

River Bend SENIORS COMMUNITY

ONLY (2) VISITORS PER VISIT!!

***STAY HOME IF YOU FEEL
SICK OR UN-WELL**

*** Bring A Mask/buy (1) at
front Desk \$5.00 each.**

***Sanitize hands upon entering
Building & Temperature Check is
Available to use by front doors.**

***ALL VISITORS HAVE
TO SIGN IN/OUT AT
THE FRONT DOOR**



**REMINDERS: Handrails are not for Garbage/Please take
home all old mail & newspapers & Flyers and discard.**

Thank You

PLEASE REPORT to Front Desk-Hannah/Call Resident

**Services (Jenny) or Jo-Anne- Rental Manager, If you have
trouble with Phone/Internet/Television Thank You**



**If you have a
Birthday in
November!!!**

**Don't forget to enter in the
draw at the front desk.**

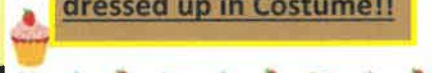
**One Draw per Birthday
person.**

Draw time is 3:00PM

Draw Date is Oct 30th

**For October's Winner
will win a**

**Gift Basket. & Come
dressed up in Costume!!**



**Each Month's
Calendar's**

**Are on Board outside
of Activity Room for
you to read of up
coming Events &
Outings, Games.**

Mondays:

9:30Am Exercise (Sit & Be Fit)
10:00Am Exercise (Stretch it Out)
1:15Pm BINGO Activity Room
4:00Pm Happy Hour 4th Floor
7:00Pm Marbles Game 3rd floor

Tuesday:

9:30Am Exercise (Stretch It Out)
10:15Am Outing (Save-on)
10:45Am Outing (Save-On)-Foods
1:30PM Fitness Room

Wednesday:

9:30Am Exercise (Sit & Be Fit)
10:00Am (Stretch It Out)
1:20Pm Exercise (Tai Chi)
2:00Pm Exercise (Tai Chi)

Thursday:

9:30Am Exercise (Stretch it Out)
10:15Am Outing (Pine Center Mall)
10:45Am Outing (Pine Center Mall)
1:30Pm Cards (Thursdays/Sundays in Activity Room)

Fridays:

9:30Am Exercise (Sit & Be Fit)
10:30Am (Walk A Block)
2:00Pm (Bingo)
4:00Pm (Happy Hour 4th floor)