



900 W. Alpine Way
Shelton, WA 98584

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www.AlpineWayLiving.com



www.facebook.com/alpinewayliving

February Resident Birthdays

2/2 Yvonne M.

2/2 Candy C.

2/13 Margaret G.

2/18 Richard B.

2/22 Sheri P.

February Staff Birthdays

2/1 James C.

2/3 Mindy S.

2/3 Kelley F.

2/8 Lyndsey G.

2/8 Mark W.

2/10 Sue B.

2/11 Kadi S.

2/14 Shawn M.

2/14 Brooklyn D.

2/15 Travis W.

2/17 Ashley F.

2/27 Kim J.

2/28 Paul C.

Alpine Way

February 2026

Name of your community | Address | Phone number | Other information

Meet Our Team!

Executive Director

Trudy Hunter

TrudyH@casadeliving.com

Wellness Director

Laura Stevens

LauraS@casadeliving.com

Assistant Wellness Director

Savannah Thomas

SavannahT@casadeliving.com

Marketing Director

Cyndy Armitage

CyndyA@casadeliving.com

Business Office Manager

Maria Poulos

MariaP@casadeliving.com

Life Enrichment Director

Kimberly Butcher

KimberlyB@casadeliving.com

Environmental Director

Travis Wagner

TravisW@casadeliving.com

Plant Operations Director

Rod Davis

RodD@casadeliving.com

Dining Services Director

Donna Jorgenson

DonnaJ@casadeliving.com

Mardi Gras Krewes

Mardi Gras (also called Carnival) is a beloved tradition with deep ties in New Orleans, Louisiana. The holiday traces its roots back to medieval Europe and the French House of Bourbon. It involves a season of festivals, parades, dances, and revelry leading up to Mardi Gras day.

The beginning of the Mardi Gras season always starts on January 6, which is Epiphany or Three Kings Day in the Christian tradition. The day of Mardi Gras, also called Fat Tuesday, changes each year but always falls between February 3 and March 9. It is always 47 days before Easter, on the Tuesday before the Catholic holiday of Ash Wednesday, which is the first day of Lent, the six-week period of fasting and repentance that leads up to Easter. As Easter Sunday can be celebrated between March 23 and April 25, the length of the Mardi Gras season varies from year to year.

The first Mardi Gras celebrations in the United States go back to at least 1699 when French-Canadian explorer Jean Baptiste Le Moyne Sieur de Bienville established Pointe du Mardi Gras on land 60 miles south of New Orleans. Bienville founded multiple locales, including Fort Louis de la Mobile (now Mobile) in Alabama in 1702 and New Orleans, Louisiana, in 1718. The first known Mardi Gras festivities occurred in Fort Louis de la Mobile in 1703.

Early celebrations were not as full of revelry as today's festivities. Still, they did include feasting in preparation for the fasting (which often includes abstaining from meat) set to begin on Ash Wednesday. There were often parades as well, including the Beouf Gras Society parade, which marched with an enormous bull's head float for 150 years beginning in 1711.

The first Mardi Gras "secret society," which inspired the krewes that now hold parades, balls, and other yearly festivities, began in 1704. By the mid-1700s, Carnival season had fully taken hold in New Orleans with celebratory parades and society balls. Not until the late 1800s did the tradition of carnival parade "kings" throwing beads to onlookers begin—beads have since become an iconic feature of Mardi Gras celebrations.





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

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RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE



Introducing Our New Life Enrichment Director

We are happy to introduce you to Kimberly Butcher, our new Life Enrichment Director! Kim has been with Alpine for 3 years. Time and again she has proven herself to be a caring, dedicated, and highly creative member of our life enrichment team. Whether she is organizing our Lip Sync contests or working on Mardi Gras, she exemplifies enthusiasm. Join me in welcoming her to our leadership team in this new role!



**JOIN US FOR
ZUMBA
Fitness Class!**



**EVERY Tuesday &
every other Thursday**

9:15 AM in the DOGWOOD

**Zumba is a dance-based fitness program
that combines dance styles with
easy-to-follow choreography**

**We will be getting
NEW
FURNITURE
SOON**



We will keep you updated as we learn exact timing. We apologize for any inconvenience this may cause you.

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