

APRIL 2026

RIVER GARDENS RETIREMENT RESIDENCE NEWSLETTER



RIVER GARDENS GOES GREEN!

Always a popular event featuring green beer and Irish treats, St. Patrick's Day was rocking good music, dancing and tasty treats last month with residents and staff alike getting into the green fun!

REDUCING YOUR RISK OF FALLS

Avoiding falls in the elderly warrants our focus due to the risk of long-term injury and hospitalization in this population group. In Canada, more than half of all Long-Term Care residents fall each year.

Risk Factors:

The following factors increase your risk of falls:

- Previous history of falls
- Impaired cognition
- Certain medications
- Impaired vision or hearing
- Medical conditions that may impair balance or other physical function (e.g. Parkinson's Disease)
- Loss of muscle mass
- Gait impairment

Preventing Falls

- Exercise (your regimen will depend on your physical ability and comfort) including balance exercises (such as yoga), strength training and walking
- Regularly get your vision and hearing tested
- Wear appropriate fitting footwear
- Avoid getting up too quickly; rise slowly
- Ensure adequate sleep and good sleep hygiene habits
- Limit alcohol consumption, and stay hydrated
- Maintain a healthy weight
- Be aware of the adverse effects of certain medications including antidepressants, medications for insomnia, muscle relaxants, anti-seizure medications, medications for pain, antihistamines, diabetes medications, medications for blood pressure

APRIL SPECIAL EVENTS

A complete list of April activities can be found inside on our Activity Calendar.



River Gardens

RETIREMENT RESIDENCE

10 ROMEO STREET NORTH, STRATFORD, ONTARIO

WWW.RIVERGARDENS.CA • 519-272-2773



PUBLIC TRANSIT INFO SESSION

A special thank you goes out to City of Stratford Supervisor of Transit Nathaniel Smith who visited River Gardens with Mayor Martin Ritsma last month to share some great information on the city's On Demand system as well as the Mobility Bus available for seniors. It was a very informative session.



Why don't rabbits get hot in the summer?
Because they have hare conditioning.

GOOD FRIDAY APRIL 3 • EASTER SUNDAY APRIL 5



APRIL Birthdays



In astrology, those born April 1-21 are **Aries' Rams**. As the first sign of the zodiac, Rams love to lead the charge of change and progress. These Rams burn bright and enjoy leadership roles and daring artistic pursuits.

Those born April 22-30 are **Bulls of Taurus**. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts.

- April 1Julius V
- April 3Don R
- April 5Tom C
- April 9Grace F
- April 13George S
- April 15Donna C
- April 27Jim B



MINUTE TO WIN IT - OLYMPIC STYLE!

Any one up for some Marshmallow Stacking or Ice Cube Counting? During February residents got into the Olympic spirit with some fun games of their own!



DOMINOES

Dominoe lovers can rest assured that usually once a month our Activity Calendar features a friendly game of the much loved game. Dominoes are thought to have originated in China around the 12th century.