



CASCADE NEWS

JANUARY / FEBRUARY 2022

Valentine's Day Luncheon

Plans are underway for our Valentine's Day luncheon, which will be held on February 12, 2022. It will be a lunch function and final details are being planned. Location to be confirmed. Plan to join us. You will be able to reserve on our website www.cascadeofempowerment.org. You can call Liz at (909)635-4124.

Our *Christmas Party was absolutely a blast.* Held at Cara Mia Italian Restaurant on December 18th. We played games, celebrated November/December Birthdays. Our featured artist was Shellise Berry...A prophetic painting artist. She shared her paintings and how the Holy Spirit leads while paintings are being created. We do plan to have her for a scheduled event with our group. Our entertainment was by the exciting *Plena Vista Entertainment Group* and yes, they did put on SHOW to remember. Thanks Kathy Nelson in leading us in a spirited line dancing session and Colleen Johnson for facilitating our gifts. We also gave gift cards to children.

Zoom Grief Support Meeting

February 26 at 3:00 PM -4:15 PM

A special Thank you to Rhonda Davis and Frankie Alston who will be assisting in perfecting our Grief Support Program. We are pleased to announce a new member, Nora Neal-Daggett and she will be conducting our first zoom grief support for widows who cannot go to an in person support group. She is an accomplished speaker and author of "Nora Speaks Life". Nora is thoughtful, spirit filled, in touch with many forms of grief to include being a widow twice and a great sense of humor. Nora is in Virginia, and we are looking forward to her sessions. Let us know ahead of time if you have



Honoring the following birthdays:

Vicki Bradstreet

Michelle Deboves

Lynn Leon

Amber LeBlue

Kimberly Gould

Linda Wise

Gwendolyn Copeland

Birthdays will be celebrated at our Valentines Day function on February 12th. (Location to be determined)



specific questions or concerns you may want addressed.

Shredding Event Document & Recycling

April 30th - 9AM - 1PM

Please let your neighbors, family and co-workers know about this event. In addition to an opportunity to shred sensitive documents, you can bring your laptops, hard drives, monitors, screens, and TVs for on-site shredding and/or collection for recycling. The event will be held again in the Rancho Cucamonga Chamber of Commerce shopping center at the northwest corner of Haven & Foothill. Watch while your sensitive documents or items are being shredded. Donation of \$10.00. If you would like to assist, let us know.



Website changes coming soon!

Look for changes to our website to include a joining tab and all events will be listed in section for Events. Pictures of our board of directors and advisory board members.



*****Save the Date*****

**Annual Cascade Day in
Honor of International Widows Day**

June, 12:30 to 2:30pm