

## UPCOMING EVENTS

- ◆ **Jan. 8** — Speaker Series in the Dining Room featuring Community Policing. As always, Complimentary Pizza, Beer and Wine to follow!
- ◆ **Jan. 9** — Painting with Sharon. Two hour sessions starting at 1:00PM. Sign up required
- ◆ **Jan. 10** — Winter Wonderland Pub night!
- ◆ **Jan. 14** — 1:00Pm Crafting with Ashlee in the Activity Room
- ◆ **Jan. 15** — Hearing Life from 1:00PM-4:00PM! Sign up Required
- ◆ **Jan. 16** — Painting with Sharon. Two hour sessions starting at 1:00PM. Sign up required
- ◆ **Jan. 17** — Yoga with Gillian in the Grand Foyer at 1:00PM
- ◆ **Jan. 18** — The Chevys perform in the Grand Foyer at 1:00PM
- ◆ **Jan. 25** — Getting to know Dementia Seminar in the Activity Room at 1:00PM
- ◆ **Jan. 27** — The Prince George Symphony Performs in the Grand Foyer at 1:00PM
- ◆ **Jan. 30** — 1:00PM Birthday Celebrations in the Grand Foyer.
- ◆ **Jan. 31** — Annual General Meeting in the Dining Room at 10:00AM

New  
**2019**  
Year

## RESIDENT SPOTLIGHT

Meet Nell Glass,

Nell Glass is a Resident of RiverBend who everyone aspires to be like. She is ninety-eight years young and was born about thirty miles east of Hanna, Alberta, where she lived for the first sixteen years of her life. Nell was delivered by her grandmother in 1920 amid a snow storm

and has been full of energy ever since. If you have had the chance to meet Nell you would know that there is no keeping up with her, but as her father would often say “why not, she was born during a snowstorm.” Nell was raised by her grieving father after her mother passed away when she was only seven years old. Nell was young and did not quite understand the grief he was experiencing which made him emotionally distant from his family. Though on one of Nells birthdays she got a gift from her father, a story called “My Little Girl” and she realized that he did love her, just in his own way. Over time, his wounds healed as much as ones can, and he introduced Nell to her new step mother. Unfortunately, they did not get along and by the time Nell was sixteen she decided to move to a new town and start her own life.

When Nells grandmother passed away, Nell was gifted with one hundred dollars which she used to enroll in bible school at Grenfell, Saskatchewan. Two years later she moved to Port Coquitlam to finish her schooling, which is when she fell in love with British Columbia. After bible school, Nell got a job working in a cannery operating the label maker in Lethbridge. The City where she met her husband, an Air Force Airman named Andrew Glass. They married in 1942 and were together for fifteen years before Andrew passed away. Nell had three children at the time of his passing ages seven, nine, and twelve and as a widowed mother she decided to take her children to live with Andrews family in Vancouver. She got a job working at Woodward’s and stayed on with the company for fifteen years, then bought into a laundromat and dry-cleaning business where she worked for the next twelve years. Nell retired at the age of sixty, and after living a life fully dedicated to her children and career, she decided it was time for her. She sold the big house they lived in, along with the business and bought a place in Phoenix, Arizona. After moving, Nell became head of the shuffle board team and went dancing every night, except for Sunday. She spent the next twenty-six winters in Arizona, and spent the summers visiting her children. Nell has been blessed with one great-great grandchild, twelve great-grandchildren, and four grandchildren who all have a piece of her heart. Nell enjoys five generations of her family living in town and is happy to have made a home at RiverBend. Not only does Nell have her family in Prince George, but she has a whole new family at RiverBend that she loves and cherishes. Nell has a legacy that one only dreams about and we are proud to have her as one of our Residents.



### Weekly Activities

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

**Notice to Residents:** When disposing of your garbage please ensure that all garbage is in a garbage bag. Staff have to remove the majority of garbage from each bin by hand to make the bin light enough to lift. Also, please bring broken glass directly to the outside bin as this can easily hurt a staff member when disposing of garbage. Thank you for your understanding!



**Netetag Committee:** We are looking for Residents who are interested in being apart of a netetag committee. This committee will help coordinate getting nametags for Residents. See Ashlee for more details!

**Please bring the grocery carts back to the entrance that you found it at after each use. This will ensure that each entrance has carts for all residents to use. If you need to use a blue trolley you can find them to the right off of the elevator in the basement. Please then return them back to the basements when you are finished as they crowd the entrances on the first floor.**

RiverBend has a new live in Maintenance Man! His name is Dave and his working hours are Monday to Friday 9:00AM to 5:00PM. If you need to contact him After Hours for please call 250-981-0003.

**NOTE: THIS NUMBER IS FOR EMERGENCIES ONLY**

**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 and the art can either be for show or for sale depending on the Artists preference. See Ashlee for more details!**

If you have any Restaurant suggestions, 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!

