

MONTHLY NEWSLETTER



THE FIRST EDITION

Welcome to the very first issue of the RiverBend monthly newsletter! We are looking forward to creating a hub for everything going on around the community here at RiverBend. We will need volunteers to contribute to, edit, and distribute the newsletter. If you are interested in volunteering to help us make this project as successful and informative as possible, or if you have something you'd like to see in upcoming issues, please contact Sarah.

NEWSLETTER NAMING CONTEST

We want to hear from you, the residents of RiverBend! If you have an idea of what to title the newsletter, submit it to the box at the Front Desk by **February 14th**. We will be taking a vote for the top submissions, and there will be a wine basket prize for the winner!



It's the season for slips and falls! If you see ice and want to pitch in to help keep everybody safe, there are buckets with lava rock inside both main entry doors and in the scooter room. Feel free to scatter the rock as needed; please note it on the "Sanding Schedule" sheets provided on the wall by each bucket.

Are you interested in installing a keyless-entry lock on your door? The strata board has been able to obtain a discount on keyless-entry door locks. Please put your name down on the sign-up sheet at the Front Desk to get a great deal on a strata-approved lock that will comply with fire & building codes.

Meet Your Strata Board

Donald Pickering—President
Ph: 250-565-7648

Betty Anne Russell—Vice President
Ph: 250-983-9731

Judy Kehler—Secretary
Ph: 250-640-8530

Wendee Copeland—Treasurer
Ph: 250-596-8099

Craig McIntyre—Board Member
Ph: 250-372-1232 x 103

Gary Reed—Board Member
Ph: 250-851-9292 x 232

Isabelle Ruch—Board Member
Ph: 250-552-0956

The activity room is in need of various kitchen supplies so we are able to have cooking/baking classes! If you have any of the items listed below that you'd like to donate, please contact Cheryl.

- ◆ Cookie Sheets/Muffin Tins
- ◆ Mixing bowls
- ◆ Measuring spoons/cups
- ◆ Cutting boards
- ◆ Rolling pin
- ◆ Hand mixer
- ◆ Pots & pans
- ◆ BBQ tools
- ◆ Miscellaneous kitchen utensils (i.e. wooden spoons, spatulas, knives, etc.)



VOLUNTEERS NEEDED!

- ◆ **Two Fire Marshalls on each floor of the building** (*Duties include: monitoring handheld radio in your suite, aiding in building evacuation in the event of a fire, and storing flashlights & distributing them in the event of an emergency*)
- ◆ **Newsletter Committee** (*Duties include: updating, editing, and distributing the monthly newsletter—Sarah will be available to help guide & familiarize you with the process*)
- ◆ **Auxiliary/Back-up Van Drivers** (*Volunteers must provide a drivers abstract and have a valid class 5 driver's license*)

If any of these positions sound like something you would be interested in volunteering for, please contact Sarah

UPCOMING EVENTS

- ◆ **Feb. 2**—Puppy Party in the Activity Room at 1:00 PM
 - ◆ **Feb. 7**—Alexis the Troubadour will be performing in the Grand Foyer at 1:00 PM
 - ◆ **Feb. 13**—Join Toni & Cheryl in the Activity Room at 1:00 PM to make wrist corsages!
 - ◆ **Feb. 14**—Golden Age Social at the Civic Centre—Van sign-up will be at the Front Desk
 - ◆ **Feb. 15**—Fabulous 50's Pub Night—Dinner, then dancing featuring a live band!
 - ◆ **Feb. 19**—Fred Green from PG Community Policing will be at RiverBend to speak on personal safety
 - ◆ **Feb. 20**—Hearing seminar
 - ◆ **Feb. 22**—Blood Pressure Check in the Library
 - ◆ **Feb. 23**—**Alia & Tanjay** Trunk Show in the Grand Foyer
 - ◆ **Feb. 28**—A ukulele group will be performing in the Grand Foyer
- Look for the weekly activity calendars at the Front Desk to keep up-to-date with events!



RESIDENT SPOTLIGHT

One of our RiverBend residents, Edward (Ed) Parent, was born into this world in Cranbrook, BC in 1934. In 1947, A Greyhound bus brought Ed to Prince George to be closer to his father. When he arrived in search of his father's residence, in the minus twenty weather, he was wearing nothing but dress clothes and shoes. He found himself knocking on what he did not know at the time was his wife Carol's childhood home's door. Her mother answered and directed Ed towards his father's home; she didn't know at the time, as they watched him walk away through the window, that this was only the beginning of Ed and Carol's love story. They married on May 26, 1953, and now have four children, seven grandchildren, and two great grandchildren. If Ed was granted one wish, he would choose to go back in time with Carol to do it all over again as he had so much fun with his family the first time. Ed spent his life providing for his family by working as a fire fighter for 36 years. Throughout his career, Ed was rewarded for his hard work and dedication by being promoted to Fire Chief of Prince George. From his many years of service, Ed has attained a multitude of interesting stories about fire fighting in Prince George and is educated on the history that goes along with it. We are lucky to have a resident such as Ed who has an amazing sense of humor, a wealth of knowledge, and who is genuinely friendly and caring.

Weekly Activities

- ◆ *Chair Exercises or Stretch It Out with Cheryl at 9:30 AM every Mon—Fri in the Activity Room*
- ◆ *Tea Time at 10:00 AM and 2:00 PM every day in the Dining Room*
- ◆ *Tai Chi with Tom in the Grand Foyer on Mondays at 3:00 PM*
- ◆ *Cards in the Library at 6:30 PM every Mon—Thurs*
- ◆ *Board Games in the Library every Sunday at 1:30 PM*

Do you know someone that would love living at RiverBend? If you refer a new resident to RiverBend, we are pleased to offer you a \$100 gift card! Speak to Wendee or Judy for details.

Do you own a scooter or electric wheelchair?

If you answered **YES**, please contact Ashlee—we want to assign the parking to make sure you always have your spot!

Pet Owners

- ◆ Pets must be under the care and control of their owner at all times in the common areas of the building—either on leash or in a carrier
- ◆ Ensure you are cleaning up after your pet
- ◆ Pets are not permitted in the dining room or on any common area furniture

Lost & Found

There is now a lost & found bin in the Library. Come and see if any of your lost items have been found!

Suggestions

Talk to Cheryl in the Activity Room if you have any ideas for crafts, activities, events, or other fun things you'd like to see at RiverBend!

A Community Bulletin Board has been put up in the Library. It is for residents of RiverBend to use to help everyone stay connected. Feel free to post community announcements and notices there!