Catch the Game, & CAST YOUR VOTE

2nd-Annual Chili Cook-Off Thursday, October 9 | 4 p.m. 415 Sierra College Drive | Grass Valley

where you'll tackle a lineup of savory chili and picking the champion that will take home the trophy for Best Chili.

Indulge, vote, and huddle up with neighbors as you savor every bite, celebrate community spirit, and enjoy the camaraderie of game day fun. This is your

Contact Angela to RSVP by October 7. 530-272-8002 AngelaH@cascadeliving.com



Connection, Community & Care

easy, but you don't have to do it alone. These supportive gatherings, led by dementia care specialist Pepsi Helmuth, offer both guidance and encouragement for caregivers, families, and anyone seeking a deeper understanding

to dementia, geriatrics, and palliative care,



530-272-8002

For more information, contact Angela. AngelaH@cascadeliving.com

Dementia Education

and Support Group

Hosted by Pepsi Helmuth of the Nevada

Wednesdays | 10:00 - 11:30 a.m.

October 8 | November 12 | December 10

Sierra Gold Community Senior Center 231 Colfax Avenue | Grass Valley

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

To Request Transportation:

Tuesdays & Thursdays by appointment Please Email Stephanie at StephaniePa@cascadeliving.com



October 2025

The Cascade Times

Cascades of Grass Valley | 415 Sierra College Dr. Grass Valley, CA 96945 | 530-272-8002

Celebrating October

October 1st **Community Roots**

Farmers Market MC

October 3rd

Bierwagen's Pumpkin Patch

October 7th

Wooden Ghost Stands **Guided Craft**

October 8th

3rd Annual Health Fair for Older Adults at Gold Miners Inn

> October 9th Chili Kick-Off

> October 10th

Lunch Bunch Outing Round Table Pizza

October 14th

Fall Fabric Pumpkin **Guided Craft**

October 17th Autumn Walk at Empire Mines

> October 24th Trunk or Treat

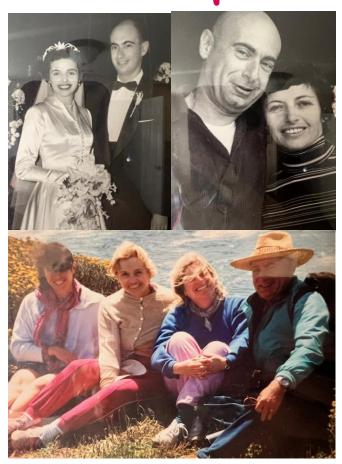
Steel Feathers Fitness

Every Monday, Wednesday & Friday 9:30am in Activity Room and Lodge Courtyard Learn more about it with Stephanie L.E.D



October 2025 October 2025

71 Years of Love



Henry & Lorraine Schrieber

September 5th, 2025 marked 71 years of marriage between Henry & Lorraine who met when Henry was 19 and Lorraine 18. They met while attending Cooper Union for the Advancement of Science & Art in Manhattan, NY. While Henry was taking a walk at school, he stumbled upon a beautiful young woman dancing in a big room all by herself. It was fascinating to him, captivating even. The two went on a date the next night and it was love at first sight for both.

After the couple graduated the same School, Henry & Lorraine traveld all over the world and even traveld by cruise ships which Lorraine worked as an art teacher on the ship. Henry worked as a mechanical engineer and joined the U.S Navy. This lovely couple raised two beautiful daughters Susan & July, which they are so proud of. Cheers to more years!

october birthdays

Residents

Howard 10/06
Gay 10/07
Anabell 10/10
George 10/14
Kathleen 10/18
Patti 10/19
Clyde 10/20
Ken 10/23

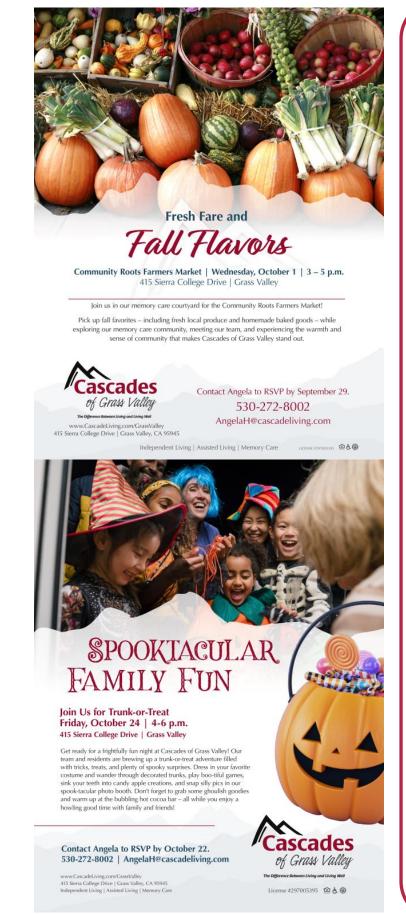
EMPLOYEES

Amanada 10/07 Deidra 10/20 Angela 10/27

WELCOME OUR NEW RESIDENTS!

MC Joan C. David F. Marion B. Joan B. BILL G.

<u>AL</u> Mary Lou A.



RESIDENT SPOTLIGHT



ROSalie Tappero

Rosalie (Rosie) Tappero was born and raised in Grass Valley. She taught first-grade classes at Bell Hill School for 35 years. She loves books and relished reading a good murder mystery or anything from Oprah's Book Club. She enjoys being outside and in nature. She likes to birdwatch. She was a tennis player and hiker and still loves taking walks. She loves to plant flowers and work in her yard. Pansies are one of her favorite flowers. She was a good cook and baker. Rosie loved watching Stephen Colbert and was always up for a good debate around a current political topic. She has always valued being a lifelong learner. She adores and loves her community of friends. She is a long-time member of Emmanuel Episcopal Church in Grass Valley—a volunteer on the Vestry, numerous committees, and the church choir. She is a person of strong Christian faith; she attended church weekly. She was married to Joe Tappero for over 40 years and was widowed in 2017. She has two children, Wendy Willoughby and Tina Hookom. Wendy lives locally with her husband, Matthew, and their two children, Olivia and Simone. Tina lives in Los Angeles with her husband, David, and their two children, Madeline and Juliette. She is a loving, devoted mother and grandmother—a mom who could make any place feel like home with her unconditional love. And is an optimist who sees the good in each person.