



**March
Events
Open to the
Public**

Bible Study

Every Saturday @ 9:00 AM

Fitness Fridays

Chair Exercise with us!

March 3, 10, 17, 24 @ 10:30 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, March 6th @ 1:30 PM

Piano in the Chapel

by **Cara Bertling**

Thursday, March 2nd

@ 10:15 AM

Live Music

The Smith Family

Thursday, March 9th @ 1:30 PM

JMJ Irish Dancers

Friday, March 17th @ 1:30 PM

Catholic Mass Schedule

Saturday, March 4th @ 2:45 PM

Thursday, March 9th @ 10:15 AM

Saturday, March 18th @ 2:45 PM

Thursday, March 23rd @ 10:15 AM



Earl & Mary enjoy Fat Tuesday!



Rita & Kenny smile for the camera during the Mardi Gras Happy Hour



Resident Birthdays

Darlene Finn	March 5
Rosie Smith	March 19
William Martin	March 21
Dorothy Aschtgen	March 28
Donna Joslin	March 30



Staff Birthdays

Hannah Ludwig	March 1
Jenny Merkes	March 3
Angie Boge	March 3
Ying Kauder	March 3
Katie Davidshofer	March 6
Helen Koopmann	March 18
Joe Stoll	March 18
Natalie Merritt	March 25

Staff Spotlight



Joe Stoll
Dietary Aide

Joe is currently a Senior at Monticello High School and works part time in the kitchen as a Dietary Aide. Joe keeps busy with soccer in the spring and summer, cross country in the fall, and when the snow flies he can often be found on the ski slopes at Sundown Mountain. He is currently busy working on earning his Eagle Scout. Joe is a self proclaimed computer geek and Lego nerd. After graduating from high school this spring Joe will continue to study Computer Technology at Kirkwood Community College. Joe is very friendly and we enjoy having his smiles here at River Bend.

Why shouldn't you iron a four-leaved clover?

~You don't want to press your luck.



Euchre Club on Sundays

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



Paul, Elaine, Trudy, and Eugene

Resident Corner

Your chance to get to know Thomas (Doc) White

Where are you originally from? Dyersville / Worthington

What was your occupation? "I was a Veterinarian for 47 years right here in the Cascade Area.

A bit about your family... "My wife Betty Jane and I had six children Phil, Thomas, Kathy, Jeff, Nick, and Mike. I have 5 grandchildren and 2 great-grandchildren

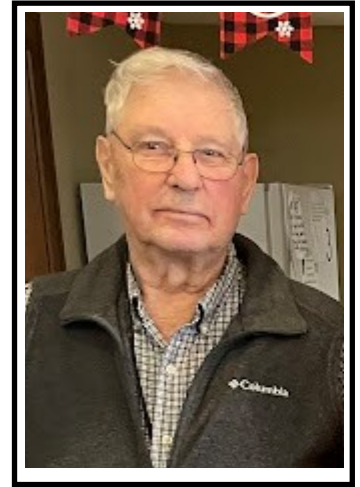
What is your favorite treat? "Peanuts and candy"

When did you move to River Bend? "April 2022"

What were your past or present hobbies? "Playing cards, golfing, fishing, and softball."

What is your favorite outing? "Trips to the casino."

A fun fact about you? "I attended Iowa State for Veterinarian School. I'll always be a Cyclone Fan."



Doc White



Turn the clocks ahead!
Daylight saving time
will begin at 2:00 AM
Sunday, March 12th.
&
We will welcome
Spring's official first
day on Monday
March 20th.



Our Valentine lunch was made extra special from start to finish. We started with a toast of wine, then enjoyed steak or shrimp as our main course and finished with delicious chocolate cake. Pictured above Donna, Marilyn, JoAnn, and Dorothy.



Theresa & Rollie



We celebrated Valentine's Day 2023 and crowned our Valentine Royalty.



Nancy & Bob



From the River Bend Kitchen...

Like us on Facebook!

Garlic Butter Shrimp



Ingredients

- 2 tablespoons olive oil
- 4 tablespoons of unsalted butter
- 1 pound of shrimp
- Salt to taste
- 1 teaspoon minced garlic
- 3 tablespoons of lemon juice

Instructions

Heat the olive oil and 2 tablespoons of the butter to a large skillet, over medium high heat. Add the shrimp to the skillet and cook for 2 to 3 minutes until the shrimp turns pink. Season with salt. Flip over and cook for another 2 minutes. Add the garlic and cook for about 30 seconds. Stir in the remaining butter, and lemon juice. Turn off heat and serve.



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