



The Difference Between Living and Living Well

400 Gilkey Road
Burlington, WA 98233
360-755-5550

www.CreeksideCCC.com

Management Team:

Catherine Bowman-Executive Director
Josie Summerlin-Associate Executive Director
Sandy Sekhon- Wellness Director
Nikki Welch-Associate Wellness Director
Deja Mancia-Resident Services Director
Eli Johnson-Dining Services Director
Daniel Lteif-Associate Dining Services Director
Kim Smith-Business Office Manager
Marcus Oliver -Plant Operations Director
Jaime Esquivel-Environmental Services Director
Dawn McComas-Marketing Director
Melissa White-Community Relations Director
Crystal Diemert-Life Enrichment/EverFit Director

We embrace the concept of living well through maximizing each individual's potential across the six areas of wellness:

Physical
Intellectual
Spiritual

Emotional
Vocational
Social

Electronic Service Requested

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BURLINGTON
WA 98233
PERMIT NO. 4

February Birthdays

- 2/04 Kathy S.
- 2/05 Vic S.
- 2/10 Bryan C.
- 2/13 Gerry C.
- 2/16 Ted K.
- 2/16 Judy H.
- 2/17 Ed B.
- 2/17 Marie C.
- 2/18 Gail Y.
- 2/24 Sharon S.



In astrology, those born February 1–18 are Aquarian Water Bearers.

Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures.

As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.



Creekside Chronicle

Independent Living • Assisted Living • Memory Care

February 2026

All About Hearing

2nd Thursday
of each month
At 2:15pm

Foot Care Clinic

1st Wednesday
of the month
By appointment
Sign Up North Lobby

Vitals Clinic

1st Tuesday
of each month
at the Wellness Center

Star Beauty Salon

Wednesdays by
appointment
360-424-4816

February has a gentle way of reminding us how meaningful love can be - with cheerful touches of red and pink, fond thoughts of Cupid, and the simple pleasure of sharing a sweet treat.

In our community, love shows itself in so many wonderful ways: through lasting friendships, thoughtful conversations, helping hands, and shared laughter. This month gives us a lovely opportunity to enjoy special gatherings, savor good meals together, and reflect on the stories and memories that have shaped our lives.

As we move through February, let's take time to connect, to appreciate one another, and to enjoy the small, heartfelt moments that make each day brighter. Wishing you comfort, companionship, and plenty of love - this month and always.



Crystal Diemert



Life Enrichment

Creekside iTech: 2/25/2026
3pm Theatre Room

Discover your iPad, iPhone and iWatch with Anna Mack Anna MacKinnon's journey with Apple Computer products began in 1984 at UC Santa Barbara, coinciding with the launch of the first Macintosh. Over the past four decades, she has built a diverse career across various corporate environments, all while passionately using and training on Apple platforms from MacBooks to iPhones, iPads and of course Apple Watches. Today, Anna continues to harness the power of Apple products as a storyteller, writer, videographer, and social media creator in the construction industry. She is enthusiastic about sharing the capabilities of these devices with others eager to learn. Join us for a 90 minute session here at Creekside — the first visit in a monthly series. Requirements: Class size is limited to 6 people as this is a small group. hands-on interaction learning environment. You must bring at least one personal tech device either an iPhone, iPad or iWatch to the session.

A Word from our Departments

Marketing/Community Relations:

Good Friends Make Good Neighbors Program

When a Creekside resident refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.

Veterans



Veteran's Breakfast

Every last Tuesday of the month at 8:30am in the bistro.

Next one is on February 24th.

Sign Up at the North Lobby if you are interested in going to the show "Oklahoma" at the McIntyre Theatre March 1st outing. Tickets must be purchased or billed. To resident. Senior tickets are \$27.00

The Lodge— Memory Care



Wednesday 2/4/2026

Live guitar music with Steve Ellis at 2:30pm in the Lodge Dining Room

Sing Along with Gerry & Friends on 2nd and 4th **Tuesday of the month** at 3pm in the Activity Room 2/10 & 2/24

Join us for scenic drives **Thursday** mornings at 9:30am

Family Support Group for Memory Care for family and friends
All welcome at 2pm in the Theatre Room on the 2nd floor
Next one on Friday, 2/27/2026

Happy Birthday!

Camille C. 2/05

Randy M. 2/16

