

Working Smoke Alarms Save Lives!

Working smoke alarms can make a life-saving difference in a fire. That's the message behind this year's Fire Prevention Week campaign, "Working Smoke Alarms Save Lives: Test Yours Every Month!" The Riverside Fire Department reminds residents about the importance of having working smoke alarms in the home and testing them monthly.

According to the latest National Fire Protection Association (NFPA) research, working smoke alarms cut the chance of dying in a fire in half. Meanwhile, almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

"In a fire, seconds count," Keith Payne, Riverside Fire Marshal, said. "Roughly half of home fire deaths result from fires reported at night between 11 p.m. and 7 a.m. when most people are asleep. Home smoke alarms can alert people to a fire before it spreads, giving everyone enough time to get out."

Payne reminds residents to make sure they have smoke alarms installed in each bedroom and on every level of the home; to test the alarm at least monthly; to replace all smoke alarms when they are 10 years old (or sooner if they malfunction); and to make sure everyone knows what to do when the smoke alarm sounds.

For more information about Fire Prevention Week, visit www.firepreventionweek.org or contact the Riverside Fire Division. ↪

YMCA Exercise Classes Now Offered in Riverside

YMCA exercise classes are now available right in your backyard! The City of Riverside and YMCA of Greater Kansas City will kick off a full line up of group exercise classes at the Riverside Community Center on October 6. This partnership is the next step in the City's Healthy Citizens Initiative, which covers 75% of our residents' membership fees to area community centers, including the YMCA.

"More than one third of our residents are already members of the YMCA but still have to travel to either the Vivion Road YMCA or the Platte County South Community Center/YMCA in Parkville to utilize their membership. We wanted to make it that much easier to stay healthy by offering a full line up of YMCA group exercise classes in our own Community Center," Meredith Hauck, Riverside Director of Administration said.



Through this expanded partnership with the YMCA, a new YMCA staff member was hired to run the Riverside programming. Jennifer Ness is the new Healthy Living Director and will office out of the Riverside Community Center. Although Jennifer is a native of the Kansas City area, she recently returned to the Metro after working as a Wellness Specialist at Grinnell Regional Medical Center in Grinnell, Iowa. While there, Jennifer coordinated family fitness programs, worked with post-therapy patients, and taught an array of group and corporate fitness classes such as aerobics, Zumba, weight lifting, and yoga.

"I've been so impressed with Riverside's tremendous support for community wellness with the Healthy Citizens Initiative and also the YMCA's focus on youth development, healthy living and social responsibility," Jennifer said. "I've enjoyed getting to know the Riverside residents and look forward to meeting more as we kick off our programming in Riverside."

Join the Healthy Citizens Initiative

Through the Riverside Healthy Citizens Initiative, the City will pay 75% of your individual or family monthly membership fee to the YMCA. Your portion of an individual membership is \$14.50 and your portion of a family membership is \$22.25. Financial assistance is available. For more information, contact Jennifer Ness at (816) 372-9280. ↪

Green Events

City Clean Up Days

September 29 - October 3
October 6 - October 11
8 a.m. to 4 p.m. daily

Riverside Public Works Dept.
4200 NW Riverside St.
(816) 741-3908

ABOP Event

Saturday, October 4
8 a.m. to Noon
EH Young Park, 1001 Argosy Pkwy

Only antifreeze, batteries, oil and paint will be collected. Proof of residency will be required.

Senior Dance

Grab your dancing shoes and head down to the Senior Dance on October 13 & 27. The dances are FREE and are at the Community Center, 4498 NW High Drive, from 1 to 3 p.m. See you there!

Trash & Recycling Schedule

Friday is trash/recycling pickup day in Riverside, regardless of holidays. A glass recycling bin is also available in the City Hall parking lot.

Stay Connected

www.RiversideMo.com
www.RiversideMo.com/blog/
City of Riverside (Facebook)
[@RiversideMo](https://twitter.com/RiversideMo) (Twitter)

YMCA GROUP EXERCISE SCHEDULE

Classes start October 6th! All classes will take place at the Riverside Community Center. You must be a YMCA member to participate. Not a YMCA member yet? You can join at any YMCA location, including the Riverside Community Center.

