

Bentley Commons

AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110



Happy Birthday

December Birthdays

Dotty Grzegorcyk	12/14
Ted Cahow	12/18
Jennie Wiggin	12/25
Irene Morency	12/29
Char Weidenmuller	12/30

Staff Directory

Mike Allen	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

Ben's Book

Benjamin Franklin published the first "Poor Richard's Almanack" on Dec. 19, 1732. The annual pamphlet contained weather forecasts, puzzles, witty phrases and wise proverbs, many of which are still used today.

December 2017

Culinary Corner

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." ? Edith Sitwell

Happy December Everyone! We hope that you enjoyed your Thanksgiving holiday and are ready for the beauty of winter. This month is packed with events and activities to showcase the wonder of the season. Amongst other things we will be traveling to England and diving into popular dishes such as: Bangers and Mashed, Fish and Chips and Banoffee Pie just to name a few. Mark your calendars for our cooking demo this month where we will be decorating homemade gingerbread cookies with a hot chocolate bar! This month we will be bringing back our Sunday Brunch so be on the lookout for them in your menus. This month our featured coffee will be Peppermint Mocha, because what would the holiday season be without a little peppermint? All of us in the Dining Services would like to wish you all a wonderful Holiday season, and will see you in the New Year!

Popular Pages: 'A Christmas Carol'

"Bah! Humbug!" The favorite words of Ebenezer Scrooge have together become an expression to fend off unwelcome enthusiasm—especially people brimming with too much holiday cheer, as in Scrooge's world. But thanks to a trio of ghosts, the miserable miser learns the value of generosity and compassion just in time to celebrate Christmas dinner with his nephew's family. Published in 1843, Charles Dickens' novella has been adapted numerous times for stage and screen, and is credited for popularizing acts of goodwill during the holiday season.

December 2017

HIGHLIGHTS

12/03

Bedford Library Concert

12/05

Musical Entertainer Joe

McDonald

12/07

Guest Speaker/Calcium

12/12

Musical Entertainer Denise

Therrian

12/13

Essential Oil

Demonstration

12/14

Bedford Library Theatre

12/14

Cooking Demonstration

12/19

Forever Young Chorus

12/21

Bentley Chorus

Performance

12/24

Broadway Bound Student

Performance

12/28

Lecture with

Mike/Nutrition for the

Holidays

Location Key

Bedford Parlor BP

Merrimack Room MR

Bistro B

Activities Room A

Out Trip Out

Requires Own Money \$

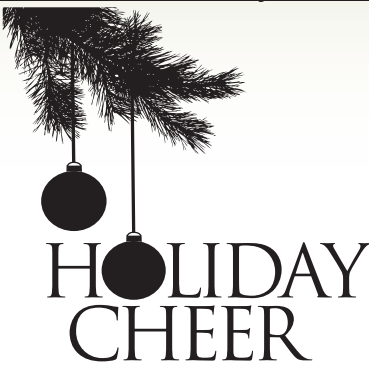
Front Porch FP

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 3:00 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	
3	4	5
9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:45 Bedford Library Concert/Woman's A Capella-Out	9:30 Manicures-A 10:15 KOHLS-Out\$ 10:15 Rummikub-BP 11:30 Aloha-Out\$ 1:30 Afternoon of Shopping at the Christmas Tree Shop-Out\$ 2:00 Dog Therapy-BP 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:30 Jackpot Bingo-\$MR 1:30 Drawing Class/Adult Coloring-BP 3:00 Musical Entertainment/Joe McDonald-MR 6:30 Rummy-BP
10	11	12
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 3:30 Monday Mixer-B 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:30 Jackpot Bingo-\$MR 1:30 Drawing Class/Adult Coloring-BP 3:00 Musical Entertainment/Denise Therrian-MR 6:30 Rummy-BP
17	18	19
9:45/10:00 Catholic Church Service-Out 12:30 Manicures-A 1:30 Bedford Library Theatre-Out	10:15 Michaels Craft Store-Out\$ 10:15 Rummikub-BP 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:30 Monday Mixer-B 6:30 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:30 Jackpot Bingo-\$MR 1:30 Drawing Class/Adult Coloring-BP 3:00 Musical Entertainment/Forever Young Chorus-MR 6:30 Rummy-BP
24/31	25	26
24 9:45/10:00 Catholic Church Service-Out 1:00 Broadway Bound Student Performance-Out 9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 2:30 Musical Entertainment/Champagne Toast-MR	Christmas 12:00 Family Style Lunch-MR 2:00 Cribbage-BP	8:50 MTA Trip to Hannaford-Out\$ 10:15 Coffee/Trivia-B 2:00 Jackpot Bingo-\$MR 3:15 Drawing Class/Adult Coloring-BP 6:30 Rummy-BP

