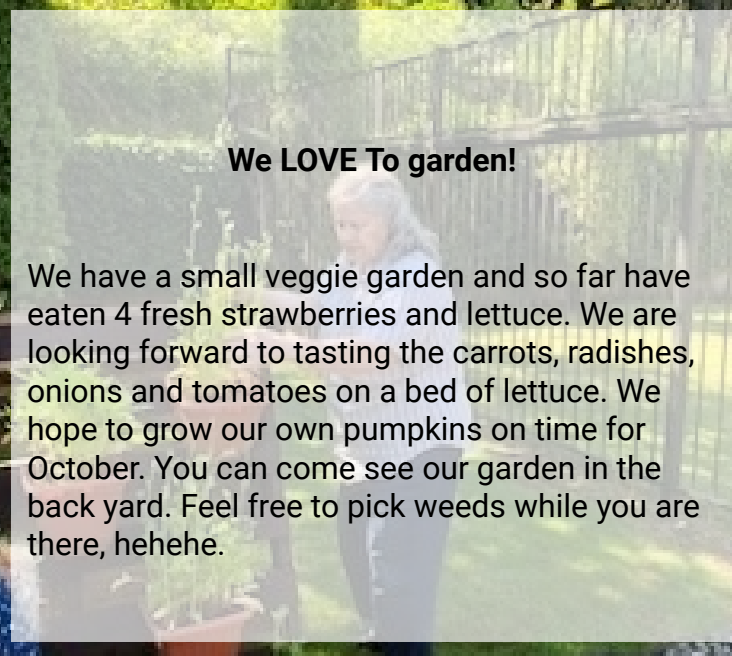




WE LOVE WAFFLES!!!! The last Wednesday of every month begins in a very delicious way! Waffle Wednesday!



We LOVE To garden!

We have a small veggie garden and so far have eaten 4 fresh strawberries and lettuce. We are looking forward to tasting the carrots, radishes, onions and tomatoes on a bed of lettuce. We hope to grow our own pumpkins on time for October. You can come see our garden in the back yard. Feel free to pick weeds while you are there, hehehe.

Cascade Valley Senior Living

Arlington Washington

Assisted Living

July 2021 News Letter



The children from the Everett Christian School came and preformed for us. What a treat!



The Fathers Day car show and live music was awesome! Lets do it every year!

Mark your Calendar

Sunday July 4th- 1:30PM

Parking Lot Parade

Family and Friends, decorate your car/ tractor/bus and yourself! Come join our parking lot parade!

Friday July 9th- 11:00AM

Independence Day/National Hot Dog Day Event

LUNCH, Live music and snow cones. Dress in your best western apparel.

Monday July 19th- 1:00PM

AL Dining Room

Cabaret!

A musical, theatrical show case! Golden age musicals. Enjoy the Broadway performance!

Thursday July 22nd- 2:30PM

Scoops Drive through Community Event

Drive or walk through and get your ice cream, on us!

Happy Birthday July Babies!

Shirley M. 07/07

Erica R. 07/07

George W. 07/13

Monika B. 07/16

Ray V. 07/20

Jean W. 07/28

Gean H. 07/29


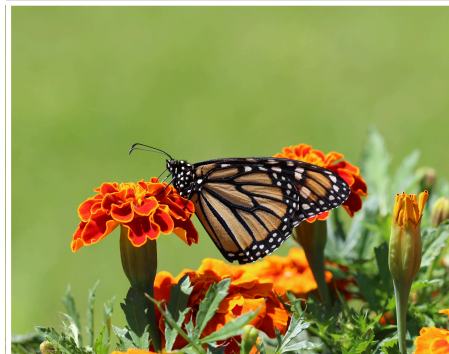
**We will miss you greatly
Carol Ruth, Rest in Peace.**

Its Summer Time!

Fun In the Sun time!

Take care of yourself, drink plenty of water and put on some sunscreen.

