



December Events

Bible Study with Fr. Mark
Every Saturday in December

Worship & Music

Hosted by: Cornerstone Church
Monday, Dec. 2 @ 1:30 PM

Songs and photos with Santa

Sunday, Dec. 7 @ 10:00 AM

Holiday Happy Hour

Sponsored by St. Croix Hospice
Wednesday, Dec. 11 @ 1:30 PM

Live Music

The Lemon Sisters
Wednesday, Dec. 18 @ 1:00 PM

Men's Coffee Group

Friday, Dec. 27 @ 9:00 AM

Catholic Mass Schedule

Saturday, Dec. 7 @ 2:45 PM
Thursday, Dec. 12 @ 10:15 AM
Saturday, Dec. 21 @ 2:45 PM

Holiday Doorway Decorating Contest Voting

Vote for your favorite
apartment doorway display.
Voting opens Dec. 13th and
ends Dec. 27th.



Gearing up for the holidays



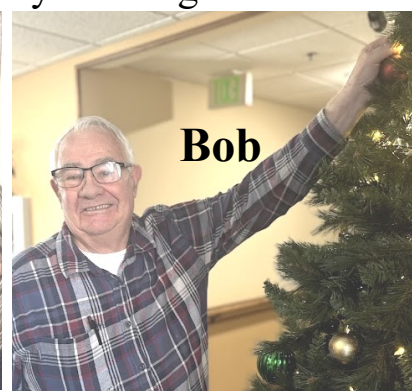
It seems that December is always a busy, and the buzz of the season has already started. As we go shopping, buy gifts, and decorate for the holidays the excitement grows. Our Facebook followers will be able to get a peek at the festive fun we are having here at River Bend but, if you have a chance stop in and visit us in person this season. We promise you won't be disappointed. You can check out our many trees and our hallways too. Many of our residents really get in into the holiday spirit and participate in our door decorating contest. Everyone is encouraged to cast a vote for your favorite doorway! We have lots more fun things in store for this month and hope to see many friends and family join us in our events. Our Santa visit is always a hit, and of course the live music, and happy hours. All are welcome! We wish you all a season filled with peace and joy! However you choose to celebrate may it be merry and bright!



Gerry



Jen



Bob

Last month many of our residents took advantage of getting out and about to see the fall foliage. We visited local coffee shops in Dyersville and Epworth. Then on a beautiful autumn afternoon we took a scenic drive to Balltown to Breitbach's to enjoy a delicious slice of pie. It's always a special treat enjoyed by many!



Kay
& Trudy



December BIRTHDAYS

Resident Birthdays

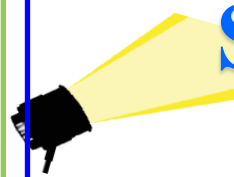
Elaine Brown	December 11
Ed Kleitsch	December 22
Geraldine Rea	December 22
Madonna Eisele	December 24

Staff Birthdays

Lexi Loes	December 14
Morgan Thomas	December 14
Ava Streif	December 17
Gracie Tuel	December 26

Happy 68th Wedding Anniversary

**Frank & Mary
(Boots) Martin**
Married
December 1st, 1956



Staff Spotlight

Perla Navarro-Ortiz Caregiver



Perla rejoined our River Bend team just last month. She had previously worked here but moved away for a bit and we are happy to have her smile and positive attitude here with us again! Perla grew up in Cascade and graduated from Cascade High School. She married Jesus Oriz in June of 2024. Together they have a baby boy named Darey. He is adorable!

Some more “fun facts” about Perla:

Family: Ana in our kitchen is her Aunt.

Hobbies: Putting make-up on herself and others. Organizing and cleaning her home.

Favorite Food: Hot Spicy Cheetos

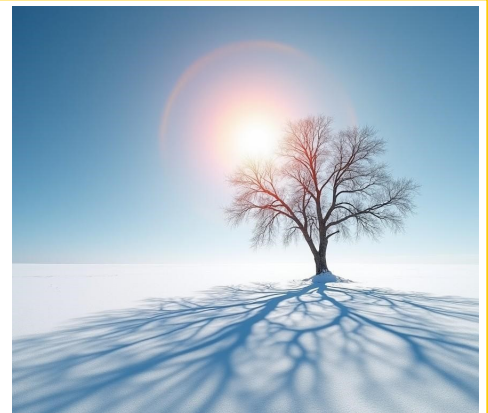
Most adventurous thing she has done:
Explored caves and waterfalls in Mexico.

Hidden talent: She is bilingual.

The Shortest Day

The first day of winter in the Northern Hemisphere is marked by the winter solstice, which occurs this year on Saturday, December 21, 2024 at 3:20 AM CST.

The winter solstice is the day with the fewest hours of sunlight throughout the year, making it the “shortest day”. Thankfully after we reach the winter solstice the days begin to grow longer and longer again until summer solstice, the first day of summer, and the longest day of the year. Fun fact: stand outside at “high noon”, or when the sun is at its highest in the sky. During the winter solstice, your noontime shadow will be at its longest all year because the sun is at a low arc. Your shadow will be at its shortest during the summer solstice because the sun is at a different angle high above you. Remember to try that again in June!





SONGS WITH SANTA

AND MRS. CLAUS TOO!

Details:
Santa and Mrs. Claus will be
at
River Bend Saturday,
December 7th

Join us for a morning of
music, and of course photos!

The fun starts at 10AM sharp!
Hope to see you there!



Brewing Friendships!

We invite men of all ages to
join us at River Bend for a
coffee and conversation
Friday, Dec. 27th at 9AM in
our formal dining room. This
group has grown each month
and we hope that continues.



Stay Fit & Active!




Dorothy, Bob, and Lois as they exercise!
Drum-Fit is a fun combination of music and exercise!
We say fit and active year round at River Bend.
Winter weather won't stop us!



Christmas Appetizer



FETTA & CRANBERRY PINWHEELS

Ingredients

- 3/4 cup dried sweetened cranberries
- 1 (8 oz) package cream cheese, room temperature
- 3/4 cup crumbled feta cheese
- 1/4 cup chopped green onion
- 2 large flour tortillas, wheat or spinach for pretty color

Directions

1. Combine all ingredients except tortillas, mix well.
2. Divide and spread mixture evenly among tortillas.
3. Roll up tightly, wrap in plastic and refrigerate at least one hour but up to one day.
4. To serve cut each roll into 12 slices.



“RETURN SERVICE REQUESTED”

PRRST STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

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