

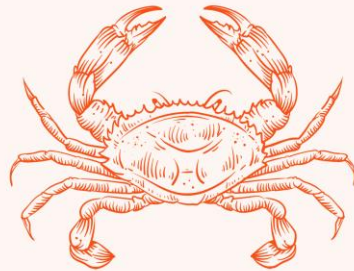
To Request Transportation:
Tuesdays & Thursdays
by appointment
Please Email Stephanie at
StephaniePa@cascadeliving.com

“LET THE GOOD TIMES
BOIL”

JULY 10TH AT 12 PM

\$15 PER GUEST

PLEASE RSVP BY JULY 6TH



JOIN US AS WE KICK OFF JULY WITH A SUMMER CRAB BOIL, WHOLE CRABS, CORN, POTATOES, SAUSAGE AND SHRIMP SERVED UP WITH CHEDDAR BAY BISCUITS, SWEET TEA, LEMONADE, AND KEY LIME PIE BARS.



Summer Support Group Series

for Families & Caregivers

Hosted by Pepsi Helmuth and Sierra Gold Community Senior Center.
Nurse and Community Educator at
Nevada County Dementia Support Group

Second Wednesdays
June 11 | July 9 | August 13
10:00 – 11:30 a.m.

Sierra Gold Community Senior Center.
231 Colfax Avenue | Grass Valley
Refreshments will be provided.

SPONSORED BY
Cascades
of Grass Valley

This summer series is free and open to the public. RSVPs not required. Please contact Angela for more information.
530-272-8002
AngelaH@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

4TH JULY
WORD SEARCH

J	h	o	i	d	a	y	f	f
u	s	t	r	i	p	e	s	a
l	t	i	y	h	r	k	t	m
y	s	t	a	r	s	r	l	i
f	o	u	r	t	h	n	i	w
n	a	t	i	o	n	d	h	y
b	a	r	b	e	c	u	e	z
h	a	m	b	u	r	g	e	r
f	r	e	e	d	o	m	s	m
z	c	r	a	c	k	e	r	e

July	freedom	nation	fireworks
stars	holiday	cracker	hamburger
stripes	family	fourth	barbecue



The Cascade Times

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



Celebrating July

Patriotic Wreath Making
July 1

Baking Club: Apple Turnovers
July 3

Fourth of July Parade
& Firework Show
July 4

Crab Boil
July 10

Afternoon Movie & Popcorn
July 14, 21 & 28

Resident Council/Activity
Committee
July 17

NorthStar Mining Museum
July 18

Happy Hour with Stepside
July 15

In N Out Burger
July 23

Watermelon Coaster Craft
July 28





Firework Show at Sierra College

Friday, July 4th
at 9pm



July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Those born July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious, reaching for the stars, working hard, and accomplishing their goals.

Resident

07/16 Evan Davis

07/19 Rosie Tappero

07/26 Lucy D'Angelo

07/29 Jennie Ingram

Staff

07/16 Alex Seck

07/21 Christy Kelly

07/27 Leah Croker

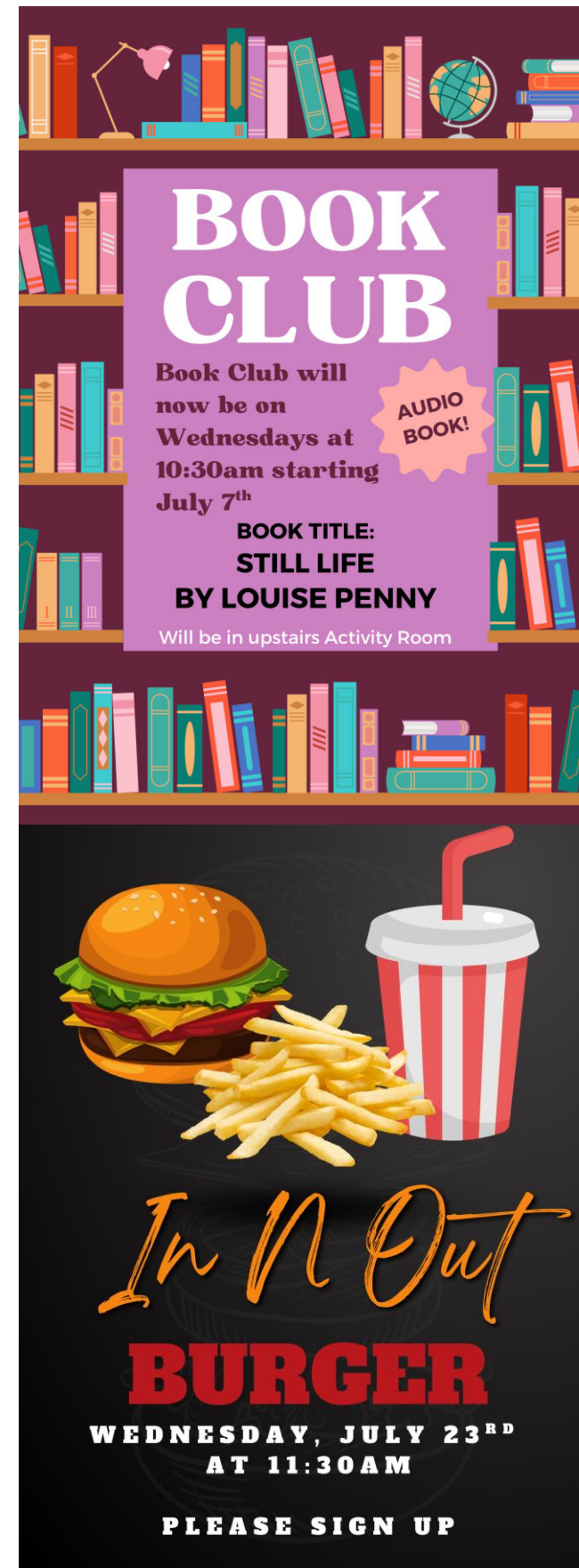
Hear Ye! Hear Ye!



July 14 is International Town Criers Day. In olden times, when much of the populace could not read and newspapers weren't

widely available, it was the job of the town crier to stand in the middle of town, ring his bell, and shout out the important news of the day. Town criers also shouted "Oyez! Oyez!"—the Anglo-Norman form of "Hear ye! Hear ye!"

Today, the sight of someone wearing a tricorn hat, a powdered wig, and a ruffled collar while ringing a brass bell and shouting the day's news might be strange. But some towns still carry on the tradition of town crying. The American Guild of Town Criers was founded on July 5, 1997, in Philadelphia, Pennsylvania. The North American Town Crier Championships, first held in Canada in 1983 and in the United States in 1991, have been held each year to promote "the ancient art of town crying." Though the position is ceremonial, town crying is a source of both pride and joy for many communities.



RESIDENT SPOTLIGHT



Ed Mitch

Ed grew up in Cut Bank, Montana outside of Blackfeet Indian Reservation. Ed started working at the young age of 10 as an International Harvester for a Manufacturing Company. He sold combines, trucks and farm utilities. Ed graduated high school in 1950 and then enlisted into the Navy at the start of the Korean War. When the war was over, Ed came home in 1955. During his time in the Navy, he learned all about hydraulics and applied his knowledge to his work.