

To Request Transportation:

Tuesdays & Thursdays

by appointment only

Please email us at:

cascaderesidentsappt@gmail.com

Elderly Outings

by Molly Peck

Contact:(970) 222-2172

Lovelifenow@myyahoo.com

Website:

ncelderlyoutings.com

Fill in the blanks so that each row, column, and each of the nine 3x3 grids contain one instance of each of the numbers1 through 9.

Sudoku #1631 (Easy)

			6					
	9			4		1		
	6	7		3		8	5	
5				8		7		
1		3						
	4							2
	8		2	9		4		
				4				1
3								

July Birthdays

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 are Leo’s Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo’s mascot. Whether it’s in Hollywood or in the home, Leos accomplish their goals.

Residents

Jo Desoto- 7/26
Pam Sufleski 7/21
Pat Curiale 7/10
Evan Dais 7/06

Staff

Lia S -7/1
Haley S -7/11
Alex S- 7/16
Christy K 7/21
Kiersten M 7/22

Name: _____

Grandparents Day
Word Search

K	Y	H	Y	U	G	R	A	N	D	P	A	N	I	D	Z	W
E	H	T	U	P	R	J	O	W	G	R	A	N	N	Y	E	T
R	E	O	F	O	R	G	E	T	M	E	N	O	T	D	R	Y
M	X	X	I	N	F	O	R	M	A	T	I	O	N	K	S	Z
D	C	G	X	H	E	R	I	T	A	G	E	Y	L	G	P	J
B	Y	A	S	A	M	X	D	Z	M	L	G	G	N	O	M	K
A	M	T	W	P	Z	J	Z	D	T	Q	R	J	B	M	C	Z
K	R	J	L	P	G	H	Z	M	M	J	U	E	F	Z	G	I
I	N	G	N	R	A	M	W	H	A	H	Y	Z	P	R	X	D
J	Z	R	Q	E	U	F	E	W	G	M	O	R	V	P	N	S
P	A	B	G	C	L	V	Q	O	I	I	M	F	F	M	A	C
U	Y	U	R	I	D	J	F	G	B	W	S	A	B	E	X	O
J	Z	U	A	A	G	U	I	D	A	N	C	E	E	M	C	O
E	E	P	N	T	C	N	J	P	I	P	P	V	D	O	G	K
O	S	E	D	I	A	G	T	Z	E	U	E	O	A	R	B	I
A	T	E	M	O	D	U	T	R	R	K	L	C	O	I	E	E
P	O	P	A	N	Q	A	D	G	K	X	X	U	O	E	N	S
I	R	A	B	X	B	S	T	R	E	N	G	T	H	S	G	M
M	I	W	N	B	S	H	T	B	M	L	V	J	M	H	M	T
R	E	C	C	V	O	F	A	M	I	L	Y	Y	D	C	Q	T
J	S	K	M	L	Y	C	H	I	L	D	R	E	N	T	K	T
K	P	Q	V	R	P	O	X	Q	B	R	W	B	S	P	X	G



FORGET-ME-NOT
APPRECIATION
INFORMATION
CHILDREN
GUIDANCE

HERITAGE
MEMORIES
STRENGTH
COOKIES
GRANDMA

GRANDPA
STORIES
FAMILY
GRANNY
PEEPAW



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Novice

Cascades Times

Cascades of Grass Valley | 415 Sierra College Drive | 530-272-8002
LIC # 292700563



Celebrating July

Cell Phone Courtesy Month

Parks and Recreation Month

Family Golf Month

Canada Day
July 1

World UFO Day
July 2

Independence Day (U.S.)
July 4

Blueberry Day
July 8

Tattoo Day
July 17

Nelson Mandela
International Day
July 18

Tell an Old Joke Day
July 24

Paperback Book Day
July 30



The Legacy of Grandparents

Grandparents hold a special place in our hearts, families, and communities. They are storytellers, teachers, mentors, and friends who help connect generations through their wisdom and life experiences. Grandparents Day, celebrated this year on July 26, is a time to honor the love, guidance, and lasting impact grandparents have on the lives of their families.

Throughout history, grandparents have played an important role in preserving traditions, sharing family stories, and passing down valuable lessons. From teaching practical skills to offering words of encouragement during difficult times, they provide a sense of stability and support that strengthens families and communities alike.

