

UPCOMING EVENTS

Nov 2 - Medichair repairs in the activity room at 2:00pm.

Nov 5 - Studio Craft Fair Outing. CN Centre, bus leaves at 1pm. Sign up in the foyer

Nov 10 - Two Rivers Art Gallery Tour! Van leaves at 2pm, Guided tour and a studio activity. Sign up in the foyer.

Nov 11 - Moment of Silence & Remembrance Ceremony. Located in the Foyer at 11am

Nov 15, 17 & 19 - Live Funeral Planning Seminars! Located in the theatre room at 1pm.

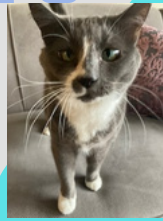
Nov 16 & 18 - Live Will and Testament Seminars! Located in the theatre room at 1pm.

Nov 24 - Musical Bingo. Test your Music knowledge! 2:30pm in the activity room

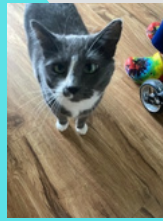
Nov 25 - Lunch Outing: Mai Thai Van leaves at 11:30am. Sign up in the Foyer

Nov 26 - Craft Fair hosted by Shirley Fillion. 10am-2pm in the foyer

Nov 30 - Birthday Bash during tea time in the dining room! 50/50 draw & birthday draw.



Resident Pet of the Month Meet Mimsy!



Mimsy's mum is Joan. Mimsy is a female American shorthair with grey & white fur and beautiful green eyes. Her mum says she likes cuddles but only if she is laying beside you and not on you. She is also fond of food and prefers to drink with her paws by dipping them in water and licking her paws clean. She loves her mum and will snuggle with her on a pillow at night.

We are happy to have Mimsy as one of our residents.



Notice to all residents that had a garden this year, the plot needs to be cleaned out.

In Memoriam
Euc Goyer:
RiverBend Resident for 4 years,
Passed Sept 12, 2021 at 91
Beloved Husband, Father
Grandfather & Friend.

Annual All Points Fire Inspection. Nov 8, 9, 10 They will need access to every suite. We will provide more information once they let us know the details of their visit.

Letter from the Oncore General Manager

Thank you everyone for your continued kindness, patience, and cooperation during this pandemic. We must remain diligent and work together to mitigate the risk of a COVID-19 outbreak at the RiverBend.

There are more COVID-19 cases reported everyday specifically cases in our community. The strata council wants to ensure residents are safe and still able to enjoy the building, while limiting risk and exposure.

As you may know we recently had some residents test positive for COVID-19. Considering that in conjunction with the Northern Health Regional Public Health Order put out on September 7, 2021, Strata Council has developed new resident guidelines to reduce the risk of exposure within the RiverBend. These guidelines may change as we are updated on Provincial and Regional guidelines. Currently we are only allowing medically essential visitors into the building. This includes doctors, nurses, care aides or loved ones providing medical support and compassionate care (for example wellness checks). Please feel free to have social visits with family outside of the building, weather permitting.

On November 8, 9 and 10, All Point Fire Protection will be in the building to complete their annual fire inspection. They will need to access to every suite in the building to ensure that all fire safety equipment is functioning. We will provide you with more detailed information as soon as possible. Advantage Insulation was here on October 21, 2021, they added additional insulation to the attic. This should assist in reducing the amount of ice damming and heat loss during the winter months. A general food information session was held in the dining room on October 15, 2021, meetings will be held monthly going forward. More information on dates and times to come. Please note that we have been experiencing food shortages and may not be able to get the usual products or certain items on the menu, resulting in substitutions having to be made. We will provide as much notice as possible for any upcoming substitutions. Please check the bulletin board beside the front desk for dining room updates.

I would like to thank everyone who attended the meeting held on October 8, 2021 in the dining room some of the topics discussed:

- FOB access to the building
- Security at the front doors
- Masks in all common spaces
- Bus trips/Recreation activities

Strata Council would like to thank everyone for your continued support and help in battling COVID-19.

Let us continue to be kind, remain calm and keep everyone safe and healthy.

Mondays:

9/9:30am Sit & Fit
1:30-2:30pm Tea Time
2:00-3:00pm BINGO
4:00 pm Happy Hour

Tuesday:

9/9:30am Sit & Fit
10:00 Outing-Store
1:00-2:00pm Crafts
1:30-2:30pm Tea Time

Wednesday:

9/9:30am Sit & Fit
11:30-12:30 Cookbook Meeting
1:30-2:30pm Tea Time

1:30-2:30pm Tai Chi

Thursday:

9/9:30am Sit & Fit
10:00-10:30 Seated Yoga
1:00 Canasta
1:30-2:30pm Tea Time
2:00-3:00 Painting with Nancy

Friday:

9/9:30am Sit & Fit
10:00 Bean Bag Toss
1:30-2:30pm Tea Time
2:00-3:00Pm BINGO
4:00 pm Happy Hour

Happy Hour will be Hosted in the Activity Room at 4:00pm

Remembrance Day Table

LOCATED IN THE LOBBY IS A REMEMBRANCE TABLE. ON THAT TABLE IS MULTIPLE INTERACTIVE REMEMBRANCE DAY MEMORABILIA THAT YOU ARE WELCOME TO TAKE. AS WELL AS A CONTEST. MORE INFORMATION ON THE TABLE.

From November 1st to January 31st residents are allowed to decorate their balconies for Christmas according to bylaws.

Birthdays in November

Enter the draw at the recreation desk in the foyer!

1 draw per person.
Next draw Nov 30
October's Winner:
Jane Hoek

Life Planning Week

From Nov 15 - 19 we will be hosting live seminars in the theatre room. One everyday at 1pm. Topics will include funeral planning and will & testament information.

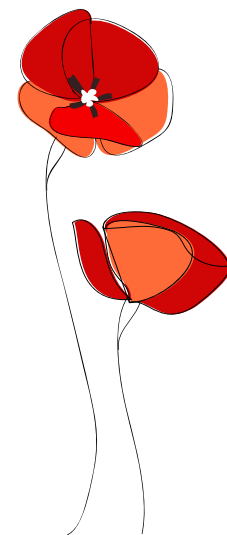
Please Welcome our New Resident Lorraine Nadeau

*Tea Time is Back!
Please bring a mug*

*The Gate to the park will be closed
Nov 1 for the Winter season*

Indoor Christmas Decorating will Start November 29th. Contact Nancy if you would like to help

Thank you to Myrna for putting up such amazing Halloween decorations!



Lest We Forget
We are hosting a small ceremony with a moment of silence to honor the soldiers who have fought and given their lives for our freedom. The tribute will be November 11th at 11am.

Lost and Found
Please check the lost and found box in the library if you have misplaced anything. If you have misplaced your keys check the front desk.



Please place used Cigarette Butts in the nearest garbage cans.

Video Chatting!

Would you like to video chat with family and friends, but don't know how or you don't have a computer? See the recreational coordinator Nancy to set up a date and time to connect with family and friends via video calls.

Flu Shots will be available November 17th from 10:00am - 4:00pm. People will be sorted by room number.

Make sure to wear a mask in all public areas and during all activities