

Bentley Commons

AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110



November Birthdays

Alice King	11/01
Theresa Zeludancz	11/09
Ruth Dalrymple	11/19
Gertrude Croteau	11/22
Jack King	11/26

"Nobody will ever deprive the American people of the right to vote except the American people themselves, and the only way they could do this is by not voting." — Franklin D. Roosevelt

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

November 2017

Culinary Corner

"Over the river and through the woods, Trot fast my dapple gray. Spring over the ground, Like a hunting hound. On this Thanksgiving Day, Hey! Over the river and through the woods, Now Grandmother's face I spy. Hurrah for the fun, Is the pudding done? Hurrah for the pumpkin pie." - English folksong, *It's Raining, It's Pouring*

Happy November! We hope that you enjoyed the activities and costumes on Halloween. The fall menu is in full swing here at Bentley Commons. We will be traveling to Italy this month with such dishes as: Homemade Fettuccini, Sausage Cacciatore, Italian Potato Pie, Homemade Tiramisu and many more! Mark your calendars for our Italian cooking demonstration on Monday November 20th at 2pm. This month's Featured Resident Dish will be the Loiselle Family famous grapenut pudding. As you may have noticed, the last few weeks we have introduced new sugar free and no sugar added desserts and we are always adding more. The coffee in the Bistro this month will be Caramel Apple. Come try a cup and tell us what you think! Please join us in the dining room on Thursday November 23rd for our Thanksgiving celebration. Ciao Mon Amis!

Let's Talk Turkey

The bird that's the star of many holiday meals has some interesting traits:

- Wild turkeys can fly at speeds of up to 55 mph; domestic turkeys are too heavy to fly.
- They sleep perched in trees.
- To help with digestion, they eat small stones along with their food.
- Turkeys have two stomachs.

November 2017

HIGHLIGHTS


HIGH TEA
11/01, 11/15
MUSICAL
ENTERTAINMENT
11/03, 11/10, 11/13,
11/17, 11/24, 11/27,
BEDFORD LIBRARY
CONCERT
11/05
DOG THERAPY
11/06
RESIDENT COUNCIL
11/07
GUEST SPEAKER
11/08, 11/16, 11/30
BEDFORD LIBRARY
THEATRE
11/09
WALL OF HONOR
11/10
OUT TO LUNCH
11/13, 11/27
BEDFORD LIBRARIAN
11/17
COOKING
DEMONSTRATION
11/20
RESIDENT BIRTHDAY
PARTY
11/22

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
Exercise Schedule Monday-Wednesday-Friday Resistance Training 9:30-MR Strength and Balance 1:30-B Mondays-Wednesdays Yoga 3:00-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 Italy. Activities in Bold are sign up activities. Calendar is subject to change. Remember that we have open seating during meals.
5	6	7
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:45 Bedford Library Concert/Ramblin Richard-Out	9:30 Manicures-A 10:15 KOHLS-Out\$ 10:15 Rummikub-BP 1:30 Hand and Foot-BP 2:00 2:00 Dog Therapy-BP 2:00 Straight Shooter-BP 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 10:15 Eucharistic Service-BP 2:00 Jackpot Bingo-\$MR 3:15 Resident Council-MR 6:30 Rummy-BP
12	13	14
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 2:00 Hangman-MR 3:00 Cards-BP	10:15 Target-Out\$ 10:15 Rummikub-BP 11:30 T-Bones-Out\$ 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:00 Musical Performance-MR 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 10:15 Eucharistic Service-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring and Drawing Class-BP 6:30 Rummy-BP
19	20	21
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:45 Sing A Long-BP 3:00 Craft Class-A	10:15 Michaels Craft Store-Out\$ 10:15 Rummikub-BP 1:30 Hand and Foot-BP 1:45 Straight Shooter-MR 2:30 Cooking Demonstration-MR 6:30 Sing A Long-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 10:15 Eucharistic Service-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring and Drawing Class-BP 6:30 Rummy-BP
26	27	28
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 2:00 Hangman-MR 3:00 Cards-BP	10:15 Marshalls-Out\$ 10:15 Rummikub-BP 11:30 Olive Garden-Out\$ 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:00 Musical Entertainment-MR 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 10:15 Eucharistic Service-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring and Drawing Class-BP 6:30 Rummy-BP

