The Cottage NEWSLETTER

Cascades of Bremerton
Continuing Care Retirement Campus
Independent Living • Personalized Supportive Services • Memory Care
The Difference Between Living and Living Well



November 2026

Special Events

Holiday Bazaar
Saturday, Nov 14th 2026
10:00 am - 3:00 pm
3201 Pine Rd NE Bremerton WA

In this Month

Nov 1st, 1512: The Sistine chapel was unveiled. He spent about four years creating the masterpiece, which includes more than 300 painted figures!

Nov 2nd 1936: Regular television broadcasts began in Britian. The BBC launched the world's first regular high-definition television service.

Nov 4th 1922 King Tut's Tomb was discovered. Howard Carter's team found the steps leading to King Tut's tomb.

Nov 19th 1863: Abraham Lincoln delivered The Gettysburg Address, a speech of only about 272 words that became one of America's most famous speeches.

Nov 26th 1789: George Washington declared a National Day of Thanksgiving.

Nov 27th 1924: The first Macy's Thanksgiving Prade featured real zoo animals!



Good Friends Make
Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit(s) applied toward their rent.

How It Works

When a resident or family member refers a new potential resident* to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a $2,500 credit applied to their base rent.

**In order to qualify as a new potential resident, the person being referred must not already be on our contact list. To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry or tour.*

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For more information, please call
360-479-8522
3231 Pine Road NE | Bremerton, WA 98310
www.CascadesOfBremerton.com

RETIREMENT LIVING | ASSISTED LIVING | MEMORY CARE

Featured Articles



Why do leaves change color?

Every autumn, trees put on a beautiful display of red, orange, and golden leaves but have you ever wondered why? As Daylight hours grow shorter and temperatures cool, trees begin preparing for winter. The green pigment called chlorophyll breaks down, revealing the yellow and orange colors that were hiding underneath.

Surprising History of TV Dinners!

Remember eating dinner from a divided tray? TV dinners became an American sensation in 1953 when Swanson introduced its famous frozen turkey dinner. Inspired by Thanksgiving meals, each tray contained turkey, cornbread dressing, sweet potatoes, and peas. The meals were convenient, affordable, and perfect for enjoying while watching TV!





Music Brings Back Memories

Every month, we invite local musicians to come play for our residents as music helps with memory.

We also play music games like Name That Tune! and music memory games. We also make sure we have music on throughout the day as well!



Unwrap the *Magic*

Holiday Bazaar | Saturday, November 14 | 10 a.m. – 3 p.m.
3201 Pine Road NE | Bremerton

Get ready for a day of holiday cheer, fantastic finds and seasonal treats! Stroll through a bustling market of local vendors packed with handcrafted artisan goods, stylish clothing and one-of-a-kind gifts to check off your shopping list.

Come ready to discover something special – and bring your appetite because tasty food and festive drinks will be available for purchase!

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Contact Colleen for more information or to RSVP by November 13.
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Meet the Team

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Happy Birthday!

Caroline P. - 10th



Memory Lane

Remember the milkman?

there was a time when fresh milk arrived right at your doorstep in glass bottles! Many Families even had a special milk box outside their homes.

Saturday Morning Cartoons

Before streaming services, children eagerly waited all week for Saturday morning cartoons. It made out to be a wonderful family tradition!

The Five-and-Dime Store

Remember Woolworth's and the neighborhood fine-and-dime? These stores offered everything from candy to household treasures, sometimes offering milkshakes!

Wellness Tip

As November brings cooler temperatures and shorter days, it's important to care for our bodies and minds. Gentle movement, such as stretching or chair exercises, can help maintain flexibility and improved circulation.

Remember to drink plenty of water, even when the weather is chilly!

Help seniors thrive in distinct communities to live their best lives with inspiration and innovation.



In Honor of our Veterans

November 11th, we remember those who have served in the US military.
Harold E - US Navy
Dean J - US Air Force
Jack C - US Navy
Joe F - Vietnam Vet
Bob U - US Army
Luis P - US Army

They Did Their Share

On Veterans' Day we honor
Soldiers who protect our nation
For their service as our warriors,
They deserve our admiration
Some of them were drafted:
Some were Volunteers
For some it was just yesterday
For some it has been many years



World Kindness Day Nov 13th

Did you know Nov 13th is World Kindness Day? At 2 pm, we have an activity where we have the residents write notes of kindness. We will even have for the month of November, a gratitude tree where anyone can write a note of gratitude!

You can do this for your school or even family! Who doesn't like getting a kind note?!

