

September Events Open to the Public

Bible Study

Every Saturday at 9:00 AM

Fitness Friday

Chair exercise every Friday at 10:30 AM

19th Anniversary Party

Sunday, Sept. 7th

Complimentary meal 12 - 1 PM

Live music 1-3 PM

Worship & Music

Hosted by: Cornerstone Church

Monday, Sept. 8th at 1:30 PM

Mindful Yoga

w/ Rachel (NAMI)

Tuesday, Sept. 9th at 1:30 PM

Community BINGO

Wednesday, Sept. 10th at 1:30 PM

Live Music by Todd Hagen

Thursday, Sept. 11th at 1:00 PM

Wood Sign Workshop

Thursday, Sept. 11th at 5:30 PM

Classic Car Show & Delaney's Ice Cream

Friday, Sept. 12th at 2:30 PM

Men's Coffee Group

Friday, Sept. 26th at 9:00 AM

Catholic Mass Schedule

Saturday, Sept. 6th @ 2:45 PM

Thursday, Sept. 11th @ 10:15 AM

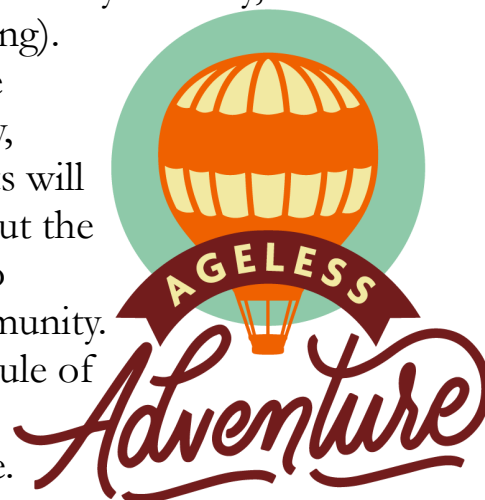
Saturday, Sept. 20th @ 2:45 PM

Thursday, Sept. 25th @ 10:15 AM

National Assisted Living Week September 7-16, 2025

River Bend is pleased to once again observe National Assisted Living Week, a meaningful occasion that recognizes the residents, families, and dedicated staff who make our community so special. Over the years, this week has provided an opportunity for assisted living communities across the country to highlight their services and celebrate the individuals who call them home. The theme for this year's celebration is "Ageless Adventure," reflecting the vibrant spirit and limitless potential of our residents. To begin the week, we are delighted to host our Annual Anniversary Party on Sunday, September 7th, marking 19 years of service to our residents and families. This special day also coincides with National Grandparents Day, offering us an added reason to gather in celebration. The event will include a complimentary lunch served from Noon till 1PM. Live music from 1-3 PM will feature talented musicians Sarah Boyle and Zoey Kleitsch. This is a family-friendly, outdoor event (weather permitting).

In addition to the Anniversary Party, a variety of events will be held throughout the week that are also open to the community. Review the schedule of activities and join us as we celebrate.





Resident Birthdays

| | |
|----------------|----------|
| Connie Wagner | Sept. 1 |
| Trudy Kurt | Sept. 2 |
| Dick Aitchison | Sept. 13 |
| JoAnn McClimon | Sept. 21 |
| Lois Leonard | Sept. 23 |



Staff Birthdays

| | |
|---------------|----------|
| Bekka Marban | Sept. 17 |
| Evelyn Sadler | Sept. 18 |



Cascade Community Senior Wellness Fair **learn**grow**thrive**

Thursday, October 9th

9 AM - 12 PM

The American Legion Hall

301 Jackson St. NE

Cascade, IA 52033

- FLU VACCINE CLINIC • FREE LUNCH
- VENDORS • DOOR PRIZES



Staff Spotlight



Chelsie Neenan Caregiver Med Manager

Chelsie is one of our wonderful caregivers known for her uplifting spirit. Chelsie's husband calls her "*the world's best cheerleader*"—and we agree! She says, "*I just always look for the positive side of everything.*"

Chelsie married her high school sweetheart, Bo. Together they have a son, Wyatt (12), twin daughters, Harper and Haven (5), and a playful Great Dane named Bronx. She is also very close to her brother and sister, who she considers her best friends.

Originally from Anamosa, Chelsie and her family moved to Wyoming, Iowa in 2019. She attended Anamosa High School and later studied at Kirkwood Community College, completing her CNA, Medication Aide, and CPR training.

We are grateful for the dedication and positivity Chelsie brings to River Bend.

First Day of Fall Sunday, September 22

Men's Coffee Group - Brewing Friendships



We invite Men of all ages to join us at River Bend for a coffee group. Our group meets the last Friday of each month. Save the date. Friday, Sept. 26th at 9 AM



We are Hiring ~2nd Shift Universal Workers
apply online www.riverbendal.com/careers

RESIDENT CORNER

Your chance to get to know **Pete Sauser**, a sweet guy with a life full of stories and community ties.

Pete grew up in Cascade, where his father built Cascade Lanes in 1960. He spent many years working there. Pete was part of the very first graduating class of Aquin High School in 1962. Just a few years later, in 1965, Pete and his brother Nick opened a body shop in Monticello. Family has always been central to Pete's life—he married his wife, Mary Jane, in 1966, and the couple moved to Monticello in 1969. Together, they raised their daughter, Laura.



Pete Sauser

When it comes to hobbies, Pete has always had a love for collecting antiques, especially Red Wing Stoneware, crocks, and other unique finds. Bowling was also a big part of his life for many years. Though his last game was in 2019, Pete looks back fondly on the memories he made at the lanes. Music has also been a lifelong passion—1950s Rock and Roll is his favorite, and Elvis Presley holds the top spot on his playlist.

At River Bend, Pete enjoys the warm and welcoming atmosphere. He especially appreciates the friendly faces and the many acquaintances he has here. Staying active and social is important to him, whether it's through visiting with others or playing a game of bingo.

When it comes to sports, Pete is an avid fan of Iowa football and basketball. Pete says “like our new Pope, I proudly cheer for the Chicago White Sox.”

We are delighted to have Pete as part of our River Bend family and hope you've enjoyed getting to know a little more about him!



2025 Cascade Hometown Days Parade was well represented by River Bend residents, staff, and family

From the River Bend Kitchen

Banana Bars



Bar Ingredients

1/2 cup butter, softened
2 cups sugar
3 large eggs
3 ripe bananas
2 cups all-purpose flour
1 teaspoon baking soda
Dash of salt

Frosting

8 oz. cream cheese softened
1/2 cup butter, softened
4 cups confectioners' sugar
2 teaspoons vanilla extract



Instructions

Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, bananas and vanilla. Combine the flour, baking soda and salt: stir into creamed mixture just until blended. Transfer batter to a greased 15x10x1 pan. Bake for 20 - 25 minutes or until a toothpick inserted comes out clean. While the bars cool mix the frosting ingredients and beat until smooth. Frost bars and enjoy.

“RETURN SERVICE REQUESTED”

PRSR STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

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