

# Riverton Review

May 2022 -



## Chair Exercise Class

We have grown again with 13 people participating and it is awesome. Welcome, Priscilla, Nancy, Gary and Fred. These exercises are modified so the elderly can do them easily, safely and have fun.

We will be exercising while listening to some "oldie's music".

Days are Mondays, Wednesdays & Fridays at 7:00pm in the Exercise Room.

Our Chair Exercise Class is still growing and the class has planned:

\* a fun trip to St. Augustine

\* and a River Cruise

For more info: Monika, 8M, 745-1406 or just show up.



## Bible Study/Discussion

Dates for May will be posted by the elevators and on bulletin board by Café.

## Did You Know?

\* Arlington Expressway has 66,500 vehicles per day

\* University Blvd has 33,700 vehicles per day

## Memorial Day Closure

RTSC will be closed on Monday, May 30, in celebration of Memorial Day. Thank you to all our veterans. May we never forget that freedom is not free.

## Resident of the Month

Our lucky winner of the primo parking spot for the month of May is Ed Everett.

## Knit & Crochet Group

Do you like to knit or crochet?

Our group makes hats, scarves and blankets all year and then we donate them to several local charities at the end of the year.

You DO NOT have to attend the weekly meeting (Tuesdays from 2-3pm in the Cafe) in order to help. We have plenty of donated supplies:

yarn, knitting needles, crochet hooks and lots of patterns available to use at no cost to our members.

We could sure use your help. For information: Sherry Jones @ 321-217-1367.







This is how College Park Shopping Center will look in 2023.  
 The red roof is McDonalds. Dollar General and Winn Dixie are on the left.  
 The 2 white blocks in the forefront are the two three-story apartment buildings.

### Join the University of North Florida In the Fight Against Alzheimer's Disease

If there was a way to prevent Alzheimer's disease, would you try it??

The UNF PACT (Preventing Alzheimer's with Cognitive Training) study needs healthy volunteers to join the fight against Alzheimer's disease. The study focuses on using computerized brain training exercises with the hope to reduce dementia risk. If you or a loved one are interested in more information, please visit the PACT study website, [pactstudy.org](http://pactstudy.org), or call (904) 620-4263. The UNF PACT team is looking for 1,001 healthy volunteers to combat the growing incidence of dementia such as Alzheimer's disease. PACT is currently enrolling adults aged 65 and older with no signs of cognitive impairment, dementia, or neurological disorders. Alzheimer's disease affects an estimated 6.2 million Americans, including 1 in 9 people aged 65 and older, according to the Alzheimer's Association. This number is projected to nearly triple to 14 million by 2060. As of today, there are no proven cure or treatments that stop the progression of Alzheimer's disease, the most common form of dementia. The few medications currently on the market only provide short-term management of symptoms for those who already have dementia. This is why studies like PACT are so important.

### Restaurant Suggestion from Sherry

I've already been to the new Culver's twice. They have great hamburgers, French fries, fish sandwiches and ice cream and much more. You may have to wait a few minutes in the drive through but that's because the order will be hot and just cooked.

Culver's  
 101 Monument Road  
 Open every day: 10:30-10:00



### Riverton Review

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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