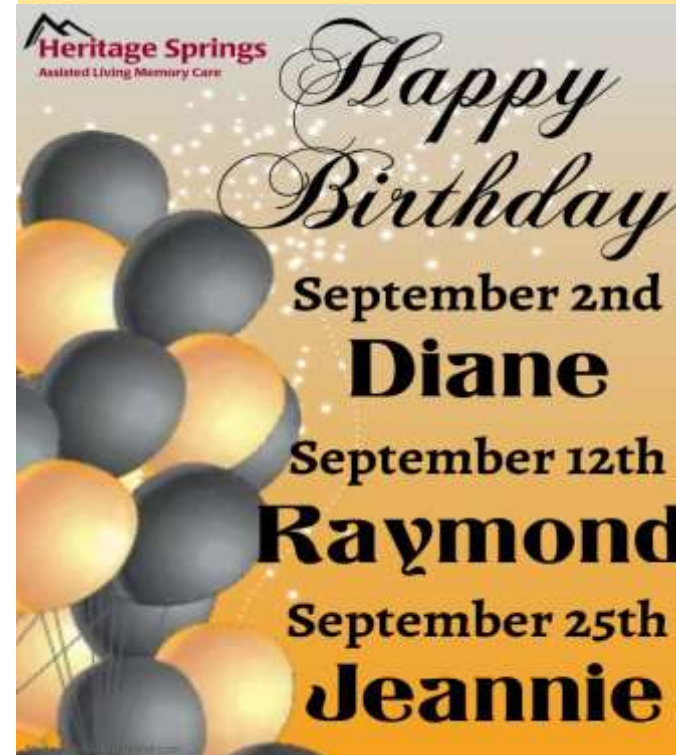


Cynthia Mandela
Edith Taylor
David Tooker
Nancy Borghoff

September gets its name from the latin word *septem*, which means "seven." It was the seventh month of the year until 153 BC. Around 44 BC, Julius Caesar reformed the calendar and made September the ninth month. The Anglo Saxons called the time *haligmonath* which translates to "holy month," because the harvest time was sacred to them. In Japan, September is called *kugatsu*, which means "long moon." The Anglo Saxons called it the *gerst monath*, meaning "barley month," because it was the month they harvested their barley crops.


Assisted Living Memory Care
www.HeritageSpringsSeniorLiving.com

Follow and like us on



The Difference Between Living and Living Well



Photos from Our Seven Day Cruise HAWAII DAY



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



HAVANA NIGHT

FRANK SINATRA & TONY BENNETT SONGS
BEST DRESSED CONTEST

FRIDAY, SEPT 13
5:00 PM

at the Dining Room

Please Dress Accordingly

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