



# Riverton Review

**October 2019 – Happy Halloween**

## **Riverton Tower Visitors**

This photo was taken on the Riverton Tower pier. Standing on the handrail are a Roseate Spoonbill on the right and a Snowy Egret on the left.

Photo Credit: Emil Kotik



## **LED Hallway Lights**

The hallways in the building are in the process of getting new Light Fixtures and LED Lights. LED Lights have extremely long life and will generally not require replacement. Several hallways have been completed and all the hallways will get the new lighting system.

## **Information Presentation**

Join Chris Lawrence from Arlington Park Funeral Home and Cemetery on Thursday, October 3 at 2:00pm in the Poolside Café. He will be presenting an informative, short presentation covering information that everyone needs to know but no one wants to talk about: the many decisions that **MUST** be made when a death occurs – VA Benefits – Social Security Benefits – At-need versus Pre-need Benefits and why you don't want your children or heirs to have to make **YOUR** final arrangements. There will be no selling at this presentation...but those who decide to investigate further will be eligible to receive a Personal Planning Guide and Will Kit free.

## **Get Fit... where you Sit!**

A chair exercise class will be offered in the Exercise Room on Tuesdays & Thursdays at 7:00pm. The members of the Water Aerobics Class decided to continue to exercise during the winter months when the pool is too cold to handle. All are welcome! Please wear appropriate shoes for the gym. This will be a modified chair exercise class for seniors and not difficult.

## **Take a Partner Recumbent Biking!**

Have you visited the Exercise Room lately? We recently added a second recumbent bike. Now you can take a friend biking with you.





## Knit Cro Pro Club News

by Dorothy Jones

On August 27, Mr. Fred Hoener joined the club. He brought an afghan for us to see that his mother started and he finished. It won a ribbon at the State Fair. He also brought doilies he had made. He is working on a "chocolate cake pattern" to cover cookie tins. Ms. Patricia Davis joined the club on September 10.

Members are working on their final donations for 2019 which will be given to St. Paul United Methodist Church the first week of November. Ms. Kathy Faryon has proposed a small luncheon on Tuesday, November 5, at 1:00pm, followed by our weekly meeting.

Members donated 6 blankets to Wolfson Children's Hospital and 38 hats to Mayo Clinic this month. Ms. Monica Drake stopped by the meeting on September 17 to show the members her beautiful mosaic pieces and discuss how they are made. She showed a lovely tea pot, a wall art piece, a cake plate with cover, and discussed a tray she made. She invited the members to attend the Arts and Crafts group.

We invite anyone interested in knitting or crocheting to join us each Tuesday at 2:00pm. If you want to learn, members will help you get started. If you are experienced, you may enjoy the group while working on your project, or working on a project to be donated.

## BINGO

Please join Christie Strickland-Jones, Health Insurance Specialist, for BINGO at 2:00pm, Thursday, October 17 in the Poolside Café. Have fun and win prizes too!

## Questions about Insurance and Medicare?

Christie Strickland-Jones will be back again to answer any Insurance and/or Medicare questions you may have. She will be sitting in the lobby from 11:00am to 1:00pm on Wednesday, October 23. Stop by anytime with your questions.

## Photo of the Month by Emil Kotik

Photo is the upper waterfall of *Three Sisters Waterfalls*, a triple set of falls in San Diego County. A strenuous hike is required to get to them. Each one has a nice swimming hole at the bottom of them. The upper one is the best and the deepest, enabling one to dive in from the adjacent walls. Also, one can swim to behind the falls and stand waist deep on a rock ledge to watch the water fall right in front of you.



## Riverton Review

Contributions are welcome to include news, items of interest, tid-bits, activity info w/date, time & place.

Email info to Alan Abel by the 25th of the month for inclusion in the next Riverton Review.

Type RIVERTON REVIEW in your email's subject.

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