

April 2025

The Cascade Times

Cascades of Grass Valley | 415 Sierra College Dr. Grass Valley, CA 95945 | 530-272-8002



TO REQUEST TRANSPORTATION:
TUESDAYS & THURSDAYS
BY APPOINTMENT
PLEASE EMAIL STEPHANIE AT
STEPHANIEPA@CASCADELIVING.COM



LEADERSHIP TEAM

Haley Parker, LVN
Executive Director

Kristen Kendrick, LVN
Wellness Director

Angela Hammond
Community Relations Director

Alex Carson
Plant Ops Director

Annekin Ove
Dining Services Director

Stephanie Parker
Life Enrichment Director

Nicole Westervelt
Business Office Manager

CELEBRATING APRIL

Tai Chi with Homer
April 3rd-17th

Passover
April 12th-20th

Technology Time with Stephanie
April 7th

Catholic Mass with Father Davis & Brian Madigan
April 8th at 11am in Activity Room

Spring Wine & Design
4:30pm-6pm
April 10th

Dementia Support Group with Pepsi
at 2:30pm
April 10th

Spring Flowers Guided Craft
April 14th

Easter
April 20

Morning Manicures
April 7th & 21st

Heart & Sole Walking Club
See calendar for dates



CHOIR CALL!

ARE YOU INTERESTED?

Please join us for our first Cascades of Grass Valley Choir! We hope to ignite a love of singing and the performing arts in a collaborative and inclusive environment here in our community.



If you are interested in participating, please speak with Stephanie (L.E.D) for more information. Thank you!

WINE & DESIGN

THURSDAY, APRIL 10TH
4:30PM-6PM

PLEASE JOIN US AND OUR LOCAL PROFESSIONALS FOR AN EVENING WITH WINE, APPETIZERS & SPRING WREATH MAKING



APRIL BIRTHDAY'S

April born individuals have unique traits influenced by astrological signs. They exhibit leadership qualities, excel in investments, prioritize stability, promote well-being in relationships, benefit from brain-boosting diets, and enjoy adventurous travel experiences with a symbol of strength.

Residents

Jim B. – April 8th
 Judith R. – April 13th
 Keith S. – April 18th
 Bob T. – April 23rd
 Pearl L. – April 23rd

Employees

Dan

Care Associate & Med Tech
 – April 1st

Nicole

Business Office Manager
 – April 7th

Desiree

Care Associate, Med Tech & Hair Stylist
 – April 18th

HAPPY BIRTHDAY!!



EASTER HISTORY

The Origin of Easter

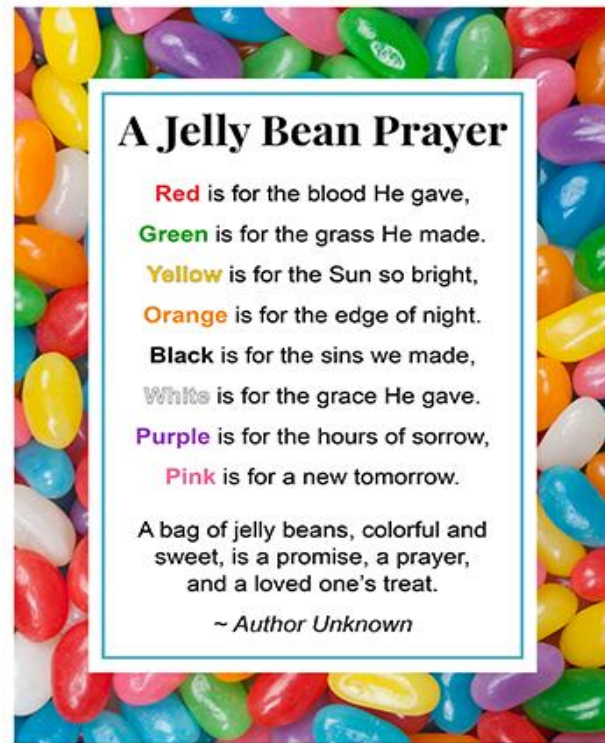
Easter originated as an ancient pagan celebration of the spring equinox. In Christianity, the day was dedicated to observing the resurrection of Jesus Christ, celebrated around the time of the Jewish Passover. As the Gospel of Christ spread, early Christians who did not participate in Jewish customs eventually merged their ceremonies with the pagan spring festival, recognizing Easter as “resurrection day.”

Modern Easter Traditions

Today’s Easter Traditions come from a blend of Christian themes and ancient pagan celebrations; though we tend to see more of the latter. Easter decorations such as eggs, bunnies, and sweets are all pre-Christian spring symbols.

Easter Eggs

One of the most recognizable symbols associated with Easter is the Easter egg. This symbol goes back to the Ancient Babylonians. They believed an egg fell from heaven into the Euphrates River, and “hatched” the goddess of fertility, Astarte (also known as Ashtur, Ishtar, and yes, Easter). Pagans exchanged eggs as gifts during their springtime festival. Today, eggs are painted in bright colors and used in the ever-popular Easter egg hunt, where they are hidden for children to find and collect.



RESIDENT SPOTLIGHT



Gale Wright

Gale has been a resident here in our community since 2019! Gale is helpful, welcoming and is always ready to take on each day with her positive attitude. Gale was an Elementary Teacher which shows through her uplifting personality and is an excellent singer that can carry a tune!

EMPLOYEE SPOTLIGHT



Nicole Westervelt

Nicole fell in love with senior living when she started as a Concierge in 2014. She became Business Office Manager in 2018 and took some family leave to welcome her son in 2021. She is extremely welcoming, helpful and is excellent at her job here at Cascades. We are truly grateful!

APRIL OUTINGS

Daily Donuts
 April 4th

Garden Center
 April 7th

Scenic Drive
 April 11th

Walk on Mill St.
 with lunch to follow
 April

Heart & Sole Walking Club
 at Condon Park
 April 18th

Lucchesi Vineyard & Winery
 April 21st

Garden Center
 April 25th

Grass Valley Museum
 and Cultural Center
 April 28th

SPRING

WORD SEARCH

A	F	L	Y	D	N	I	W	S	B	B	R	W	Q	M
R	X	S	F	C	O	V	O	L	U	L	J	W	U	S
E	T	I	K	D	J	S	U	O	T	N	O	K	F	E
Q	N	E	D	R	A	G	K	B	T	E	X	O	I	E
I	P	F	N	H	P	S	L	V	E	X	E	Z	M	D
D	C	C	U	I	H	M	Q	O	R	J	P	U	F	S
Y	E	U	X	K	H	T	P	S	F	E	S	L	L	X
E	J	S	U	G	U	S	P	V	L	O	O	M	A	V
B	R	E	V	C	L	N	N	S	T	Y	C	H	I	W
O	A	W	Y	A	M	P	J	U	E	T	P	T	E	Y
G	I	T	L	I	R	P	A	R	S	Z	Y	P	E	N
G	N	I	R	P	S	M	S	E	E	T	R	K	R	N
E	C	Z	M	R	A	W	N	E	B	E	F	A	X	U
V	T	T	P	N	O	B	X	H	J	H	G	U	M	B

APRIL
BLOOM
BUNNY
BUTTERFLY
FLOWERS

GARDEN
KITE
MAY
NEST
RAIN

SEEDS
SPRING
SUNSHINE
WARM
WINDY