Many grandparents have witnessed remarkable changes throughout their lives. They have lived through different eras, adapted to new technologies, overcome challenges, and celebrated countless milestones. Their experiences provide a unique perspective that younger generations can learn from and appreciate. Whether they are sharing memories from childhood, offering advice, or simply lending a listening ear, grandparents help keep family history alive.

The holiday itself was established to recognize the important contributions grandparents make every day. Beyond gifts and celebrations, Grandparents Day encourages families to spend meaningful time together and express gratitude for the love and care grandparents provide. Simple acts such as sharing a meal, looking through old photographs, listening to family stories, or making a phone call can create lasting memories and strengthen family bonds. As we celebrate Grandparents Day, we honor the remarkable individuals who have helped shape our lives and thank them for the legacy of love, wisdom, and compassion they continue to share every day.

Redefining Beauty

Everybody knows we should respect our elders, but it’s just as important to recognize their beauty—on their own terms. That’s the spirit behind Gorgeous Grandma Day on July 23. Today, the idea of “aging beautifully” looks a little different than it once did. It’s less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you’ll find grandmothers with large followings who share style, skincare, and lifestyle tips—not to turn back the clock but to feel good in the skin they’re in. Some embrace gray hair, others bold fashion, others a bare face. There’s no single formula anymore.

Even in industries once dominated by youth, older women are claiming space and redefining what beauty looks like. They’re not “still beautiful despite their age”—they’re just beautiful. The message has shifted from resisting age to standing comfortably within it. And that confidence?

Happy Hour: Every Friday

July 3rd – 3:00pm Happy Hour with Cowboy Curt

July 10th- 3:00pm Happy Hour with Nashaya

July 17th- Happy Hour with Ricardo

July 24th – Happy Hour with Krina

July 31st – Happy Hour with Juliet





Cascades of Grass Valley
The Difference Between Living and Living Well

PUT ON YOUR BIBS & Get Ready to Crack

Join Us at Annekin's Crab Shack

Friday, July 17 | 12 p.m. \$18 per Person
415 Sierra College Drive | Grass Valley

Join us for a classic, messy, and marvelously delicious afternoon featuring a traditional crab boil by our very own dietary manager, Annekin.

We're covering the tables in newspaper, breaking out the bibs and crackers, and serving up the good stuff: fresh crab, shrimp, sweet corn, red potatoes, and savory sausage. Come soak up the summer vibes, enjoy great company, and dive into a feast!

Contact Angela to RSVP by July 14.
530-272-8002 | AngelaH@cascadeliving.com

Independent Living | Assisted Living | Memory Care
www.Cascadeliving.com/GrassValley
415 Sierra College Drive | Grass Valley, CA 95945
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JOIN US FOR AN

OUTING

TO THE

SACRAMENTO Zoo

ENJOY A DAY OF WONDER,
NATURE & GOOD COMPANY



DATE
WEDNESDAY
JULY 1ST



DEPARTURE
LEAVING AT
8:30 AM



LUNCH
SACK LUNCH
AND WATER
WILL BE PROVIDED
THROUGHOUT THE DAY

Sign up in the lobby

SPACES ARE LIMITED.
RESERVE YOUR SPOT TODAY!

DISCOVER. CONNECT. ENJOY.



Beat the July Heat!

July brings sunshine, longer days, and warmer temps- but it also means it’s important to take extra precautions to stay safe in the heat. Older adults can be more sensitive to high temperatures, making hydration and sun protection especially important.

When spending time outdoors, be sure to drink plenty of water throughout the day, even if you don’t feel thirsty. Wear lightweight, light- colored clothing, and a wide brimmed hat, and sunscreen to protect your skin from harmful UV rays.

It is also important to recognize the signs of dehydration. Watch for symptoms, such as an increased thirst, dry mouth, headache, dizziness, fatigue, confusion, dark-colored urine, and decreased urination. If you notice any of these symptoms, please report to the Wellness Department.

Let’s enjoy all that summer has to offer while staying cool, hydrated and protected!

HALEY'S BOOK CLUB

Good Books. Great Company. Memories to share.

Our Next Read:

The Nightingale
By Kristen Hannah

France, 1940. As war grips the nation, two sisters make courageous choices that will change their lives forever. A powerful story of resilience, sacrifice, and the unbreakable spirit of women.



Books are available with Audrey, in the activity room

JULY 7TH AND JULY 14TH
NEW READERS, NEW PERSPECTIVES, GREAT DISCUSSIONS