

July 2026

Garden's Gazette

[Ashley Gardens of Mt. Vernon | 3807 E. College Way, Mt Vernon WA 98273 | 360-419-9422]



Leadership Team

Catherine Bowman, LPN
Senior Executive Director

CatherineB@cascadeliving.com

Melissa Wold, LPN
Associate Executive Director

MelissaSn@cascadeliving.com

Angel Cortazar
Plant ops Director

AngelC@casecadeliving.com

Angelique Lowe
Business Office Manager

AngeliqueL@cascadeliving.com

Sheri Edwards
Dining Services Director

SheriL@cascadeliving.com

Lissa Sterbentz
Community Relations Director

Lissas@cascadeliving.com

Kimberly Kendall
Life Enrichment Director

KimberlyKe@casecadeliving.com



Hear ye, hear ye! We're revisiting Colonial times and the road to independence this July. In honor of the 250th anniversary of the adoption of the Declaration of Independence in 1776 ([Jul. 4](#)), we celebrate patriots, powdered wigs, bustling colonial towns, and candlelit kitchens. We're bringing Colonial spirit to life this month.

4th of July Party!

Join us as we celebrate America's **250th Anniversary** with a festive 4th of July BBQ on **Friday, July 3rd** at **12:00 p.m.** Lunch will be served in **all houses**.

We'll be enjoying **hot dogs, hamburgers, baked beans, chips, and angel food cake for dessert!** We would love for you to spend this special celebration with your loved one and our community.

Please RSVP with Kim, LED, so we can be sure to have plenty of food for everyone.

We look forward to celebrating with you!

Watermelon Social

Nothing says summer quite like a juicy slice of watermelon! As the weather warms up, it's so important to stay hydrated—and what better way to do that than with one of summer's sweetest treats?

We invite you to join us for our **Watermelon Social** on **Friday, July 10th** for an afternoon filled with refreshing watermelon, smiles, and summertime fun!

🍉 **C/D House:** 1:30 p.m.

🍉 **A/B House:** 2:30 p.m.

Come enjoy a cool, refreshing treat while making sweet summer memories with your loved one. We can't wait to celebrate the season with you!



River front Park Picnic outing!

Pack your smiles and join us for a relaxing summer picnic at **Riverfront Park** on **Wednesday, July 29th!** We will be departing from the community at **10:30 a.m.**

Our residents will enjoy a picnic lunch at the park, and we are happy to provide a **sack lunch for family members** who would like to join us as well.

If you would like to attend this outing with your loved one, **please RSVP with Kim, LED**, so we can ensure your loved one has a seat on the bus and prepare enough lunches for everyone.

Please note that bus seating is limited. To give all of our residents the opportunity to enjoy community outings, we rotate attendance from trip to trip. We truly appreciate your understanding and support as we work to provide these experiences for everyone.

We hope you'll join us for a wonderful day of fresh air, good food, and great company!

Happy Hour!

Join us for Happy Hour on Friday, July 17th, where we'll be serving chicken tacos and chips! We'll even be using fresh cilantro picked from our garden to make them extra delicious.

Families are welcome to join their loved ones for this fun afternoon!

- C/D House: 1:30 PM
- A/B House: 2:30 PM

Please RSVP with Kim so we can make sure we have enough food for everyone.

We look forward to seeing you there!



Root beer Float Social!

Last month's Root Beer Float Social was a blast—but thanks to the rainy weather, we had to enjoy our floats **inside** instead of soaking up the sunshine! ☁️ ➡️ 🏠

We're ready to give it another try and are hoping Mother Nature is on our side this time! Join us on **Friday, July 31st** for another afternoon of delicious root beer floats, laughter, and summer fun.

1:30pm C/D house

2:30pm A/B house

Here's to blue skies, sunshine, and enjoying our floats outdoors (if the weather cooperates)! We hope you'll come join us and make some sweet summer memories with your loved one.

July Birthdays!

Lynda G(resident).....7/5

Bill G(resident).....7/20

Jody(resident).....7/22