Wednesday	Thursday	Friday	Saturday
1	2	3	4
9:30 Manicures-A 10:15 Knitting Club-A 10:15 Scrabble-BP 1:30 Hannaford-Out\$ 2:30 High Tea-B 3:30 Sing A Long-BP 6:30 Cribbage-BP	10:15 Chorus-A 10:30 Fact or Fiction-BP 2:00 Jackpot Bingo-\$MR 3:15 French Club-BP 3:15 Jeopardy-A 6:30 Rummy-BP	10:15 Dollar Store-Out\$ 10:15 Craft Class-A 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Bob Rutherford-MR	9:30 Exercise-A 10:15 Walgreens-\$Out 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR
8	9	10	11
9:30 Manicures-A 10:15 Scrabble-BP 1:30 Market Basket-Out\$ 3:00 Guest Speaker/Interpersonal Communication Skills-MR 4:00 Wine and Cheese Social-B 6:30 Cribbage-BP	10:15 Chorus-A 10:30 Fact or Fiction-BP 1:30 Bedford Library Theatre-Out 2:00 Jackpot Bingo-\$MR 3:30 French Club-BP 6:30 Rummy-BP	10:15 Walmart-Out\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 2:30 Wall of Honor-BP 3:00 Social Hour/Marlana Phillips-MR	Veterans Day 9:30 Exercise-A 10:15 Consignment Gallery-\$Out 12:30 Manicures-A 1:30 Hand and Foot-BP 3:00 Bingo-MR
15	16	17	18
9:30 Manicures-A 10:15 Knitting Club-A 10:15 Scrabble-BP 11:30/12:30 Italian Themed Luncheon-MR 1:30 Hannaford-Out\$ 2:30 High Tea-B 3:00 Skype-BP 6:30 Cribbage-BP	10:15 Chorus-A 10:30 Fact or Fiction-BP 2:00 Jackpot Bingo-\$MR 3:15 Presentation With Mike/Arthritis and Exercise-MR 6:30 Rummy-BP	10:15 Dollar Store-Out\$ 10:30 Bedford Librarian-BP 1:30 Rosary-A 1:30 Sequence-BP 2:00 MASS-A 3:00 Social Hour/Mark Stanzler-MR	9:30 Exercise-A 10:15 Craft Class-A 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR
22	23	24	25
9:30 Manicures-A 10:15 Scrabble-BP 1:30 Market Basket-Out\$ 3:00 Resident Birthday Party-MR 4:00 Skype-BP 6:30 Cribbage-BP	Thanksgiving HAPPY THANKSGIVING 1:30 Cards-BP 6:30 Cribbage-BP	10:15 Walmart-Out\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Bill Parker-MR	9:30 Exercise-A 10:15 Talbots-\$Out 12:30 Manicures-A 1:30 Hand and Foot-BP 3:00 Bingo-MR
29	30		
9:30 Manicures-A 10:15 Knitting Club-A 10:15 Scrabble-BP 1:30 Hannaford-Out\$ 3:00 Sing A Long-BP 3:45 Balloon Volley-BP 6:30 Cribbage-BP	10:15 Chorus-A 10:30 Fact or Fiction-BP 1:30 French Club-BP 2:00 The Price Is Right-A 3:00 Presentation/Fat Reducing Diet-MR 6:30 Rummy-BP		★★★★★ HONOR OUR VETS ★★★★★

Bistro Party and Me



On the elevator in front of us all,
Was an invitation to a party in the Bistro.
I thought I would really like to go.
I rushed to my room to dress up nice,
I even splashed on some "Old Spice".
I rushed back to the elevator to go below, I didn't want to miss the show.

But to my chagrin, you don't know the trouble I was in.
There on the wall the invite said to all,
I have to relate, it was yesterday's date!
As ever,
Bert

Resident of the Month: Vincent Demers



Vincent or Vinnie as most people around here call him was born in Malden Massachusetts and grew up the next town over in Everett. He went to Boston College and graduated with a degree in Sociology. Vinnie met his wife, Lucille while they were still in High School and together they had three children, two boys and a girl.

After college, Vinnie served in the Army during the Korean War Era. He worked for the Post Office for 37 years and was Director of Employee and Labor Relations for the state of NH when he retired.

Vinnie always has a kind smile and hello for everyone he meets. Though he moved in just a few short months ago, he has become a wonderful part of our community and we are so glad he choose Bentley as his new home. Thanks for sharing a little bit about yourself Vinnie!