Wednesday	Thursday	Friday	Saturday
<p>This Month's Destination Is England. Activities in Bold Are Sign Up Activities. Calendar Is Subject to Change. Remember That We Have Open Seating During Meals.</p>		<p>1</p> <p>10:15 Dollar Store-Out\$ 10:30 Bedford Librarian-BP 1:30 Rosary-A 1:30 Sequence-BP 1:30 Consignment Gallery-O\$ 3:00 Social Hour/Sands of Time-MR</p>	<p>2</p> <p>9:30 Exercise-A 10:30 Craft Class-A 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Jackpot Bingo-MR\$</p>
<p>6</p> <p>9:30 Manicures-A 10:15 Scrabble-BP 1:30 Market Basket Out\$ 2:30 High Tea-B 4:00 Wine and Cheese Social-B 6:30 Cribbage-BP</p>	<p>7</p> <p>10:30 Jackpot Bingo-MR\$ 1:30 French Club-BP 1:30 The Price Is Right-A 3:00 Guest Speaker/Calcium-MR 6:30 Rummy-BP</p>	<p>8</p> <p>10:15 Walmart-Out\$ 10:30 Craft Class-A 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Dorothy Stratton-MR</p>	<p>9</p> <p>9:30 Exercise-A 10:15 Consignment Store-Out/\$ 12:30 Manicures-A 1:30 Hangman-BP 3:00 Jackpot Bingo-MR\$</p>
<p>13</p> <p>9:30 Manicures-A 10:15 Knitting Club-A 10:15 Scrabble-BP 1:30 Hannaford-Out\$ 3:00 Demonstration on Essential Oils-MR 4:00 Wine and Cheese Social-B 6:30 Cribbage-BP</p>	<p>14</p> <p>10:15 Chorus-A 10:30 Fact or Fiction-BP 1:30 Bedford Library Theatre-Out 2:00 Cooking Demonstration-MR 3:00 Jackpot Bingo-MR\$ 6:30 Rummy-BP</p>	<p>15</p> <p>10:15 Dollar Store-Out\$ 10:30 Craft Class-A 1:30 Rosary-A 1:30 Sequence-BP 2:00 MASS-A 3:00 Social Hour/Brenda Terry-MR</p>	<p>16</p> <p>9:30 Exercise-A 10:30 Craft Class-A 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Jackpot Bingo-MR\$</p>
<p>20</p> <p>9:30 Manicures-A 10:15 Scrabble-BP 1:30 Market Basket Out\$ 2:30 High Tea-B 4:00 Wine and Cheese Social-B 6:30 Cribbage-BP</p>	<p>21</p> <p>10:30 Bentley Commons Chorus Performance-MR 1:30 French Club-BP 2:30 Resident Birthday Party-MR 3:15 Jackpot Bingo-MR\$ 6:30 Rummy-BP</p>	<p>22</p> <p>10:15 Walmart-Out\$ 10:30 Door Judging-BP 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Christmas Party With Fran Owens-MR</p>	<p>23</p> <p>9:30 Exercise-A 10:15 Talbots-\$Out 12:30 Manicures-A 1:30 Hangman-BP 3:00 Jackpot Bingo-MR\$</p>
<p>27</p> <p>9:30 Manicures-A 10:15 Knitting Club-A 10:15 Scrabble-BP 1:30 Hannaford-Out\$ 3:30 Wine and Cheese Social-B 6:30 Cribbage-BP</p>	<p>28</p> <p>10:15 Chorus-A 10:30 Fact or Fiction-BP 1:30 French Club-BP 2:00 Jackpot Bingo-MR\$ 3:15 Lecture With Mike/Nutrition for the Holidays-MR 6:30 Rummy-BP</p>	<p>29</p> <p>10:15 Dollar Store-Out\$ 10:15 Drawing Class-A 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Bill Parker-MR</p>	<p>30</p> <p>9:30 Exercise-A 10:30 Craft Class-A 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Jackpot Bingo-MR\$</p>

Charlotte Weidenmuller



My next door friend's name is "Char."
She is one of my best friends by far.
We get together weekly over a glass of wine,
She's a perfect example of the word "refine."
She's generous and caring and lots of fun.
If something needs doing, she gets it done.
I call on her when things for me get "yucky."
How come I got so lucky!
As Ever,
Bert

Word Search

Today's Category: Words (of 3 or more letters) from "Jingle Bells"

G N I K A M S N O W D B
D H L T H E I K B A B V
G G G A G J N G S L E C
H I H G U O G H B L L T
N E P O D G I I V D L Y
S L C C W N H O L F S T
P S W H G H D I N G H H
I G D A K X A G N G R G
R H R K Y T Z T I G I I
I F S I B X X R G D N N
T U G O D B B G H C G O
S N B G G E L G N I J T

1. Bells

2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

- | | |
|-------------|-------------|
| 1. All | 11. Ride |
| 2. Bells | 12. Ring |
| 3. Bobtail | 13. Sing |
| 4. Bright | 14. Sleigh |
| 5. Dashing | 15. Snow |
| 6. Fun | 16. Spirits |
| 7. Jingle | 17. The |
| 8. Laughing | 18. Tonight |
| 9. Making | 19. Way |
| 10. Open | 20. What |

