



the Current

Senior Programming

All classes are held at the Riverside Community Center. Questions? Call Jamie Maginness, YMCA Active Older Adult Coordinator, at **816-453-6600**.

Monday 11 am

Arthritis Group Exercise Class

Low-impact physical activity is proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

Tuesday 9 am & Thursday 11 am

Tai Chi for Arthritis

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. The Arthritis Foundation Tai Chi Program, developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Tuesday 10 am & Friday 10 am

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Wednesday 11 am & Friday 11 am

SilverSneakers Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (Class does not go down on the floor and shoes may be worn during class.)

Fun for the Young at Heart

YMCA Brings Senior Programming to Riverside Community Center

Studies show that seniors who participate in regular group exercise or stretching activities remain healthier and live more independent lives. That's why the City has partnered with the YMCA of Greater Kansas City to bring their most popular Senior Programming to the Riverside Community Center. For a limited time, Riverside seniors can enjoy their first month of membership **FREE!** Add that to the deeply discounted rate Riverside citizens enjoy, and there's never been a more affordable time to try the senior programming.



Jamie Maginness, Active Older Adult Coordinator/Fitness Instructor with the YMCA of Greater Kansas City, will be instructing the classes. According to Jamie, it's not about being fit or losing weight. "Seniors who get out, engage, and get fit in a social atmosphere are healthier than those who just stay at home," said Jamie. She explained that whether you are mobile or in a walker, work out regularly or haven't been active for some time, these classes are for you. "I'm so excited that Riverside is bringing this program to its senior citizens at the Community Center, which is right in their own backyard," she said. ☺

Coming soon: A Matter of Balance

Whether you've experienced a fall or have a fear of falling, this program will help you manage concerns, understand the realities and even provide tips on rearranging your home to help minimize falls. The program coincides with September being Fall Awareness month.

It's a great time to be a senior citizen in Riverside. Check out the special programming starting July 8!

Senior Special Membership Discount and Free Month

For: Riverside Residents age 60+

Cost: Individual, \$14.50 per month; Family, \$22.25 per month
(Includes programming at Community Center, use of the Parkville and Vivion Road YMCA)

Fitness Classes

The Riverside Community Center offers free fitness classes and league play every week. Open Gym hours are Monday – Thursday, 3-6 pm, and Sundays 1-5 pm. Note: The Community Center will be closed July 4 and July 7. Questions? Call **816-741-4172**.

SU, 1-5 pm
M/TU/W/TH, 3-6 pm
Open Gym – Basketball

M/W/F, 8-9:30 am
Cardio, Strength, Yoga

M/TH, 10-11 am
Line Dancing & Weights

M, 6-9 pm
Adult Volleyball (open to all)

W, 6-9 pm
Pickleball (open to all)

W, 10-11 am
Stay Healthy, Stay Strong

TH, 8:30-9:30 am
Zumba

Stay Connected

www.RiversideMo.com
www.RiversideMo.com/blog
City of Riverside (Facebook)
@RiversideMo (Twitter)

Trash & Recycling Schedule

Friday is trash/recycling pickup day in Riverside, regardless of holidays. **Recycle or trash it?** Much of your metal, plastic and paper waste can be recycled curbside: See a complete list at www.RiversideMo.com/publicworks/recycling

City in Motion

Planning and Progress in Riverside

What does it mean to be Upstream from Ordinary? In Riverside, it means having not just a bold vision, but the plan — and commitment — to bring big ideas to life. The City has many projects under way, and more planned for the near future.

Progress in Horizons continues to unfold. While this development offers a unique opportunity for City officials to meet and interact with the business community from the ground up, the downtown redevelopment allows relationships to grow as business owners reinvest in existing businesses while new enterprises take shape. Then there's the opportunity for the City to be part of community building in areas like Gatewoods, Montebella and Briarcliff. Add to that the efforts of residents throughout the City who are building and renovating their homes, and it's obvious that Riverside is on the move.

City Planner Jackie Carlson sees it as an honor to be part of the progress. After working with the City as a consultant two years ago, and then taking a position with another municipality, Carlson recently returned to Riverside as City Planner. She is impressed by the progress she's witnessed. "The community has evolved in so many ways. Watching the transformation move from Master Plan to reality is just remarkable."

As the following recap of projects both currently progressing and in the planning phase suggests, it's an exciting time for residents and business owners alike to be on the "Upstream from Ordinary" journey.

