

Elderly Outings by Molly Peck
Contact: 970-222-2172
lovelifenow@myyahoo.com
Website: ncelderlyoutings.com

**Nevada County Connects
“Golden Ticket”**

The Golden Ticket is a Lifetime Pass for seniors aged 80 and over. The Golden Ticket will provide the pass holder with unlimited free rides on all Nevada County Connects routes (1–7) for the pass holder's lifetime. Eligibility is open to all Nevada County seniors with proof of age (valid California ID card or Driver's License). Contact: 530-265-3202 Website: Fares and Passes | Nevada County, CA

September Birthday Bash
Come celebrate with us as we honor seven wonderful residents with September birthdays at our Monthly Birthday Bash!

Tuesday, September 8th
2:00-4:00pm
Activity Room – Upstairs

This month, we're having fun with Birthday Karaoke! Join us for an afternoon filled with favorite songs, birthday cake, cards, music, laughter, and plenty of time to celebrate together.

Whether you want to grab the microphone and sing along, cheer on your neighbors, or simply enjoy the festivities, everyone is welcome to join the fun! Friends and family are warmly invited to attend as we celebrate our September birthday residents and make their special month one to remember.

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

Boxcar Willie (singer) – September 1, 1931
Bob Newhart (actor) – September 5, 1929
Jane Curtin (actress) – September 6, 1947
Otis Redding (singer) – September 9, 1941
Agatha Christie (writer) – September 15, 1890
Sophia Loren (actress) – September 20, 1934
Jim Henson (puppeteer) – September 24, 1936
Jack LaLanne (health guru) – September 26, 1914
Gene Autry (singer) – September 29, 1907
Buddy Rich (drummer) – September 30, 1917

September Birthdays

Residents:
Anita 9/12
Jim 9/3
Sue 9/14
Phyllis 9/19
Jean 9/15
Jackie 9/27
Dave 9/20



Employees:
Jason 9/10
Bridgette 9/2
Ashley 9/19
Delila 9/17
Hailey 9/29

Cascades Times

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

Celebrating September

Classical Music Month

Self-Improvement Month

Courtesy Month

Newspaper Carrier Day
September 4

World Beard Day
September 5

Labor Day (U.S.)
September 7

Chocolate Milkshake Day
September 12

Line Dance Week
September 14–19

International Day of Democracy
September 15

Fall Equinox
September 22

Love Note Day
September 26

Coffee Day
September 29





Resident Spotlight



Lorraine was born in Brooklyn, New York, and spent much of her life sharing her creativity as an art teacher, including teaching aboard cruise ships and through adult education. She has been married to her husband, Henry, for 71 years and enjoys art, travel, scenic drives, museums, movies, dancing, shopping, special events, and spending time with others.

The History of Labor Day

Labor Day is celebrated on the **first Monday of September** as a way to recognize the contributions and achievements of American workers. The holiday grew out of the labor movement of the late 1800s, when many Americans worked long hours—often **12-hour days, seven days a week**—in difficult and sometimes unsafe working conditions.

The **first Labor Day celebration was held on September 5, 1882, in New York City**, where thousands of workers participated in a parade organized by labor groups. Over the next several years, more cities and states began recognizing the holiday. In **1894, President Grover Cleveland signed legislation making Labor Day a federal holiday.**

Today, Labor Day is both a celebration of American workers and the unofficial farewell to summer. Families often mark the long weekend with picnics, barbecues, outdoor gatherings, travel, and time spent with friends and loved ones.

Remembering Dolly Parton — An American Icon



This September, we celebrate the remarkable life and legacy of **Dolly Parton**, a beloved singer, songwriter, actress, philanthropist, and true American icon. With her unforgettable music, wonderful sense of humor, generous heart, and one-of-a-kind personality, Dolly brought joy to generations of people around the world.

Beyond the stage and screen, Dolly was known for giving back—especially through her **Imagination Library**, which has provided millions of books to children and families. Her kindness, determination, creativity, and belief in dreaming big are all part of the legacy she leaves behind.

Throughout September, we will honor Dolly by enjoying some of her most memorable films together:

- Steel Magnolias
- 9 to 5
- The Best Little Whorehouse in Texas
- Dolly Parton's Coat of Many Colors

We hope you'll join us as we laugh, sing, reminisce, and celebrate a woman whose music, movies, and generous spirit will continue to shine for generations to come.

In loving memory of Dolly Parton
1946–2026 ❤️



Welcoming new Residents:

We are delighted to welcome several new residents to Cascades of Grass Valley community! Please join us in giving a warm welcome to Dave & Gail, Hazel P and George & Barbara. We are so happy to have each of you joining our community and hope you are already beginning to feel at home.

Moving into a new community brings many new faces, experiences, opportunities for connection. We encourage everyone to say hello, introduce yourselves, and help our newest residents feel welcomed as they settle in. Whether it is sharing a meal, joining an activity, attending an outing, or simply enjoying a friendly conversation, there are so many wonderful ways to get to know one another.



September 11 — A Day of Remembrance

On September 11, we pause to remember the lives lost, the families forever impacted, and the brave first responders, service members, and everyday citizens who showed extraordinary courage during one of our nation's most difficult days.

May we honor their memory by remembering the compassion, strength, and unity that brought people together in the days that followed. We will never forget

Fall
Word Search

FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

S P O R B S Y L E A V E S U A
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