



Newsletter

February 2026

Super Bowl Sunday

Cascades of Stayton has many great events coming to our community. Superbowl party, February 8th, we will start the afternoon off with tailgate snacks. This way everyone can have some great football snacks to watch the game.



January Employee of the Month

Congratulations to Maria for being our employee of the month for November. Thank you, the great care, you give our residents.
From all of us at Cascades of Stayton.

Busy Needles

Do you crochet, knit, sew or do needle point. Would you like to get with others to share your projects, fellowship and fun. Busy Needles is a place to do this. Check the calendar for the meeting times.

Resident of the Month



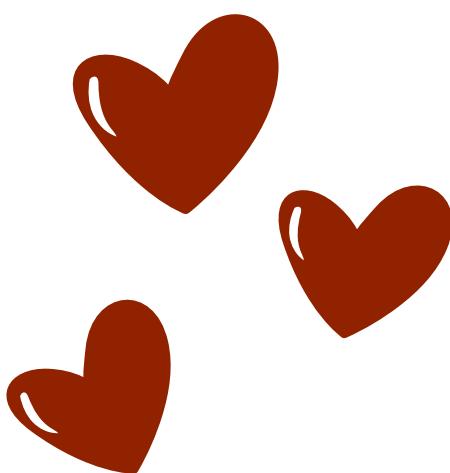
Congratulations to Roger for being our, Resident of the Month. Roger is always willing to help with our "Kitchen Kookin" activity. Willing to teach us new ways to cook.
Thank you, Roger, from all of us at Cascades of Stayton

Valentine's Day

We will be celebrating Valentine's Day on February 11th, With a delicious lunch, then at 1pm Rowdy and the Rumbler will be here to perform for us. We will be having a wonderful dessert table for everyone's enjoyment.

Kitchen Kookin'

New to our calendar is Kitchen Time, each month will be a different theme. February we are going to tour Italian food; cooking class starts at 1pm. Tastings will be later in the day at 3pm. Everyone is encouraged to come to cook, learn and taste the food.



MORE ABOUT US

February Birthday's

Happy Birthday to you, Happy Birthday to you, Happy Birthday Dear.....



Penny K. Feb. 3rd
Lucky S. Feb. 4th
Nevada S. Feb. 5th
Pearl B. Feb. 10th
Roger O. Feb 23rd



Happy Birthday to you!

New Activities

Explore history together, craft a community scrapbook of memories, and create your own personal pages. We're also adding gentle stretching sessions for simple, low-impact activity. Wii games will also be lead by the Life Enrichment Team. Wii games are great that anyone can do.

New Shopping Days

Starting in February, our shopping days will be on Friday afternoons.

Please make sure you sign up at the Front Desk, just ask for the Activity Book. At the beginning of each month the bus trip sign-up sheets will be in the book. If the list is already full, please add your name to the waiting list. New this month we will be going to St. Vincent thrift store.

Mardi Gras Social

Enjoy Kings cake, lively tunes, by the Singing Sparrow and good company.



OUR STAFF

Alma Quesada- Executive Director
Piper Freres- Business Office Manager
George Curtis-Planet Operations Director
Carrie Derrick-Community Relations Director
Stephanie Barrett-Wellness Director
Belinda Vanzandt-Dining Service Director
Kara Childress-Life Enrichment Director

Garden Club

One the calendar is garden club meeting. Let us get a jump start on planning the garden. Spring is just around the corner.

