



April Newsletter

March Highlights



From Irish Dancers to Soda Bread Making - River House Celebrated St. Patrick's Day in Style!



Upcoming This Month

Last Chance to Buy Pickleball Tickets is April 2nd!

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

Melody Men Performing at River House

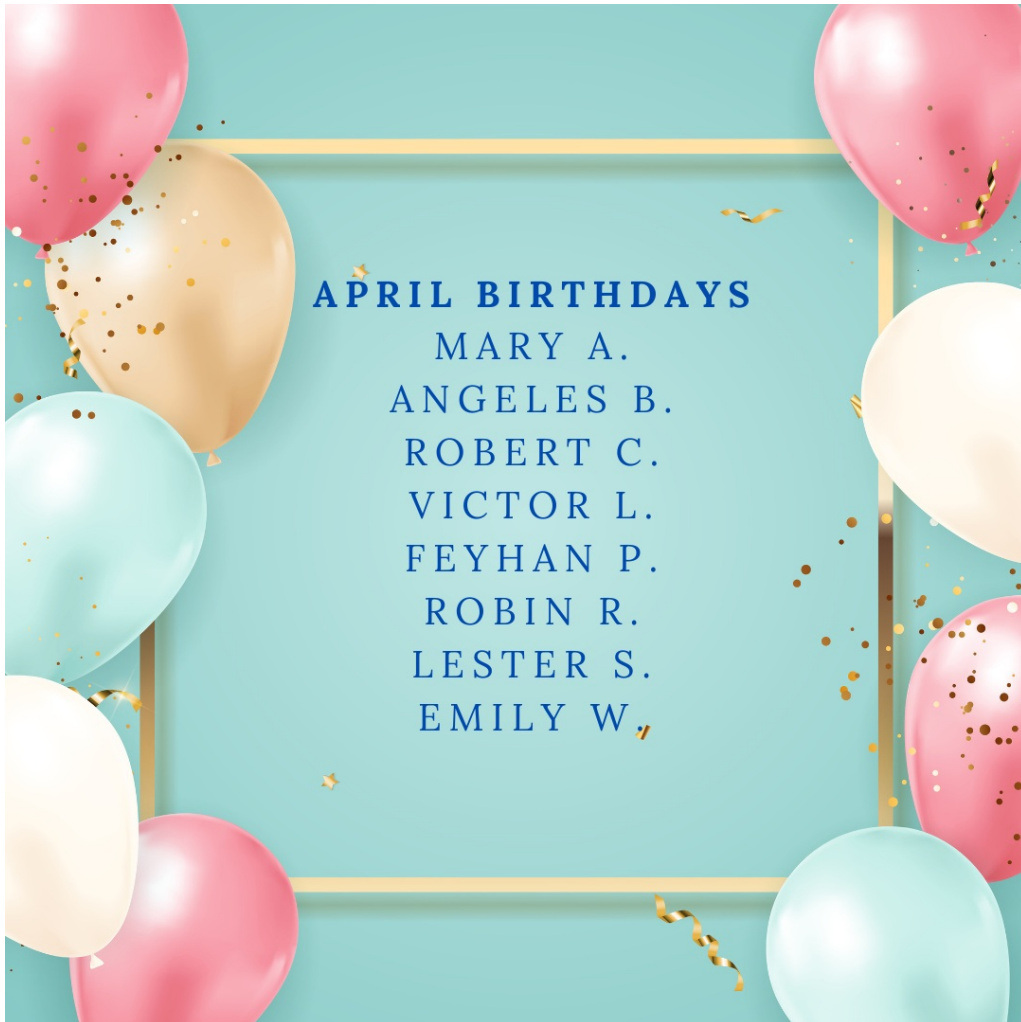
Thursday, April 17 at 1:30PM





Greenwich Garden Club Comes to River House

Tuesday, April 29th at 1PM



April is National Stress Awareness Month!



Statistics:

1. Nearly 75% of adults report experiencing moderate to high levels of stress in the past month.
2. Chronic stress can contribute to health issues like heart disease, anxiety, depression, and sleep disorders.

Common Causes:

Financial worries, work pressure, relationship issues, and health concerns are among the top causes of stress.

Stress-Relief Tips:

1. Practice deep breathing exercises or meditation.
2. Engaged in regular physical activity, which can help reduce stress hormones.
3. Prioritize good sleep habits for better resilience to stress.

Self-Care:

It's essential to engage in self-care activities such as hobbies, spending time outdoors, or practicing mindfulness to combat stress effectively.

Caregiver's Circle

AN EDUCATIONAL SERIES FOR
OLDER ADULTS & CAREGIVERS

Monday, April 7, 2025
6:00 p.m.

at Greenwich Library
Marx Family Black Box Theater

KNOW BEFORE YOU GO: Preparing for the Unexpected!



Are you prepared if you suddenly are faced with the unexpected?

- You experience a medical situation that lands you in the ER
- An ER doctor tells you you're being admitted to the hospital
- You don't understand a lot of what's been happening, but after a few days in the hospital, a nurse tells you you're going home tomorrow. Now what?

Be Pro-Active and Plan Ahead!

Join Linda Ziac as she guides you on how to prepare for when the unexpected happens and how you can be pro-active and plan ahead for such circumstances. Learn the importance of bringing a medical binder, Hospital Go Bag and what to expect in the ER. Understand the difference between in-patient vs observation status, adverse events & hospital readmissions.

Linda Ziac is the President & Founder of The Caregiver Resource Center. She is a CT Licensed & Nationally Certified professional with 49 years of experience in the health & mental health field.



Registration is required:

Register at <https://greenwichlibrary.libcal.com/event/12532800>

or call 203-622-7900



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