

April Birthdays

- 4/01 Chuck C.
- 4/02 Annie W.
- 4/03 Sue T.
- 4/04 Chet B.
- 4/04 Dan C.
- 4/05 Jim E.
- 4/06 Kit H.
- 4/09 Betty D.
- 4/10 Joanne B.
- 4/15 Judy W.
- 4/16 David A.
- 4/16 Barbara J.
- 4/27 Mary P.
- 4/27 Sally R. "102"



Management Team:

- Catherine Bowman**-Executive Director
- Josie Summerlin**-Associate Executive Director
- Sandy Sekhon**- Wellness Director
- Nikki Welch**-Associate Wellness Director
- Rickianna Lopez**-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:

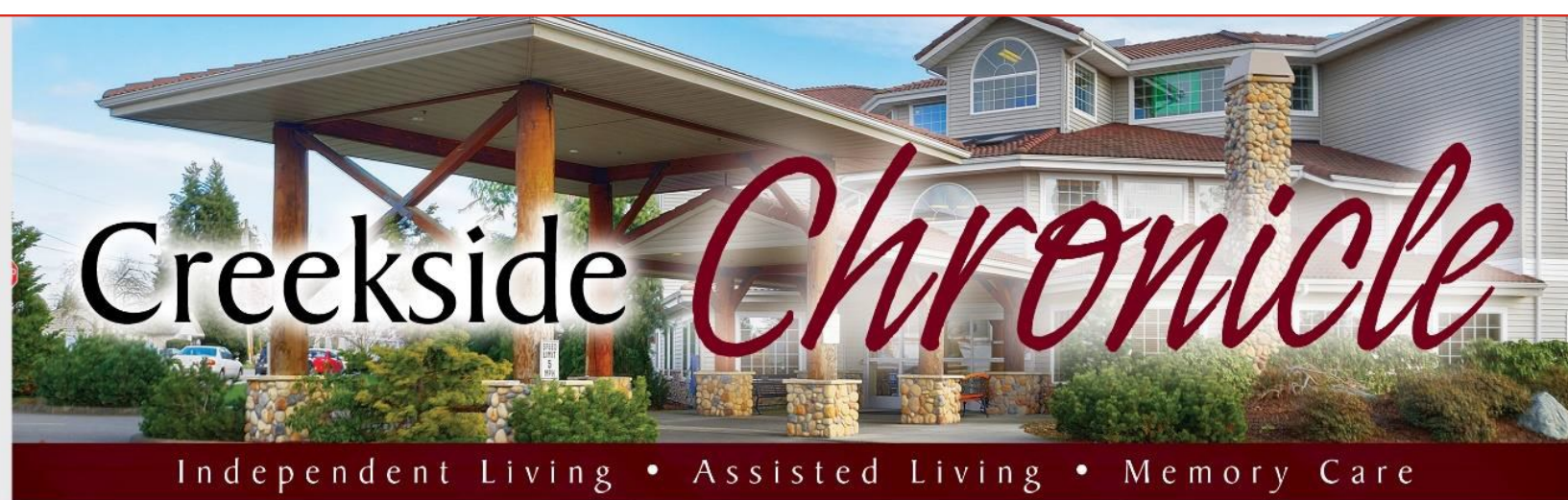
- | | |
|--------------|------------|
| Physical | Emotional |
| Intellectual | Vocational |
| Spiritual | Social |

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.



Hello Residents, Families and Friends

Welcome to April! This month has long been associated with renewal, progress, and remarkable moments in history. April has witnessed groundbreaking achievements - from the launch of the first human spaceflight in 1961 to significant milestones in literature, science, and civil rights movements across the globe. It's a month that reminds us how perseverance and curiosity can lead to extraordinary accomplishments.

As we turn the page to a new chapter, let us reflect on the wisdom gained through experience and the joy that comes from sharing stories, laughter, and memories. Each month offers a new opportunity to learn something fascinating and to appreciate how far humanity -and each of us -has come.

Here's to a month filled with discovery, connection, and uplifting moments.

Warmly,
Crystal Diemert

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

← Life Enrichment →

Knitting/Crocheting/Sewing Meeting

Friday 4/3 at 1:30pm Eagle's Nest

Come share your ideas, projects and meet others with like minded hobbies.



Easter Dinner Buffet

Thursday 4/2 4pm-6:30pm

Menu

Ham, Pot Roast

Honey Glazed Carrots

Cucumber Salad

Lobster Pasta Salad

Potato Casserole

Carrot Cake Bars

Lemon Meringue Pie

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.

Veteran's Breakfast

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

Next one is on April 28th.



The Lodge— Memory Care



Wednesday 4/1/2026

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

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

It's Tulip Season! Join us for scenic drives **Thursday** mornings at 9:30am. & **Monday** at 1:30pm 4/13 & 4/27

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, 4/24/2026

April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus** Birthstone: **Diamond** Flower: **Daisy & Sweet Pea**

4/25 Happy Birthday Judy M.!