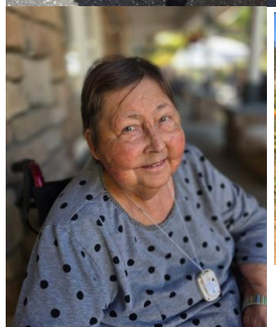
Fun Times at Cascades










November Birthdays

Residents

Nancy M. 11/8
Virginia D. 11/8
Bob B. 11/14
Claude G. 11/21
Gary J. 11/23
Linda C. 11/24
Helen P 11/25
Dolores H. 11/26
Hazel P. 11/30

Associates

Christel 11/6
Ashley E. 11/10
Dottie 11/13
Molly 11/30
Annekin 11/30

Fall Harvest Dinner

Join us for our Fall Harvest Dinner
Friday November 13th at 5 PM
$25 per guest
Please RSVP no later than 11/10

Honey Butter Parkerhouse Rolls
Zuppa Toscana Soup

Butternut Squash Buccatini
OR

November 2026

Cascades Times

Cascades of Grass Valley 415 Sierra College Drive Grass Valley, CA 95945
530-272-8002



Celebrating November

11/3- Walk to Briar Patch

11/4- Grocery Getaway- Save Mart

11/4- Tower Card Room and Casino

11/6 & 11/20

Madelyn Helling Library

11/7- Nevada County Railroad Museum- Railbus Rides

11/11- Royal Dragon Chinese Buffett

11/13- Flour Garden Bakery

11/17- Walk to Briar Patch

11/19- Fall For Dance Showcase

11/21- Downtown Tree Lighting Ceremony

11/18 & 11/26- Movie Theatre Outing

11/27- Black Friday- Target & JC Penny

Honoring our Veterans

"Freedom isn't free. It is earned through the courage, sacrifice, and unwavering dedication of those who serve. May we never forget the veterans who stood for us when our country called"

Robert Blecksmith
US Marine







Resident of the Month- Elaine Butler

This month we are delighted to celebrate our wonderful resident Elaine!

Elaine was born and raised in Boston, MA where she grew up as an only child. She spent her first 19 years there, developing a love for the city's rich culture, beautiful museums, and all of the other wonderful things Boston had to offer.

At 19, Elaine met her husband, and before long the two decided to start a new adventure together. With only what they could fit into their Volkswagen Beetle, they packed up and headed west to California, where Elaine had relatives. It was the beginning of a wonderful new chapter.

Elaine and her husband lived in San Francisco during the 1950's and 1960's. Her spiritual journey eventually led her to Ananda Church in Palo Alto, where she found something that truly spoke to her. In the 1990's, Elaine made another special move- this time to Ananda Village, where she enjoyed the peaceful surroundings and community.

In February of this year, Elaine moved to Cascades and she is very happy to call it home. She especially enjoys going on outings and participating in the many activities here. And if you have had the pleasure of spending time with Elaine, you've likely noticed one of her most wonderful qualities- her beautiful smile!

Elaine brings warmth, kindness, and a joyful spirit wherever she goes, and we are so happy

Sharing the Holiday Spirit with our Associates

As the Holiday season approaches, many residents and families ask how they can show their appreciation for the wonderful associates who provide care, support, and service throughout our community each day.

Our Associate Holiday Fund is a meaningful and equitable way to say "Thank You" to our entire team. Rather than give individual gifts or gratuities, residents and families who wish to contribute are encouraged to make a donation to the Associate Holiday Fund.

All contributions are collected, and distributed equally among eligible associates, helping ensure appreciation is shared fairly across the team.



Leadership Team

Haley Parker, LVN

Executive Director

Kristen Kendrick, LVN

Wellness Director

Angela Hammond

Community Relations Director

Alexander Carson

Plant Operations Director

Annekin Ove

Dining Services Director

Sarah O'Brien

Business Office Manager

Thanksgiving Day

On Thanksgiving Morning, we will have the Macy's Thanksgiving parade, hot coffee and fresh pastries in the activity room.

On Thanksgiving Day, we will serve a Traditional Thanksgiving Meal at Lunch. Families are welcome to attend; the cost is $10 per guest. For dinner, we will have light boxed dinners available for delivery, so our kitchen staff are able to go home early and enjoy Thanksgiving Dinner with their families.

Holiday Book Recommendations

A Redbird Christmas by Fannie Flagg

The Best Christmas Pagent Ever by Barbara Robinson

Skipping Christmas by John Grisham

The Christmas Promise by Richard Paul Evans

A Christmas to Remember by Jenny Hale

Community Reminders

Appointment requests can be emailed to our Business Office Manager, Sarah, at SarahO@cascadeliving.com, or called in to the front desk. As a reminder, *Drive-outs are for medical appointments only, on Tuesdays and Thursdays* in less otherwise approved by Leadership.