Downtown

The Master Plan for downtown includes pedestrian-friendly spaces and venues that foster a "live, work, play" lifestyle. Some of the projects under way include:

New QuickTrip Facility

QuickTrip has acquired the property necessary to build a brand-new location that is in keeping with the convenience store leader's growth plans. Rather than simply close the location and build a new one in another part of the Northland, QuickTrip chose to stay in Riverside and reinvest in the community. The new facility will be located at the northwest corner of Vivion and Gateway, and will feature an upgraded store able to offer expanded product offerings, outdoor patio space, and improved traffic flow designed to accommodate the growing number of people and vehicles sure to visit as Riverside's new downtown comes to life.

Once vacated, plans call for the existing QuickTrip site to host a new tenant or be redeveloped to coincide with the City's vision of the new downtown.



Former Beverly Lumber Location

The community will soon lose one of its best-known businesses when Beverly Lumber closes its Riverside location. The company has operated two locations for years, and is consolidating all resources into its Platte City location. The City owns the property, and is looking at redeveloping the location to conform with the city's master plan. Hopefully, in the not-too-distant future, you may see a service-oriented business, a retail store or a mixed-use building standing at the corner of Riverway and West Platte.



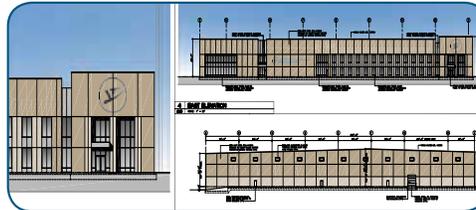
Briarcliff Hills

Work on phase two of residential development is in the planning stage for the area known as Briarcliff Hills, west of Valley and east of Gateway. Currently, the development team is contemplating not only extending its single-family model but also developing smaller lots/patio homes that could offer a maintenance-provided community. Also under consideration is a multifamily component of the development.

Horizons

Yanfeng USA

In April, Gov. Jay Nixon was in Riverside for an announcement that Yanfeng USA Automotive Trim Systems would invest \$45 million for a new facility in Horizons. The 258,000-square-foot plant, which will create 263 new jobs, will produce interior components for General Motors Co. plants in Kansas City, Kan., and Wentzville, Mo. The new facility is situated on the west side of Horizons. (For employment opportunities, see yanfengusa.com)



EAST ELEVATION

Horizons' First Office Building

Plans for the very first office building in Horizons have been approved. Located on the east side of Horizons Parkway, the building will be LEED-certified. Construction of the infrastructure has just begun,

with building construction slated to begin midsummer. The goal is to have the building fully occupied by the end of 2013.

Infrastructure

Roadwork is progressing per existing infrastructure plans. Construction to continue 41st Street to the west is proceeding. Construction has begun on Helena Road; when complete it will run north and south, parallel to and west of Mattox Road. These two roads are necessary to the Yanfeng facility, and are largely funded through a Community Development Block Grant.



General City Improvements

The annual street maintenance program will begin later this summer. Watch for crews at work overlaying and repairing city streets, curbs and sidewalks, and drive carefully! 🌈

Community Calendar

July 2

Board of Aldermen meeting, 7 pm

July 4

City Offices closed

July 8

FPAL Golf Tournament

July 11

Planning & Zoning Commission, 7 pm

Movie Night: Brave (PG) 7 pm

July 15

Board of Aldermen meeting, 7 pm

July 18

FPAL Pool Party, 6 pm

July 25

Planning & Zoning Commission, 7 pm

Movie Night: Beautiful Creatures (PG-13) 7 pm

July 29

Senior Dance, 1 pm

Boards and Commissions Openings

The City of Riverside currently has openings available on all boards and commissions. For details or to apply, visit riversidemo.com/boardofaldermen/riverside-boards-and-commissions

- Board of Zoning Adjustment
- Industrial Development Authority
- Park Board
- Planning and Zoning Commission
- Tax Increment Financing Commission
- Tourism Commission



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TICKETS GENERAL ADMISSION \$35, PREFERRED VIEWING \$55 & VIP \$75
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TICKET OUTLETS: KANSAS CITY, MO: Niecie's #1, 8686 63rd and #2, 6441 Troost, 816-358-8100. M&M Bakery, 31st Woodland, 816-924-9172. Blue Parkway Sun Fresh, 4209 50th Terrace, 816-921-1212. Plaza Apple Market, 1215 East 47th St, 816-931-7153. Papa Lews, 2128 East 12th Street, 816-421-3378. Shotz Grill, 2900 East 27th St, 816-326-7766. Danny Big Easy, 1601 East 18th Street, 816-421-1200. Lutfi's Fried Fish, 3360 Troost Ave. 816-921-0152. RAYTOWN, MO: Lutfi's Fried Fish, 6633 Raytown Rd. 816-737-9599. KANSAS CITY, KS: Mad Jack's Fresh Fish, 1318 State Ave., 913-371-1862.

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