



RIVERBEND PUB NIGHT

Thank you to everyone who attended and participated in making our first ever RiverBend Pub Night a success. There were multiple prizes won throughout the night, a lot of laughter was had, and the band created an excellent ambiance for dancing the night away.

NEWSLETTER NAMING CONTEST

Thank you to all those who participated in our Newsletter Naming Contest. A big congratulations to Nora for coming up with the winning name. Our Newsletter is now called "Around the Bend."

Meet Your Oncore Staff

Wendee – General Manager
Ph: 250-596-8099

Sarah – Administrative Assistant
Ph. 250-596-8097

Larry – Dining Room Manager

Kitchen:

Aaron – Cook

Greg – Cook

Kara – Cook

Dining Room:

Tzena – Dietary Aide

Tianna – Dietary Aide

Rebecca – Dietary Aide

Julianne – Dietary Aide

Housekeeping:

Amie – Day Housekeeping

Ellyn – Night Housekeeping

Debra – Night Housekeeping

Do you know someone who 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.

Beary's Services

Berry-Lynn would like to offer her services to the residents of RiverBend. She is available 24/7 and her services will include tasks such as grocery shopping, pharmacy shopping, post office runs etc... For more information call or text Berry-Lynn at 250-981-5888



Mind. Body. Spirit.

This month the Alzheimer Society is hosting a *Dementia Friends* seminar. Come and join in on the opportunity to enhance your knowledge of how to best support those living with dementia. Tuesday March, 27 at 1:00 in the Activity Room.

Congratulations to Vivian! the winner of our February **Valentines** raffle basket. Over \$75.00 was raised for the Activity Fund!



Tickets will be on sale for the March "Diggin' for Dirt" raffle basket at the reception desk. Don't forget tickets are 3 for \$5.00.



Each month we do a **birthday draw** at the birthday celebration. Be sure to put your name in our Birthday draw box (located at reception) during your birth month to enter for your chance to win a prize, and don't forget we also do a **50/50** draw at the celebration as well!



VOLUNTEERS NEEDED!

- ◆ **Two Fire Marshalls on each floor of the building:** *We are still in need of Fire Marshalls for floor 1-2-3. To sign up or receive more details see Ashlee (Concierge)*
- ◆ **Auxiliary/Back-up Van Drivers:** *Volunteers must provide a drivers abstract and have a valid class 5 driver's license. To sign up or receive more details see Cheryl (Activities Director)*
- ◆ **Newsletter Committee:** *This is an open group to those interested in contributing to our Monthly Newsletter. Watch the weekly Activity schedule to see when & where meetings occur.*
- ◆ **Library Volunteer:** *We are looking for residents who would like to be in charge of organizing our Library. If this is something you are interested in see Cheryl for details.*

UPCOMING EVENTS

- ◆ **Mar. 1**— Intro to Painting with Sharon in the Activity Room at 1:00PM
- ◆ **Mar. 6**— **A & T Spring Fling in the Grand Foyer at 1:00PM featuring Recycled Sound!**
- ◆ **Mar. 7**—A Master Gardener from the David Douglas Botanical Society is coming at 1:00PM in the Activity Room
- ◆ **Mar. 9**— Join us in the Grand Foyer at 1:00PM for our Clothing Sale. All clothing will be sold by donation and proceeds will go back into the Activity Fund.
- ◆ **Mar. 13**— Join Elma in the Activity Room at 1:00PM to learn about Genealogy!
- ◆ **Mar. 20**— Join Toni in the Activity Room at 1:00 PM to celebrate the first day of SPRING with a craft!
- ◆ **Mar. 21**— Medichair at 1:00PM in the Grand Foyer
- ◆ **Mar. 24**— A special Easter Church presentation at 7:00PM
- ◆ **Mar. 27**— Dementia Friends seminar presented by the Alzheimer Society
- ◆ **Mar. 28**— Birthday Celebration featuring By Request at 1:00PM in the Grand Foyer

Look for the weekly activity calendars at the Front Desk to keep up-to-date with events!

RESIDENT SPOTLIGHT

Family is what makes a home for Melita Higgins, as she and her family have moved through multiple towns following the work that was available. Melita started off in 1934, in a town called Rabbit Lake, Saskatchewan. Just over a year after Melita was born her family moved to Hanley, Saskatchewan, where they stayed for 13 years. Work then brought her family to Winnipeg, where she met her husband Donald on the job. He started working a few years after Melita and fate brought them together by making them opposite desk partners. They even rode the same bus home together until Donald bought a car and offered to start a carpool with Melita and a few coworkers. Eventually Donald got the courage to phone Melita to ask her out. Although Melita was not home at the time of his phone call, her younger sister answered, sounding very similar to Melita. Because of the similarities, Donald assumed it was Melita on the phone pretending to be her younger sister to get out of going on a date with him. After not knowing why he never called back over that weekend, Melita asked him that Monday at work. Once they realized the humorous situation that had happened their love story began. They married in '58, and now have a daughter and a son who have graced this world with 4 grandchildren. Throughout their marriage, work brought the Higgins to live in places such as Calgary, Drumheller, Brandon, Winnipeg, and Nanaimo before settling in Prince George. Melita and her husband enjoyed spending their weekends dancing, and especially loved square dancing. Melita now enjoys spending quality time with her husband and family, while occupying her time completing word puzzles, jigsaws, and cryptoquotes.



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*
- ◆ *Yoga with Gillian most Thursday's at 1:00PM*

Are you interested in Gardening?

If you answered **YES**, and would like an outside garden plot assigned to your name, please contact Cheryl. This on a first come first serve basis as limited spaces are available.

Local Art

Are you or someone you know a local Artist looking for your chance in the spotlight? If so, come and see Ashlee. We are spotlighting local art in our Grand Entrance. The art will either be for show or sale depending on the Artist's preference. For more information and to find out prices please contact Ashlee.

Moving Trolleys

The blue trolleys used during move-in's have now been assigned to Scooter stall 2B and 3B in the basement. Please return once finished.

Do you have an empty cardboard egg carton? If so, Cheryl will be collecting cardboard cartons for the next craft!

If you have any craft, activity, music, entertainment, or other fun ideas that you would like to see at RiverBend, bring your suggestions to Cheryl. We want to hear from YOU!