Tape a copy of the activities calendar to your wall so you can see what is happening every day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>8400 207th Place NE Arlington, WA 98223 360-435-3222</div> <div><div>AE</div>Artistic Expression <div>CC</div>Community Connections <div>CE</div>Continuing Education <div>LL</div>Lifestyle & Leisure <div>PE</div>Physical Engagement <div>SS</div>Spiritual Support</div>				10:00 <div>PE</div> Sit and Spin Cycle Class 1 10:30 <div>AE</div> Getting Crafty 1:00 <div>CC</div> BINGO MANIA and Soda Shop Social 6:00 <div>LL</div> Movie Night!	Library book change out 2 10:30 <div>CC</div> Visiting with Neighbors 1:00 <div>PE</div> Balloon Toss! Self directed. 6:00 <div>LL</div> Movie Night	10:30 <div>CC</div> Visiting with Neighbors 3 1:00 <div>PE</div> Balloon Toss! Self directed 3:00 <div>CE</div> Knitting with Margaret 6:00 <div>LL</div> Movie Night
Independence Day 4 10:00 <div>PE</div> Fit For Life, Lets Move! 10:30 <div>SS</div> Hymn sing along 10:50 <div>SS</div> Communion offering with Margaret L. 1:30 <div>CC</div> Parking Lot Parade EVENT! 3:30 <div>LL</div> Joy Ride- Ice Cream and the park!/ Sign Up! 6:00 <div>LL</div> Movie Night	8:30 <div>SS</div> Reflections and Meditation 5 10:00 <div>PE</div> Sit and Spin Cycle class 10:30 <div>AE</div> Getting Crafty 1:00 <div>LL</div> BINGO MANIA! 3:00 <div>PE</div> Walk Group OR Balloon Toss 6:00 <div>LL</div> Movie Night!	10:00 <div>PE</div> Gardening Party! 6 1:00 <div>SS</div> Bible Study With Dawn [ALAR] 2:30 <div>LL</div> Dollar Store Outing/ Sign Up! 6:00 <div>LL</div> Movie Night!	Doctor Appointments and needed outtings 7 Erica Rodgers-HAPPY BIRTHDAY! Ruth out for training Shirley McDonald- HAPPY BIRTHDAY! 3:00 <div>PE</div> Balloon Toss OR Outside Walk 6:00 <div>LL</div> Movie Night!	Ruth out for training 8 8:30 <div>SS</div> Reflection and Meditation 1:00 <div>LL</div> Birthday Party Social [MSBP] 6:00 <div>LL</div> Movie Night!	11:00 <div>CC</div> Independence Day/ National Hot Dog Day EVENT! 9 6:00 <div>LL</div> Movie Night	10:30 <div>CC</div> Visiting with Neighbors 10 1:00 <div>PE</div> Balloon Toss! Self directed 3:00 <div>CE</div> Knitting with Margaret 6:00 <div>LL</div> Movie Night
10:00 <div>PE</div> Fit For Life, Lets Move! 11 10:30 <div>SS</div> Hymn sing along 1:30 <div>CC</div> Joy Ride- Lavender Farm/ Sign Up! 6:00 <div>LL</div> Movie Night	Ruth out for training 12 8:30 <div>SS</div> Reflections and Meditation 3:00 <div>PE</div> Walk Group OR Balloon Toss 6:00 <div>LL</div> Movie Night!	George Watson-HAPPY BIRTHDAY! 13 Ruth out for training 1:00 <div>SS</div> Bible Study With Dawn [ALAR] 6:00 <div>LL</div> Movie Night!	Doctor Appointments and needed outtings 14 Ruth out for training 10:00 <div>CC</div> Foot Works Clinic 3:00 <div>PE</div> Balloon Toss OR Outside Walk 6:00 <div>LL</div> Movie Night!	8:30 <div>SS</div> Reflection and Meditation 15 10:00 <div>PE</div> Sit and Spin Cycle Class 10:30 <div>AE</div> Getting Crafty 1:30 <div>LL</div> ITS A BOY! Baby Shower [ALDR] 6:00 <div>LL</div> Movie Night!	Monika Berry- HAPPY BIRHTDAY! 16 10:30 <div>CC</div> Visiting with Neighbors 1:00 <div>CC</div> Food and Dining Meeting With Chef [ALDR] 6:00 <div>LL</div> Movie Night	10:30 <div>CC</div> Visiting with Neighbors 17 1:00 <div>PE</div> Balloon Toss! Self directed 3:00 <div>CE</div> Knitting with Margaret 6:00 <div>LL</div> Movie Night
