



**March Events
Open to the Public**

Bible Study

Every Saturday @ 9:00 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, March 3rd @ 1:30 PM

Live Music

with Dave Smith

Wednesday, March 4th

@ 1:00 PM



Fitness Fridays

Chair Exercise with us!

March 7th, 14th, & 28th @ 10:30 AM



JMJ Irish Dancers

Monday, March 17th

@ 1:30 PM



Easter Bunny Visit

Sunday, March 30th

@ 1:00-3:00 PM

Men's Coffee

Friday, March 28th @ 1:30 PM

Catholic Mass Schedule

Saturday, March 1st @ 2:45 PM

Wednesday, March 5th @ 10:15 AM

Thursday, March 13th @ 10:15 AM

Saturday, March 15th @ 2:45 PM

Thursday, March 27th @ 10:15 AM

Aloha from River Bend!

Tori, our Activity Coordinator, recently hosted armchair travel for an optional afternoon activity and many residents loved the chance to “escape” the winter weather and learn a bit about Hawaii. Tori has announced that next month she will give residents the chance to “travel” to Ireland just in time for St. Patrick’s day.



Rita

Elaine T.



Kay W.

Mary Ann



Resident Birthdays

Frank Martin	March 21
Sandi Sampson	March 27
Donna Joslin	March 30



Staff Birthdays

Ying Kauder	March 3
Angie Boge	March 3
Katie Davidshofer	March 6
Cali Burns	March 13
Helen Koopmann	March 18
Brittany Mass	March 22
Teagan Kelchen	March 22
Natalie Merritt	March 25

Staff Spotlight



Maddie Koppes

Universal Worker

Start date: July 1st 2024

Hometown: "I grew up in Cascade but currently live in Monticello. I have a boyfriend named Landon and we are both working to save money to buy a home of our own someday."

Schools attended: "I attended school in Cascade and Maquoketa. I switched to Dubuque Online School, will graduate this May. I plan to get my CNA and then go to college to be a labor and delivery nurse."

Fun Fact: "I did bowling for two years in High school and my highest game was 246."

Do you have a pet?: "Yes, a dog. He is a Blue Heeler and his name is Beau."

What do you like about River Bend? "I love the residents and the amazing care that everyone has for them. I also love that when guests come into River Bend they are a friendly face."

How does a leprechaun exercise?



~By pushing his luck!

Join in Sunday Night Euchre

Euchre is a very popular game at River Bend. We have Euchre every Sunday after supper in the main activity area. Check out the activity calendar or just show up around 5:30 on Sunday evenings. We would love to have more players join in.



Earl, Donna, Katie, & Theresa

Resident Corner

Your chance to get to know Bob Eilers

Where are you originally from? "I was born and raised in Monticello, IA."

What was your occupation? "I installed windows on high-rise buildings all over the US and in Canada"

Any children or grandchildren? " I have one son and one daughter."

What is your favorite treat? "Butterfinger candy bars and Pepsi"

When did you move to River Bend? July 2023

What were your past or present hobbies? "Fishing, puzzles and euchre."

What are your favorite TV shows? "I don't watch much TV sometimes the news, sports, and gameshows."

What Clubs or organizations were you involved in? "Boy Scouts and Knights of Columbus"

What activities do you enjoy most at River Bend? "I play bingo, card bingo and put together puzzles."



Bob Eilers



Turn the clocks ahead!
Daylight savings time
will begin at 2:00 AM
Sunday, March 9th.

We will welcome
Spring's official first
day on Thursday,
March 20th.



Our Valentine lunch was made extra special from start to finish. We had a toast of wine, a delicious meal and of course dessert! Pictured above; Sandi, Naomi, and Steve

**We celebrated Valentine's Day 2025
and crowned our Valentine Royalty.**



**Lois
& Bob L.**



**Trudy
& Doc.**



From the River Bend Kitchen...

Lime Green Jello Salad

Ingredients

- 1 cup crushed pineapple (drained with juice reserved)
- 1 cup water (depending on what's needed, see instructions)
- 2 packages lime Jello (3 oz each)
- 1 cup mayo
- 1 cup evaporated milk (canned)
- 1 cup small curd cottage cheese
- 1/2 cup walnuts (chopped)



Instructions

In a large measuring cup, add all of the reserved pineapple juice and then add enough water to the juice to make a total of 2 cups. Pour into pot and bring just to a boil. Add the lime Jell-o mixes to the boiling pineapple juice/water and stir until dissolved. Remove from heat, allow to cool just slightly. In a mixing bowl, stir together the mayo and evaporated milk. Combine until very smooth. Slowly stir in the Jell-o mixture until all is incorporated with the mayo/milk mixture. Stir in the crushed pineapple, cottage cheese, and walnuts.

Pour mixture into an 8×8" glass casserole pan. Cover and refrigerate for at least 4 hours or overnight (preferred).



Like us on Facebook!

“RETURN SERVICE REQUESTED”

PRSRRT STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

River Bend
RETIREMENT COMMUNITY
813 Tyler Street NE
Cascade, IA 52033