

March Events
Open to the Public

Bible Study

Every Saturday @ 9:00 AM

Fitness Fridays

Chair Exercise with us!

Every Friday in March @ 10:30 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, March 4th @ 1:30 PM

Senior Life Solutions

Monday, March 11th @ 1:30

JMJ Irish Dancers

Friday, March 17th @ 1:30 PM



Easter Bunny Visit

Sunday, March 24th

@ 1-3 PM

Live Music

Chris Ross

Wednesday, March 27th @ 1:30 PM

Catholic Mass Schedule

Saturday, March 2nd @ 2:45 PM

Thursday, March 14th @ 10:15 AM

Saturday, March 16th @ 2:45 PM

Thursday, March 28th @ 10:15 AM



Kay, Mary N, Patricia, and Donna J. at Mardi Gras!



Kelli and Jerry Enjoy Fat Tuesday!



Resident Birthdays

George Knepper	March 16
Albert Hanssen	March 17
William Martin	March 21
Dorothy Aschtgen	March 28
Donna Joslin	March 30



Staff Birthdays

Hannah Ludwig	March 1
Angie Boge	March 3
Ying Kauder	March 3
Katie Davidshofer	March 6
Teagan Kelchen	March 7
Helen Koopmann	March 18
Donita Krogman	March 21
Brittany Mass	March 22
Natalie Merritt	March 25

Staff Spotlight



Maddy Oberfoell

Universal Worker

Start date: May 2023

Favorite sport team:
Dubuque Fighting Saints

Hometown: Dyersville, IA

Hidden talent: Panting/Drawing

Schools attended: "I went to Western Dubuque Schools my entire life until my junior year. I switched to Dubuque Online School, and I will graduate this May."

Favorite snack: Cherry donuts

Fun Fact: "I have been playing piano since I was 10 years old."

Do you have a pet?: "I have a cat named Chloe. She is very snuggly."

What brings you joy?: "My sister and her kids live just across town from me. Her oldest Mia, is three and her youngest, Ava is five months old. Being an aunt is awesome. I love living close to them!"

What do you call a fake stone in Ireland?

~A sham-rock!



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!



Rita, Ida, Gerry, and Joan

Resident Corner

Your chance to get to know Mary Dunleavy!

Where are you originally from? “I was born and raised in Ames, IA.

I graduated from Iowa State as an English major.”

What was your occupation? “I was a Communications Specialist.”

Any children or grandchildren? “I have one daughter, Ashley.

Ashley and her husband, Brian, have two children.”

What is your favorite treat? “Peanuts and candy”

When did you move to River Bend? “April 2023”

What were your past or present hobbies? “Walking outside, watching TV, playing games on my iPhone.”

What are your favorite TV shows? “20/20, The View, Dateline, Wheel of Fortune, and nature shows.”

What is your favorite type of music? “Classic Rock”

“What activities do you enjoy most at River Bend?” “I enjoy Tori’s chair exercise and try to get myself to the class 3 times a week!”



Mary Dunleavy

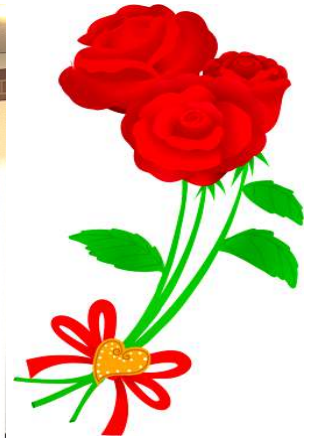


Turn the clocks ahead!
Daylight savings time
will begin at 2:00 AM
Sunday, March 10th.

We will welcome
Spring’s official first
day on Wednesday
March 20th.

Time to
Spring Ahead

**We celebrated Valentine’s Day 2024
and crowned our Valentine Royalty.**



**Loren
& Shirley**



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; Boots and Frank Martin.



**Elaine
& John**



From the River Bend Kitchen...

Lime Jello Salad

Ingredients

- 1 (6 ounce) package lime Jello (or two 3 ounce packages)
- 2 cups boiling water
- 1 (8 ounce) package cream cheese, room temperature
- 2 cups 7 UP, chilled
- 1 (8 ounce) can crushed pineapple, drained
- 1 (12 ounce) container Cool Whip, thawed

Instructions

Bring water to a boil and add Jello packet - while in pot. Mix well. In a separate bowl, blend cream cheese. Add dissolved Jello mixture to cream cheese in 3 batches, blending with a hand mixer between each addition. This is to help prevent lumps. Add 7 UP and mix by hand. Chill until mixture resembles egg whites or slime, about 30 - 60 minutes - this will vary depending on the temperature of the fridge, so check every 15 minutes or so. When the mixture is thick but soupy, add cool whip and mix well by hand. Add crushed pineapple and mix well. Pour mixture into a 9x13 serving dish or Jello mold. Chill till fully set.



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