



**May Events  
at River Bend  
Open to the Public**

**Bible Study**

Every Wednesday  
9:30 am

**Sit & Get Fit**

with Above & Beyond  
Every Wednesday  
10:15 am

**Music and Prayer**

hosted by:  
Presbyterian Church  
Saturday, May 12th  
1:45 pm

**Afternoon Music**

with Darlene Meyer  
Friday, May 18  
1:30 pm



Like us on Facebook!

Hello River Bend Friends,  
Spring has finally sprung!  
We see new life everywhere  
and it encourages us to get  
out and enjoy the warmer  
weather and sunshine.



In May residents can participate in variety of activities. The warmer weather means it is time to get the garden club together to plan and prep for planting. The benches are out, and the walking group will start walking outside again. We are firing up the grill to start "grill out" days and we are planning the summer bus trips too. We will have the annual Mother's Day tea party when the ladies can don their hats and gloves and enjoy afternoon tea. We welcome residents to give activity ideas and suggestions for bus trips. Enjoy this nice weather!

**Thank you Ohnward Bank for hosting our  
Community Bingo!**



Left, Maggie calls numbers.

Below, Ida and son Ralph enjoy their afternoon game of bingo!

Below, Cis and Barb wait for the right numbers!





## May Birthdays

### Staff

Angie Finzel - 25th  
Terry Sherman - 25th



Thank you Above & Beyond for volunteering your time to come and make cards with us!  
Left, Norma  
Middle, Joanne and Mary Kay  
Right, Pat



Our 55 and Older complimentary meal is enjoyed by so many in our community.  
Thanks for coming and sharing your smiles with us!



Wishing you a beautiful Memorial Day weekend.



In honor of all the veterans as well as the active service members. Thank you for all you do.

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. **Memorial Day 2018 occurs on Monday, May 28.** Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season!

## May is National Physical Fitness month

As the weather begins to warm up you will see more people out walking, enjoying the early signs of spring. Walking may be the simplest way for us to exercise. You can do it almost anywhere and it's so easy to get started; **you simply put one foot in front of the other.**

Have you heard the latest study that a daily walk can add up to 7 years to your life? According to the study I read, walking 20-25 minutes a day has been found to trigger an anti-aging process that could add an additional three to seven years to your life. Who knew?!

The average person only walks 3,000 to 5,000 steps a day when we should be trying to walk at least 10,000 steps a day. Walking has many health advantages as well. It lifts your spirits, improves circulation, and strengthens memory. It can help protect you from heart disease as well as decrease your blood pressure. Walking has been known to increase energy and also can lower rate of weight gain. 80% of Americans don't get enough exercise and many experts suggest walking at least 30 minutes every day. This is the perfect time to grab your neighbor and take a walk through the River Bend hallways or go outside and enjoy the fresh air and sunshine!

**Below residents Jim, Helen, and Anne show off their egg coloring skills!**



## Sun Screen Protection

Make sure you are properly protecting yourself from the sun, such as by keeping out of the rays at the hottest time of the day (11 am – 2pm), wearing a hat, drinking plenty of liquids and, of course, wearing sun screen!

Sun screen protects the skin from damaging ultraviolet rays by providing a protective barrier – used properly, sun screen can help prevent skin cancer.

Exposure to the sun also damages the skin and can worsen signs of ageing, so wearing sun screen will also keep your skin looking younger.



*From the cooks corner..... Kathy Gehl*

## RED, WHITE AND BLUE DESSERT

### Ingredients:

16 ounces cream cheese, softened  
1/2 cup sugar  
1/2 teaspoon vanilla extract  
1/2 teaspoon almond extract  
2 cups heavy whipping cream, whipped  
2 quarts strawberries, halved, divided  
2 quarts blueberries, divided

### Directions:

In a large bowl, beat cream cheese, sugar and extracts until fluffy. Fold in whipped cream. Place a third of the mixture in a 4-qt. bowl. Reserve 20 strawberry halves and 1/2 cup blueberries for garnish.

Layer half of the remaining strawberries and blueberries over cream mixture. Top with another third of the cream mixture and the remaining berries. Spread the remaining cream mixture on top. Use the reserved strawberries and blueberries to make a "flag" on top. **Yield:** 18 servings



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