



I'm January bringing you  
A year of days—all brand, brand new;  
I step upon the frosty ground.  
When chimes and sleighbells ring around;  
You welcome me and children sing,  
And joy comes into everything.  
I bring you love and lots of cheer,  
And work and friends for all the year.  
~ Annette Wynne

January 2025

# Cascades of Bremerton

Retirement Living ~ Ashley Gardens | The Cottage | The Willows



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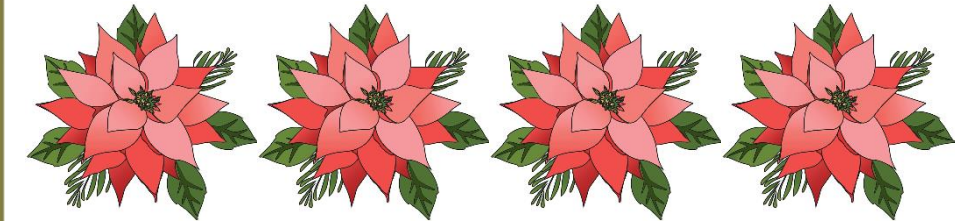
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## Good Friends Make Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit(s) applied toward their rent.

### How It Works

When a resident or family member refers a new potential resident\* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$4,000 credit applied to their base rent.

\*In order to qualify as a new potential resident, the person being referred must not already be on our contact list. To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry or tour.



For more information, please call  
**360-479-8522**  
3231 Pine Road NE | Bremerton, WA 98310  
[www.CascadesOfBremerton.com](http://www.CascadesOfBremerton.com)

RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE







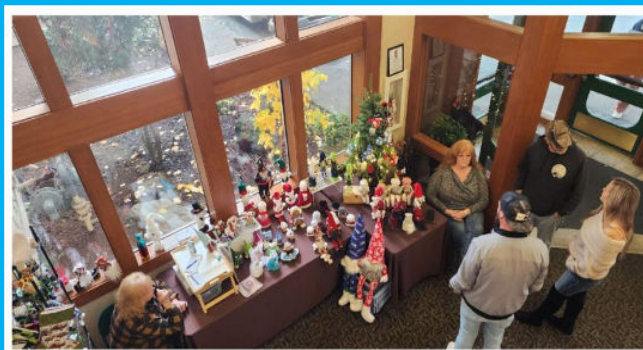
**BROTHER'S NURSERY**



**CRAFTS WITH STUDENTS**



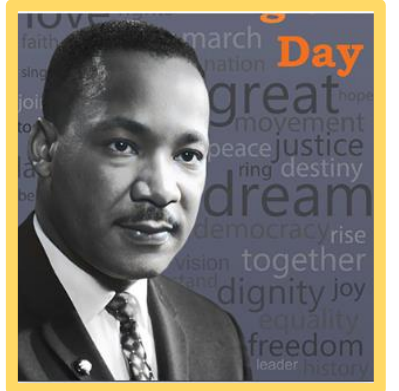
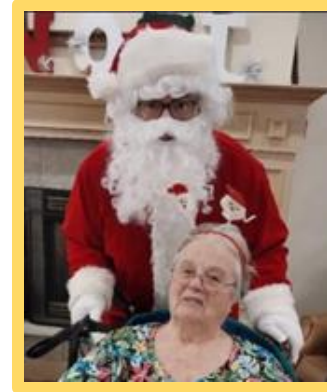
**THE GRINCH**



**HOLIDAY BAZAAR**



**THERAPY DOG VISITS**



**SOMETIMES SOMEONE  
WINS BIG AT THE CASINO!**



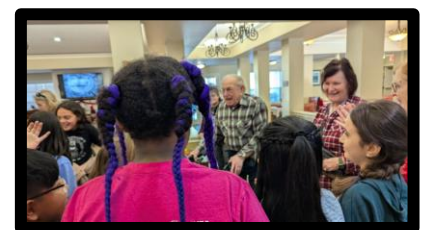
**HOLIDAY LIGHTS DRIVE**



**WICKED MATINEE**



**VISIT FROM ARMIN  
JAHR ELEMENTARY**



**CLINTON TURNS 94!**



Hey Friends,

The Cottage was filled with so many activities in December. Marshmallow Snowman & Hot Chocolate Social. Special Treat with the 3rd-5th Grade Choir from Pine Crest Elementary with Choir Director Mr. Coutier’s on Dec 14th brought happiness to all of Cascades of Bremerton. We had a Visit from the Grinch and were treated to Grinch Punch. The Grinch's heart grew so much as there was lots of laughter; he was asked to dance and received a marriage proposal. Our 4<sup>th</sup> & 5<sup>th</sup> grade Friends and Teacher Emily came to make wreaths with us and our Favorite Therapy dogs were here the same day! Christmas Carolers from Crossroads Community Church was an added Treat. Harmonica Ray performed too. Santa and his Elf arrived with gifts for all our residents. Santa Punch and peppermint Cookies were served. We are looking forward to our New Year 2025 here we Come.

Birthdays

Martha M	1/3
Russell M	1/3
Dorothy K	1/5
Larry W	1/5
Larry W	1/5
Mary B	1/7
Emma R	1/15
Emma R	1/15
Gayle C	1/17
George C	1/18
Lynne P	1/18
Karen C	1/19
Marilyn H	1/19
Wilma K	1/23
Marilyn P	1/25
Deanna F	1/31



# NEW YEAR, NEW ME!

## Discovering Wellness

Get ready to begin an exciting adventure into holistic well-being! Let's take the first steps toward living your best life—filled with vitality, joy, and purpose.

- EXPLORE THE SIX DIMENSIONS OF WELLNESS
- Together, we'll dive into the key aspects of wellness that create a balanced and fulfilling life:
- EMOTIONAL**  
Energize your body and embrace healthy habits.
  - SPIRITUAL**  
Discover peace and purpose within.
  - SOCIAL**  
Build meaningful relationships and feel the joy of community.
  - PHYSICAL**  
Energize your body and embrace healthy habits.
  - VOCATIONAL**  
Find fulfillment in your passions and daily activities.
  - INTELLECTUAL**  
Keep your brain sharp and curious.

- SET YOUR WELLNESS GOALS FOR 2024!
- This isn't just about learning—it's about **doing!**
- Work with us to create personalized goals that are fun and achievable.
  - Discover tips and tools to stay on track and make wellness a way of life.
  - Celebrate every milestone along the way!

DON'T MISS OUT!

Mark your calendars and join us for an engaging session.

LOCATION: Willows Game Lounge

DATE: 1/21/2024

TIME 10:00am

Join us and start your path to wellness today!