

Bentley Commons

AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110



Happy Birthday

October Birthdays

Betty McGirr	10/09
Mary Breckenridge	10/21
Janet Gallagher	10/22
Arlene Burns	10/26

Soft and Smooth

Dry skin is common in fall and winter. Constant washing can make things even worse for your hands. Alleviate dry, chapped hands by applying petroleum jelly just before you go to bed. In the morning, they will feel moisturized, soft and smooth.

Staff Directory

Nathan Grenon	Executive Director
Sahra Hashi	Business Administrator
Kara Reynolds	Director of Nursing
Amy Murray	Community Relations
Paul B. Laro	Activities Director
James Lavoie	Food Service Director
Daniel Abel	Environmental Services

October 2017

Culinary Corner

The trees are in their autumn beauty, The woodland paths are dry, Under the October twilight the water Mirrors a still sky. - William Butler Yeats

Happy autumn everyone! This month we are traveling to Germany. Here we will be showcasing entrees such as: Kielbasa with beer braised sauerkraut, pork schnitzel and German apple cake just to name a few. Join the activities and dining departments as we celebrate Oktoberfest with German inspired treats and of course Ice Cold Beer! In the Bistro our coffee of the month will be Pumpkin Spice. Cinnamon, nutmeg and other spices will be featured in the dishes throughout this month. Be on the lookout for staff members dressed this Halloween and vote for your favorite goblin or ghoul! The Holiday season is almost here; send us your family recipes so we can make the Bentley Commons cookbook for you and your families!

A Tasty Combination

On Oct. 31, National Caramel Apple Day, salute Dan Walker for the familiar fall treat. In the 1950s, the Kraft Foods salesman experimented with a surplus of the company's caramel candies by melting them and combining them with apples.

Time for Candy Corn

This time of year brings with it a harvest of candy corn, those sugary tricolored treats of yellow, orange and white. The Goelitz Confectionery Company in Cincinnati began making the candy kernels in 1898 and called it "chicken feed." It was such a best-seller, it kept the company going through two world wars and the Depression.

October 2017

HIGHLIGHTS

10/01
Bedford Library Concert
10/04, 10/18, 10/25
Scenic Ride
10/04, 10/12, 10/19,
10/25
French Club
10/04, 10/18
High Tea
10/06
Oktoberfest
10/11
German Themed
Luncheon
10/12
Bedford Library Theatre
10/16
Aloha Restaurant
10/16
Elvis Performance
10/17
Mortons Birdhouse
Display
10/23
Olive Garden
10/30
Door Judging
10/31
Halloween Party

Location Key

Bedford Parlor BP
Merrimack Room MR
Bistro B
Activities Room A
Out Trip Out
Requires Own Money \$
Front Porch FP
Exercise Room ER
Back Patio Patio

*Items highlighted in **BOLD** are designated as sign-up activities. Please plan accordingly, as there is limited seating. Back-up lists are maintained, and as cancellations are received, we follow the back-up listing in order.*

Sunday	Monday	Tuesday
1	2	3
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:45 Bedford Library Concert/John McAuliffe-Out	10:15 KOHLS-Out\$ 10:15 Rummikub-BP 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:00 Musical Entertainment/Doug Rickard-MR 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Trip to the Bedford Library-Out 11:00 Eucharistic Service-B 2:00 Jackpot Bingo-\$MR 2:15 Coffee/Trivia-BP 3:15 What's in a Word-A 3:15 Adult Coloring-BP 6:30 Rummy-BP
8	9	10
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Funniest Videos-A 3:00 Craft Class-A	Columbus Day 10:15 Rummikub-BP 2:00 Straight Shooter-MR 2:15 Hand and Foot-BP 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 11:00 Eucharistic Service-BP 2:00 Musical Entertainment/Andrew Wyndham-MR 3:15 Adult Coloring-BP 6:30 Rummy-BP
15	16	17
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Hangman-A 3:00 Cards-BP	10:15 Target-Out\$ 10:15 Rummikub-BP 11:30 Aloha-\$Out 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:00 Elvis Performance-MR 6:30 Sing A Long-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 11:00 Eucharistic Service-BP 2:00 Jackpot Bingo-MR\$ 3:00 Mortons Birdhouse Display-B 3:15 Adult Coloring-BP 6:30 Rummy-BP
22	23	24
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Funniest Videos-A 3:00 Craft Class-A	10:15 Rummikub-BP 11:30 Olive Garden-\$Out 2:00 Straight Shooter-MR 2:15 Hand and Foot-BP 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 11:00 Eucharistic Service-BP 2:00 Jackpot Bingo-\$MR 2:15 Coffee/Trivia-BP 3:15 What's in a Word-A 3:15 Adult Coloring-BP 6:30 Rummy-BP
29	30	31
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Hangman-A 3:00 Cards-BP	10:15 Rummikub-BP 10:15 Door Judging-MR 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:00 Musical Entertainment/Denise Terrian-MR 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 11:00 Eucharistic Service-BP 1:30 Adult Coloring-BP 3:00 Halloween Party-MR 6:30 Rummy-BP

