



Riverton Review

July 2022 - Happy Independence Day

You Are Invited to our July 4th Celebration

Please join us for our annual July 4th Pool Party & Cookout in the Poolside Café. Bring your own meat for grilling and a side dish to share. Drinks will be provided. The grill will be hot & ready by 12:30. Charcoal donations are welcome. Please be sure to have your Pool Releases signed in the office prior to the event. No glass bottles or cups allowed in the pool area. Oysters will be available @ \$20.00 which is to be delivered to Angie Carter by July 2.

This event is sponsored annually by Angie Carter and Elizabeth Bridger.

Questions or concerns: Angie, 904-228-6051 or Elizabeth, 904-887-9781.

Karaoke and Lunch

Dedicated Medical Senior Center is coming to our Poolside Café on Thursday, July 7th from 11am to 1pm. They will be providing live entertainment and a free lunch. If you would like to join in the fun, call the RTSC office to ensure they will have enough food for all. (RSVP - 512-6311)

Photo of the Month

by Deedy Creed

Resident of the Month

The prime parking spot for July goes to Hope Barreiro.

Independence Day Closure

All Riverton Tower Senior Center offices will be closed on July 4th.



With Great Sympathy — Fred Hoener

We are greatly saddened to report the passing of our resident, Fred Hoener. Fred went out of his way to brighten the day of everyone around him. He was a fun host on game nights. He donated his time and talent to the Knit Cro Pro Club. Fred contributed many beautiful scarves, hats and blankets over the years. He would crochet more hats in a week than most of us did in a month. He did the heavy work in our gardens. He contributed regularly to this newsletter. Fred helped anytime he could and always with a smile on his face. He made our world a better place. We'll miss him.

Condolences — Sharon Toth

It is with great sorrow that we share the news of the passing of Sharon Toth. Our hearts go out to Ron Toth and all of Sharon's family members. She will be greatly missed. Heaven has gained a new angel.

Library Hours - 7:00am to 9:00pm / 7 Days a Week

The library is now accessible by using a card key. If you have one for Lab access, this will also work. If you do not have a card key, request from office.

Restaurant Recommendation from Sherry

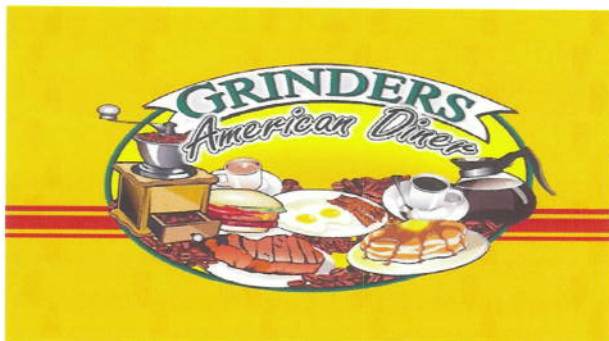
Grinders American Diner

10230 Atlantic Blvd. #8

Open 7am - 3pm Mon.-Sat.

8am - 3pm Sunday

Long running diner with classic breakfast and lunch menu, including old-school American entrees. Enjoy!



Chair Exercise Class

There are now 16 residents participating in our chair exercises. We are only 5.5 months into them. The comments below show how it can improve your life a little bit. If you are one who cannot fully participate in regular Gym and Sports Club activity, come join us on Mondays, Wednesdays & Fridays at 7:00pm in the Exercise Room.

"Since participating in the chair exercises I have noticed that inches on my body parts are shifting, especially in the arms, gaining some muscle tissue, and all over I do feel a lot better."

— Priscilla R.

"I'm happy to notice that it's easier to deal with driving – turning my head/upper body to change lanes, see behind and getting in and out of the car since doing chair exercises.

Not only are they fun with social time, but we really do have practical input and get every day benefits." — Jean McL.

"Chair Exercise has enabled me to move better, getting around better, i.e. walking. Also my arthritis pain in my feet is less than before". — Nancy C.

"Chair Exercise Class has helped me with my posture and upper body strength. It has also helped me with my social skills. I can be a bit of a hermit, so this has made me get out of my apartment and meet some really nice people." — Nancy Mcd.

"I just wish to say how much I am enjoying the exercise classes that Monika provides. I have gotten a lot more flexible and my arms are a lot more toned. It's a lot of fun. I also appreciate how much Monika thinks about all of us and she makes sure that we are all safe with the exercises which we do. They are targeting the areas that we need." — Jan L.

"When I look around in our exercise group three times a week, I have seen a lot of improvements for every single person in the room. Thank you to all participants. We now have also become friends with each other. And you know, exercise is not the only thing we are doing together. Come visit and see if you like it." (Monika, 904-745-1406)

Bible Discussion/Study

Dates for July will be posted by the elevator and the bulletin board by the Café. It will be on a Saturday at 4:00. Future dates will also be announced on the boards.

Everyone is welcome. Thank you to all who facilitate on rotations and bring their knowledge and sharing. Monika, 8M, 904-745-1406.

Riverton Review is the monthly newsletter for residents of Riverton Tower Senior Center.

Contributions are welcome to include news, items of interest, tid-bits, and activity information.

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

Please type RIVERTON REVIEW into your email's Subject.

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July Contributors: Elizabeth Bridger, Angie Carter, Sherry Jones, Monika Drake,

Becky Davis, Kathy Gerding, Alan Abel. **Photo of the Month:** Deedy Creed