

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

Bible Study

Every Wednesday
9:30 am

**Sit and Get Fit
with Lisa**

Every Wed. and Fri.
10:30 am

Music and Prayer

hosted by:
Presbyterian Church
Saturday, March 9th
9:00 am

Community Bingo

Sunday, March 10th
1:00 - 3:00 pm

Afternoon Music

with Marv Rickels
Tuesday, March 11th
2:00 pm

Quilt Show

Monday, March 18th
1:30 pm

**Complimentary
55 and Older**

Lunch and Bingo

Wednesday, March 20th
Serving at 11:30 am
Bingo at 12:30 pm
Please RSVP by March 12th
563- 852-5001

Like us on Facebook!

Congratulations to the 2019 Valentine Kings and Queens, Cecil Knuth, Ida Trumm, Al Strang and Helen Seymour. Residents enjoyed the annual Valentine's Lunch of grilled steak or shrimp, twice baked potatoes, vegetables and chocolate mousse dessert. Thank you to the staff for preparing and serving this special meal.

Even though it looks like we could be still shoveling snow in March, the 20th is officially the first day of spring. It's time to start looking forward to warm weather activities. Daylight Savings Time goes into effect on Sunday, March 10th and we move our clocks ahead one hour. It means we get one less hour of sleep but the longer daylight in the evening is worth it. March includes celebrating St. Patrick's Day with a traditional meal of corned beef and cabbage and an Irish Dancer's presentation. March is also national craft month. We will have tables set up displaying many crafts our residents and staff have made. Please stop by to see all the wonderful talent!

Please Join Us!

**Complimentary 55 and Older
Luncheon and Bingo
Wednesday, March 20th
Serving at 11:30 am**

*Lasagna, salad, green beans, garlic bread
and dessert*

Bingo following lunch
Prizes will be awarded!

**Please RSVP by March 12th
Call 563-852-5001**



**Congratulations
to our
2019 Valentine
Kings and Queens!**

Left, Queen Helen
Seymour and King
Al Strang

Right, Queen Ida
Trumm and King
Cecil Knuth

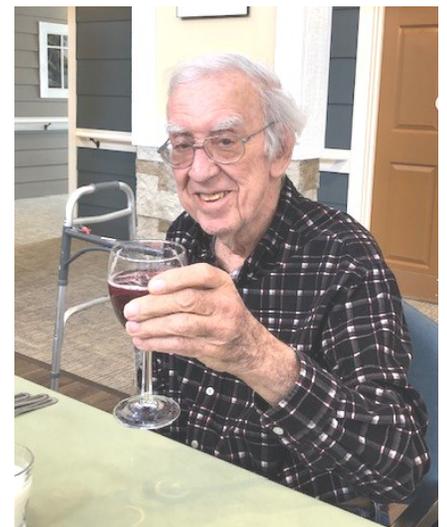


Below, left, Donna and Terry (Staff) serve up dessert with a smile!
Below, right, Paul and Cubby make a toast!



Cheers to living well at River Bend!

Below, left to right, Glynn, Pat and Frank



March Birthdays

Residents

Frank Schneider - 29th

Staff

Hannah Ludwig - 1st

Hillary Klein - 4th

Lisa Heitz - 5th

Pat Potter - 17th

Helen Koopmann - 18th

Kate Williams - 23rd



HAPPY
ST. PATRICK'S
DAY!



Daylight Savings Time
begins Sunday, March 10th.
Remember to set your
clocks ahead one hour
before going to bed
Saturday night.

Congratulations to our Lucky bingo winners! Vivian, Dolores, Jack and Linda!



Learn about Peanut month.....

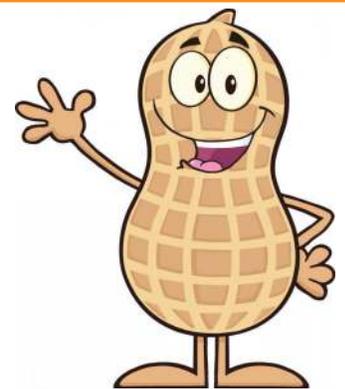
The peanut is not considered a nut, but a legume, but is an essential part of diets everywhere. It is used in cooking oil, America's most popular sandwich, goes amazing with chocolate, is great for the soil, and, incidentally, is one of the most common and serious allergies.

The peanut is a vital part of culture and diets all over the world.

The peanut is packed with all sorts of nutrients and vitamins, over 30 of them in fact! Not only that, but they also are one of the richest

sources of antioxidants in the world, even better than carrots, green tea, and broccoli!

Peanuts have a place in cuisine all over the world in dishes from basic snacks, appetizers, main courses, and even desserts. Peanut Month is best celebrated by enjoying all that peanuts have to offer. You can start by just having some honey roasted peanuts around the house to enjoy. Peanut Month is a great time to really celebrate this delicious treat, expanding your palate with new peanut recipes, don't let Peanut Month go by without trying something new.



From the cooks corner....Mary McNally

The Fancy Lucy Mac

1-Pound Pasta (Your choice)	1-pound Fresh Mushrooms sliced
1-Pound Gouda Shredded	1-Med Onion, sliced thinly
1-Pound Havarti Shredded	8 oz of your favorite wine
½ cup Parmesan Cheese	3 TB butter
8 oz Bacon	3 TB flour
3 cloves of garlic	2 cups whole milk

- Sautee onions in 2 tablespoons of oil until caramelized. Add garlic, do not cook the garlic too long or it will burn.
- Add sliced mushroom to onion mixture and simmer with your favorite wine until the wine is absorbed with the mushrooms. Set aside.
- Cook bacon and crumble. Set aside.
- Boil your pasta to al dente, remember to add a little salt to your pasta water. Drain pasta, but do not rinse.
- In a saucepan over low heat, melt butter, stir in flour, add milk slowly, stirring constantly until smooth. Add Gouda and Havarti, stirring constantly until melted. Add parmesan cheese and mix well.
- Add cheese mixture, onions, mushrooms, garlic and bacon to your pasta, mix well and enjoy!

“RETURN SERVICE REQUESTED”

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