



## March Newsletter

### CELEBRATE ST. PATRICK'S DAY WITH US!

Friday  
**14**  
11:30AM  
Irish Soda Bread Baking w/ Denise

Monday  
**17**  
10:30AM  
Irish Dancers Performing at River House at 10:30am

Sunday  
**23**  
2:00PM  
Join River House's Float in the 49th Annual St. Patrick's Day Parade, gathering in the town hall parking lot and proceeding down Greenwich Ave

Tuesday  
**25**  
12:00PM  
Greenwich Country Day School Students Musical Performance at River House

March is National Kidney Month



## MARCH IS NATIONAL KIDNEY MONTH

### Kidney Health Facts:

- Over 37 million Americans have chronic kidney disease, many of whom are unaware.
- Kidneys filter around 50 gallons of blood daily and help remove waste from the body.

### Signs of Kidney Disease:

- Fatigue, swelling in hands or feet, changes in urine color, and shortness of breath may indicate kidney issues.

### Prevention Tips:

- Stay hydrated, eat a balanced diet, maintain a healthy weight, and monitor blood pressure and blood sugar levels.



## February Highlights

Greenwich Academy Visits River House



## Making Beautiful Floral Arrangements with the Greenwich Garden Club



Every Wednesday, River House takes part in a collaborative series with the Bruce Museum called *Canvas of Life*. Twice a month, educators from the Bruce visit River House, while on the other two Wednesdays, River House participants are transported to the Bruce for an immersive experience in its stunning galleries and interactive classrooms.



**Join Us for Our Next Events!**

ESPECIALLY EVERYONE & RIVER HOUSE PRESENT:



# OPEN MIC NIGHT

Join us for a unique celebration of creativity and community  
—where every voice is welcome  
and every performance builds connection.

- **WHEN:** *Monthly!* Beginning Thursday March 27th
- **WHERE:** River House (125 River Rd Ext, Cos Cob, CT)
- **TIME:** 6pm - 8pm
- **PARTICIPATION:** Individuals can sign up in advance or decide to participate on the day of the event.
- **ADMISSION:** \$10 suggested donation
- **Food and drinks available for purchase**



*The event will be designed for the adult neurodivergent community, featuring sensory-friendly lighting, noise adjustments, quiet spaces, and flexible participation to ensure a comfortable, inclusive experience for all.*

**We're looking for local businesses and like-minded organizations to join us in making this an inclusive, community-driven event!**

Visit [especiallyeveryone.org](https://www.especiallyeveryone.org) for more information



[Click Here to Buy Your Pickleball Tickets Today!](#)

FOR THE BENEFIT OF RIVER HOUSE ADULT DAY CENTER

# PICKLEBALL PALOOZA

APRIL 10TH,  
2025

6:00-9:00PM



PRIZES  
&  
RAFFLES



\$100  
PER PERSON

- Sign up solo or with a partner—we'll pair you up! All levels welcome!
- Pickleball paddle, food and drinks included

## SPONSOR A COURT NOW

For more info, Email:  
rfinn@theriverhouse.org



TICKETS AVAILABLE HERE:

<https://square.link/u/GdgQOG52>

## PICKLEBALL AMERICA

STAMFORD TOWN CENTER  
100 GREYROCK PLACE  
STAMFORD, CT 06901

STAY CONNECTED

Follow us @theriverhouseadultdaycenter



River House Adult Day Center | 125 River Road EXT | Cos Cob, CT 06807 US

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