Wednesday	Thursday	Friday	Saturday
4 9:30 Manicures-A 10:15 Knitting Club-B 10:15 Scrabble-BP 1:30 Hannaford-Out\$ 2:30 High Tea-B 3:00 Scenic Ride-Out 6:30 Cribbage-BP	5 10:15 Chorus-A 10:30 Fact or Fiction-BP 2:00 Jackpot Bingo-\$MR 3:15 French Club-BP 3:15 Jeopardy-A 4:00 Handball-B 6:30 Rummy-BP	6 10:15 Dollar Store-Out\$ 10:15 Drawing Class-A 1:30 Rosary-A 1:30 Sequence-BP 3:00 Oktoberfest Social/Sands of Time-MR	7 9:30 Exercise-A 10:15 Walgreens-\$Out 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR
11 10:15 Scrabble-BP 11:30/12:30 German Themed Luncheon 1:30 Market Basket-Out\$ 2:30 Resident Birthday Party-MR 3:30 Balloon Volley-BP 6:30 Cribbage-BP	12 10:30 Bentley Chorus Performance-MR 1:30 Bedford Library Theatre-Out 1:30 French Club-BP 3:00 Guest Speaker/Fruits and Vegetables-MR 4:00 Handball-B 6:30 Rummy-BP	13 10:15 Walmart-Out\$ 10:15 Drawing Classa-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Joe McDonald-MR	14 9:30 Exercise-A 10:15 Crossword-A 12:30 Manicures-A 1:30 Hand and Foot-BP 3:00 Bingo-MR
18 9:30 Manicures-A 10:15 Knitting Club-B 10:15 Scrabble-BP 1:30 Hannaford-Out\$ 2:30 High Tea-B 3:00 Scenic Ride-Out 6:30 Cribbage-BP	19 10:15 Fact or Fiction-BP 1:30 French Club-BP 2:00 The Price Is Right-A 3:00 Jackpot Bingo-MR 4:00 Handball-B 6:30 Rummy-BP	20 10:15 Dollar Store-Out\$ 10:15 Drawing Class-A 1:30 Rosary-A 1:30 Sequence-BP 2:00 MASS-A 3:00 Social Hour/Ramblin Richard-MR	21 9:30 Exercise-A 10:15 CVS-\$Out 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR
25 9:30 Manicures-A 10:15 Scrabble-BP 1:30 Market Basket-Out\$ 3:00-Scenic Ride-Out 6:30 Cribbage-BP	26 10:15 Fact or Fiction-BP 1:30 French Club-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring-BP 4:00 Handball-B 6:30 Rummy-BP	27 10:15 Walmart-Out\$ 10:15 Drawing Class-A 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Bill Parker-MR	28 9:30 Exercise-A 10:15 Crossword-A 12:30 Manicures-A 1:30 Hand and Foot-BP 3:00 Bingo-MR
Exercise Schedule Monday-Wednesday-Friday Resistance Training 9:30-MR Strength and Balance 1:30-B Wednesdays Yoga 3:00-A	Exercise Schedule Mondays 3:00 Tai Chi-A Thursdays 3:15 Sports Club-MR Tuesdays-Thursdays 4:00 Handball-B	Exercise Schedule Tuesdays-Thursdays Strength and Balance 9:30-MR Resistance Training 1:30-A Walking Clubs Monday Through Friday Walking Club 10:30-BP Strolling Club-11:00-BP	This month's destination is Germany. Activities in Bold print are sign up activities. Calendar is subject to change.

Emily Claire Duclos-Chef



Emily Buchanon met Keith and became close
So she got married and became Mrs. K. Duclos.
She's one of our chefs and can make anything you want.
That's because she went to New England culinary Institute in
Mantpelier Vermont.

She has a cat named Filo and a dog named Bristal,
She runs around the kitchen like she was shot from a pistol.
Congrats are in order it would seem,
for their marriage on June 2nd, 2017.
As Ever,
Bert

Resident of the Month Irene Morency



Irene is a NH native born in Manchester. She went to school at St. Anthony's on the East Side. She met her husband Amedee during a popcorn fight at the Palace Theater. Amedee left to serve in the Army for 3 years and when he returned they were married.

Irene has 4 children, 2 boys and 2 girls. She continued to work while raising her kids. Her husband would work 1st shift and she would work 2nd. She worked International and MKM Knits and later worked for Sylvania testing coils.

She owned a motorhome and went on many trips to places including California, Florida, Oklahoma and Tennessee. She loves to crochet and makes the most beautiful and delicate dollies and coasters. Thanks Irene for taking the time to share a little bit about yourself!