10:00 <div>PE</div> Fit For Life, Lets Move! 18 10:30 <div>SS</div> Hymn sing along 10:50 <div>SS</div> Communion offering with Margaret L. 1:30 <div>CC</div> Joy Ride- River Park/ Sign Up! 6:00 <div>LL</div> Movie Night	8:30 <div>SS</div> Reflections and Meditation 19 10:00 <div>PE</div> Sit and Spin Cycle class 10:30 <div>AE</div> Getting Crafty 1:00 <div>AE</div> Northwest Performers! [ALDR] 2:30 <div>LL</div> BINGO MANIA! 3:00 <div>PE</div> Walk Group OR Balloon Toss 6:00 <div>LL</div> Movie Night!	Ray Vandergrift- HAPPY BIRTHDAY! 20 10:00 <div>PE</div> Gardening Party! 1:00 <div>SS</div> Bible Study With Dawn [ALAR] 2:30 <div>LL</div> Safeway Outing/ Sign Up! 6:00 <div>LL</div> Movie Night!	Doctor Appointments and needed outtings 21 3:00 <div>PE</div> Balloon Toss OR Outside Walk 6:00 <div>LL</div> Movie Night!	8:30 <div>SS</div> Reflection and Meditation 22 10:00 <div>PE</div> Sit and Spin Cycle Class 10:30 <div>AE</div> Getting Crafty 1:00 <div>CC</div> BINGO MANIA and Soda Shop Social 2:30 Scoops Drive Through community event 6:00 <div>LL</div> Movie Night!	10:30 <div>CC</div> Visiting with Neighbors 23 1:00 <div>PE</div> Balloon Toss! Self directed. 6:00 <div>LL</div> Movie Night	10:30 <div>CC</div> Visiting with Neighbors 24 1:00 <div>PE</div> Balloon Toss! Self directed 3:00 <div>CE</div> Knitting with Margaret 6:00 <div>LL</div> Movie Night
10:00 <div>PE</div> Fit For Life, Lets Move! 25 10:30 <div>SS</div> Hymn sing along 1:30 <div>CC</div> Joy Ride- Ellies Café, airplane watch/ Sign Up 6:00 <div>LL</div> Movie Night	8:30 <div>SS</div> Reflections and Meditation 26 10:00 <div>PE</div> Sit and Spin Cycle class 10:30 <div>AE</div> Getting Crafty 1:00 <div>LL</div> BINGO MANIA! 3:00 <div>PE</div> Walk Group OR Balloon Toss 6:00 <div>LL</div> Movie Night!	10:00 <div>PE</div> Gardening Party! 27 1:00 <div>SS</div> Bible Study With Dawn [ALAR] 2:30 <div>CC</div> Walmart Outing/ Sign Up! 6:00 <div>LL</div> Movie Night!	Doctor Appointments and needed outtings 28 Jeanice Wilson- HAPPY BIRTHDAY! 6:30 <div>LL</div> WAFFLE WEDNESDAY! [ALDR] 10:00 <div>PE</div> Fit For Life, Lets Move 10:30 <div>CE</div> Card Games 1:00 <div>CE</div> Wheel Of Fortune 3:00 <div>PE</div> Balloon Toss OR Outside Walk 6:00 <div>LL</div> Movie Night!	Geane Helle- HAPPYBIRTHDAY! 29 8:30 <div>SS</div> Reflection and Meditation 10:00 <div>PE</div> Sit and Spin Cycle Class 10:30 <div>AE</div> Getting Crafty 1:00 <div>CC</div> BINGO MANIA and Soda Shop Social 3:00 <div>CC</div> Resident Council Meeting [ALAR] 6:00 <div>LL</div> Movie Night!	10:30 <div>CC</div> Visiting with Neighbors 30 1:00 <div>PE</div> Balloon Toss! Self directed. 6:00 <div>LL</div> Movie Night	10:30 <div>CC</div> Visiting with Neighbors 31 1:00 <div>PE</div> Balloon Toss! Self directed 3:00 <div>CE</div> Knitting with Margaret 6:00 <div>LL</div> Movie Night