

March 2026

# Cascades of Sugarland

Cascades of Sugarland Ridge | 1551 Sugarland Drive Sheridan, WY. 82801 | 307-674-5574



## What's happening in March

### Upcoming Elevator Upgrade

Residents and families, this is a friendly reminder that our elevator will be undergoing an upgrade beginning March 17 and continuing through the middle of April. We appreciate your patience during this important improvement. If you have any questions, please call or email Vanessa at

[VanessaW@CascadeLiving.com](mailto:VanessaW@CascadeLiving.com).

### Friends & Family Dinner

Our Friends & Family dinner will be on March 11<sup>th</sup> at 5pm. Guests are \$5 per non-resident and kids 10 under are free.

We will be serving corned beef & cabbage, polish sausage, red parsley potatoes, roasted carrots and a luck of the Irish brownie.



Our Valentine's Day Party was full of joy, music, and celebration as our residents gathered to vote for this year's Royal Court. For the first time, we expanded the tradition to include not only a King and Queen but also a Duke and Duchess. The local favorite band, The Sudan's, kept the room lively, and residents filled the dance floor from start to finish. Congratulations to our King-Tom W., Queen-Mary P., Duke-Dick K., and Duchess-Carol H., all chosen by resident votes and cheered on by friends and family.





Everyone had such a wonderful time at our Valentine's Day party, filling the room with laughter, music, and plenty of sweet treats. The tables were lined with goodies, and the chocolate-covered strawberries disappeared almost as quickly as they were set out.



George and Doris shared a beautiful moment at our Valentine's Day party on 2/13 as we celebrated their incredible 70th anniversary. We all gathered around them, smiling as the room filled with warmth and applause. We all joined together in song, wishing them a heartfelt happy anniversary.



Mary W., Peggy D., Shirley J. & her guest having a great time listening to the music.



Doloris H. & Bill H.'s daughter, Diana, were dancing & listening to the music.



Bill H. & Marvis R. sat together as they soaked up the lively music and partied.



Judy S. & Fran C. were having such a great time they even stood up and began to dance along to the music!



Judy S. was very pleased with her teacup.

Our craft activity this past month was a whimsical floating teacup design. Each resident used a teacup, saucer, and a cascade of flowers to create the illusion of a cup magically pouring blooms into midair. They all turned out so adorable.



Our afternoon walk was a refreshing break in the sunshine. Galen W., Joyce E., Coralie S. & Judy S. enjoying the warm sun & blue sky.



Carol H., Jane T., Dixie F., Darlene A. & Janice S. showing off their beautiful floating teacups.



Gerhard had a great time bowling, while everyone cheered him on to get a strike.



## March Birthdays

In astrology, those born between March 1–20 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.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

Marvis R. 3/4

Dokken M. (C.N.A) 3/4

Pat H. 3/8

Doris R. 3/11

Reta O. 3/15

Issac M. 3/19

Lucille K. 3/22

Mayra P. 3/22

Karen S. 3/24

Judi P. 3/29

Dixie F. 3/30



Our painting activity was a simple pink daisy, focusing on bold petals and bright color. Their paintings turned out beautifully, each pink daisy bright, clear, and full of personality.



Jane T. is showing her painting to Barbara C, our new concierge, as she helps during our painting.

Ed H. takes his best shot for a whole in one.



Glenna C. on her birthday, Feb. 13 wearing a fluffy pink boa & a terra.

Darlene A. absolutely adored how her pink daisy turned out.



Janice S. loved her bright pink flower. They all turned out so cute.

We had lots of laughs playing our new golf game, with everyone taking turns and celebrating each good shot.



Carol H. & Peggy D. both take their shot at the new golf game.