A Brief History of Thanksgiving

Thanksgiving has roots dating back to 1621, when Plymouth colonists and members of the Wampanoag Nation shared a harvest feast in present-day Massachusetts.

It was not made into a holiday until 1941, and they named it for the fourth Thursday in November. Today the holiday is a time for family traditions and gratitude.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Coffee & Chat 2:00pm UNO 5:00pm NFL Football 6:00pm Hymnspirations	2 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm 52 Card Bingo 3:30pm Zumba w/ Lena 6:00pm Self Led Puzzles	3 10:00am Gentle Stretch 10:30am Daily Grind 11:00am The Gratitude Tree 2:00pm UNO 3:30pm Zumba w/ Carol 6:00pm Movie of Choice	4 10:30am Gentle Stretch 11:00am Daily Grind 1:00pm Chef Talk 1:00pm Therapy Dogs 2:00pm Painting on Canvas 3:30pm Zumba w/ Lena 6:00pm Self Led Puzzles	5 9:00am Bible Study 10:00am Gentle Stretch 10:30am Daily Grind 2:00pm Music w/ Joey & Wine 3:30pm Zumba w/ Junko 6:00pm Music of Choice	6 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm Painting on Canvas 6:00pm Self Led Puzzles	7 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Dominoes 2:00pm Movie & Popcorn 6:00pm Self Led Puzzles
8 2:00pm UNO 5:00pm NFL Football 6:00pm Hymnspirations	9 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm Fall Wreath Craft 5:00pm Monday Night Football	10 10:00am Gentle Stretch 10:30am Daily Grind 2:00pm Music w/ Michael & Wine 3:30pm Balls w/ Carol 6:00pm Movie of Choice	11 10:00am Therapy Dogs 10:30am Gentle Stretch 11:00am Daily Grind 2:00pm Celebrating our Veteran's 3:30pm Zumba w/ Lena 6:00pm Self Led Puzzles	12 9:00am Bible Study 9:30am Gentle Stretch 10:00am Daily Grind 2:00pm 52 Card Bingo 3:30pm Zumba w/ Junko 6:00pm Music of Choice	13 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm Apple Cider Social 3:00pm Thoughtful Notes of Kindness 6:00pm Music of Choice	14 10:00am Gentle Stretch 10:30am Daily Grind 11:00am UNO 2:00pm Movie & Popcorn 6:00pm Self Led Puzzles
15 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Coffee & Chat 2:00pm UNO 5:00pm NFL Football 6:00pm Hymnspirations	16 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm Hangman 5:00pm Monday Night Football	17 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Parchment Paper Pumpkin Craft 2:00pm Finish That Proverb Game w/Snack 3:30pm Zumba w/ Carol 6:00pm Movie of Choice	18 10:00am Gentle Stretch 10:30am Daily Grind 1:00pm Therapy Dogs 2:00pm 52 Card Bingo 3:30pm Zumba w/ Lena 6:00pm Self Led Puzzles	19 9:00am Bible Study 10:00am Gentle Stretch 10:30am Daily Grind 2:00pm Music w/ Stacie and Wine 3:30pm Zumba w/ Junko 6:00pm Music of Choice	20 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm Root Beer Float Social 2:15pm Resident Council 2:45pm Painting on Canvas 6:00pm Music of Choice	21 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Dominoes 2:00pm Movie & Popcorn 6:00pm Self Led Puzzles
22 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Coffee & Chat 2:00pm UNO 5:00pm NFL Football 6:00pm Hymnspirations	23 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm Cornhole 5:00pm Monday Night Football	24 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Name That Tune 2:00pm Thanksgiving Bingo 3:30pm Balls w/ Carol 6:00pm Movie of Choice	25 10:00am Therapy Dogs 10:30am Gentle Stretch 11:00am Daily Grind 2:00pm 52 Card Bingo 6:00pm Self Led Puzzles	26 7:00am Macy's Day Thanksgiving Day Parade 10:00am Gentle Stretch 10:30am Daily Grind 2:00pm Reminiscing Thanksgiving Traditions w/Snack 6:00pm Music of Choice	27 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm November Birthday Party 6:00pm Music of Choice	28 10:00am Gentle Stretch 10:30am Daily Grind 11:00am UNO 2:00pm Movie & Popcorn 6:00pm Self Led Puzzles
29 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Coffee & Chat 2:00pm UNO 5:00pm NFL Football 6:00pm Hymnspirations	30 10:00am Gentle Stretch 10:30am Daily Grind 11:00am Blackout Bingo 2:00pm Balloons and Noodles 3:30pm Zumba w/ Junko 5:00pm Monday Night Football					

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Happy Birthday!

Caroline P. - 10th

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