Morning

- Cardio Kick Boxing: 5:30 to 6:30 a.m., T/TH
- Sculpt and Strengthen, 6:45 to 7:30 a.m., T/TH
- Gentle Yoga, 8 to 9 a.m., T/TH
- Tai Chi for Arthritis: 9:30 to 10:15 a.m., M/W
- Silver Sneakers Classic: 10 to 11 a.m., T/F
- Family FitFun: 10 to 10:30 a.m., T/TH
- Advanced Tai Chi: 10:30 to 11:15 a.m., M/W
- Silver Sneakers Yoga: 11 to 12 p.m., T/F

Lunch Break

- Express Strength: 12:15 to 1 p.m., M/W
- Core: 12:15 to 1 p.m., T
- Pilates: 12:15 to 1 p.m., TH

Evening

- Powerflow Yoga: 5:15 to 6 p.m., M/W
- Open Volleyball: 6 to 7:30 p.m., T/TH
- Tai Chi for Beginners: 6 to 7 p.m., T/TH
- Zumba: 6:30 to 7:30 p.m., M/W

Questions?

Contact Jennifer Ness, YMCA Healthy Living Director, at (816) 372-9280.



FPAL Announces Program, Membership Changes

The Riverside Fire/Police Athletic League is excited to announce some changes to its programming and membership options for the upcoming year.

“FPAL offers an opportunity for members of our Public Safety Department to interact with the kids in our community. We are looking forward to offering a new line up of programs and more benefits for FPAL members,” Riverside Firefighter and FPAL Coordinator Karen Holland said.

Programs will include a greater variety of activities, such as open gym at Edge Gymnastics (November 14) and a trip to see Rudolph the Red Nose Reindeer at the Coterie Theater (December 20). Members can also earn points for attendance at events and good grades that can be redeemed at the end of the year for prizes.

Another change is that there will now be a small annual membership fee. The fee is \$5 per child per year, but there is a 50% discount for additional siblings in a family (\$2.50 each). Scholarships are available. Membership applications are available at www.riversidefpal.com and will also be at all of the FPAL events. For more information, contact Firefighter Holland at kholland@riversidemo.com.



FPAL Movie Night

Join the Riverside Fire/Police Athletic League for a movie night in October! The feature film will be **Frozen**.

**Friday, October 3 at 7 p.m.
Riverside Community Center**

This event is open to everyone. It is FREE to FPAL members and their families. Non-members are: \$3 for adults, \$1 for ages 6-12, or you can purchase a family pass for \$5.

Snacks will be available. Bring a lawn chair or blankets.

Not a FPAL Member? Join at the event for \$5 per child (\$2.50 for each additional sibling).

National Night Out

Presented by the Riverside Public Safety Department

**Tuesday, October 7
5 p.m. to 8 p.m.
City Hall Parking Lot**

You're invited to the 31st annual National Night Out celebration! National Night Out is an annual event designed to strengthen our neighborhoods through police and community partnerships. The goal is to heighten crime and drug prevention awareness, build support and participation in local anti-crime programs, and most importantly, send a message to criminals that our neighborhoods are organized and fighting back. It is also the perfect opportunity to get to know your neighbors, firefighters, and police officers.

Come and See: Police and Fire Vehicles and Equipment, North Kansas City K-9 Unit, Missouri Scout, Platte County Sheriff's Mobile Command Bus, Platte County Health Department, Police Helicopter, and more! Food and beverages will be provided.

We Want Your Feedback!

The Mayor and Board of Aldermen invite you to attend a town hall meeting to answer your questions and hear what's on your mind.

**Thursday, November 6
6 p.m. to 8 p.m.
Board of Aldermen Chambers
Riverside City Hall**

If you are not able to attend, you can submit your questions or comments in advance to Meredith Hauck at mhauck@riversidemo.com.

Calendar

October 7

Board of Aldermen – 7 p.m.

October 9

Planning and Zoning – 6:30 p.m.

October 20

Tourism Commission – 7 p.m.

October 21

Board of Aldermen – 7 p.m.

October 23

Planning and Zoning – 6:30 p.m.

October 23

Trunk or Treat – 7 p.m.

Trunk or Treat

A Family-Friendly and Fun for All Ages
City of Riverside Event



October 23rd
7:00 - 8:00 p.m.

Riverside Community Center
(4498 NW High Drive)



Come Trick or Treat in our family-friendly environment! Don't forget your costumes and a bag!! Treating begins at 7:00 p.m. If you would like to host a trunk, please contact Lori Boji at 741-4172 or lboji@riversidemo.com. See you there!