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Newsletter | January 2018

New Year, New Ways to Embrace a Healthier Life!

Every January 1st, we set our sights on shaping improvements in our daily lives – perhaps by making a healthy lifestyle change, such as in diet or exercise, spending time with friends or learning something new. There is always a new pinnacle to strive towards, whether the change is incremental or significant. It is, after all, what makes us unique.

Benefits of staying active:

- Be happier and less lonely
- Stay motivated with more energy
- Experience fewer mood swings and less depression
- Maintain a healthy weight
- Gain a stronger immune system
- Sleep better and even live longer!

Take steps for a healthier lifestyle.

How about taking a short walk? Or a class? Maybe take up a new hobby? Variety is the spice of life and staying active, both mentally and physically, is a key to continued vibrancy.

Make new friends.

Friends – those who relate and empathize with you, strengthen your entire support system. And being active naturally increases your network of friends.

Learn something new.

Try something you've always wanted to do or reconnect with an activity you already love. Look to one of our clubs or group activities, from painting and photography to technology, even Zumba or aerobics.

When you learn something new, you hone other areas of your brain. This is called neuroplasticity – the ability for your brain to change and grow throughout your life.

We're here to help you reach your goals.

There's nothing to stop you from reaching new heights. For help planning your personal goals, stop in and see us. We'll get you started on a healthier and happier New Year.



ACTIVITY HIGHLIGHT

2018 at Bear Creek is off with a Bang! Activities will keep you busy with programs that get our heart rate up, challenge our brain, make us laugh, reminisce, keep us active and spiritually fulfill us! Check out some new programs like Spanish 101 where we learn basic Spanish with Karina, or Opera Music in the afternoons, or conversations of years gone by. Plus those great programs you love like Indoor Lawn Games, BC Bell Choir and Art of the Masters! We're excited to start 2018 with you!





Resident Of The MONTH



5 Questions for Marjorie Phelan

What was your favorite vacation?:
We went to the Grand Canyon! It was wonderful. We watched the sun rise, so many beautiful colors... we saw quite a few wild animals, too! It was a special trip!

Of what are you most proud?: My family. I have 2 wonderful kids, and 3 grandchildren and I'm proud to say 2 great grandchildren! They are all good really good and the kids work really hard at school and in their jobs. They've never let me down. i'm so proud of them!

Tell us about your husband: His name was Michael. We met when we were 18 and we married when we turned 20. He was in the Army at Ft. Knox. He had to travel with the Army so we've lived in so many different cities and countries like; Connecticut, Baltimore, Monterrey, California. Japan too --Our daughter was born in Japan! We lived in San Francisco, then to Ohio, New York, Panama in Central America, and then he retired back home to New Jersey!

What's your favorite food? Well, I'm from Indiana and I love southern home cooked meals! Fried chicken, green beans, corn bread. All that yummy food!

Where would you travel and why?: Oh, I'd take a trip to the Holy Lands. To experience the culture and grasp the history! And just to say I've been there!



Employee Of The MONTH



Marjorie Clarry

How long have you worked at BC? For 16 years and 2 months!! I can't believe it!

What do you like to do in your spare time?
Housework! Plus, I really enjoy Flea Markets!

Carmela's 3 Words to describe Margie:
Dynamic, Happy, Loving!

Resident Birthday's in January :

Jean C. 1/4
Mary T. 1/16
Helen D. 1/17
Gerry P. 1/27

Happy Birthday Everyone!!



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BEAR CREEK

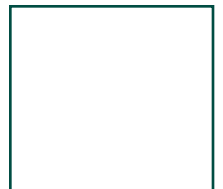
A SENIOR LIVING COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2018</p> <p>9:30 St. David The King RC Church</p> <p>10:00 Worship Service Live Simulcast</p> <p>10:30 St. Paul's Lutheran Church</p> <p>10:45 Volunteer Support!</p> <p>1:00 Afternoon Bingo</p> <p>1:45 Matinee Cinema</p> <p>3:15 Milkshake Meet & Greet</p> <p>6:45 Evening Bingo with Volunteer</p>	<p>10:45 New Years Day Resolution Chat</p> <p>1:45 New Years Day Cinema</p> <p>2:30 New Years Day PA Dutch Pasty Pretzel Party</p> <p>20 Years</p> <p>9:30 How Was Your Weekend Chat?</p> <p>9:45 Balloon Volleyball</p> <p>1:45 Elvis Matinee Cinema</p> <p>1:45 Tai Chi Chih with Soabhan</p> <p>3:15 Meet & Greet</p> <p>3:45 PM MindGames-ELV!</p> <p>6:45 Evening Bingo!</p>	<p>9:30 BC Walkers-Inside Stroll</p> <p>10:00 Sittersize Exercise</p> <p>10:45 Manicure Salon Style</p> <p>1:45 Bus Trip to ShopRite</p> <p>2:15 Time of My Life Chat - 1949</p> <p>3:15 Meet & Greet</p> <p>6:45 Evening Bingo!</p>	<p>9:45 Morning Trivia</p> <p>10:00 Stretchy Bands Exercise</p> <p>10:30 Balloon Volleyball Net N All</p> <p>10:45 Current Events Chat</p> <p>1:45 Matinee Cinema</p> <p>2:00 Spanish 101</p> <p>6:30 Family Night with Carolyn</p> <p>6:45 Cinema Re-Run</p> <p>6:45 Evening Bingo!</p>	<p>9:30 Morning Zodiac Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:45 Resident Council Meeting</p> <p>2:30 Food Council Meeting</p> <p>3:15 Thirsty Thursday Meet & Greet</p> <p>3:45 CardGame Fun</p> <p>6:45 Bingo / Poker with the Gang</p>	<p>9:45 Morning Zodiac Chat</p> <p>10:00 First Friday with Fr. Tim</p> <p>10:30 Having a Ball Exercise</p> <p>10:30 Bus Trip to CVS</p> <p>1:45 Classic Cinema</p> <p>3:15 Popcorn Meet & Greet!</p> <p>4:00 Pray the Rosary / Celebrate Shabbos</p> <p>6:45 Evening Bingo with Volunteer</p>	<p>9:30 Feathered Friends Feeding</p> <p>10:00 Balloon Volleyball Net N All</p> <p>10:45 Bowling in the Halls</p> <p>2:00 Afternoon Bingo</p> <p>3:15 Cookies & Milk Meet & Greet</p> <p>6:45 Poker with the Gang</p>
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Did you know...?

- Walking just a quarter mile per day can lower your risk of dementia.
- Aerobic exercise can improve planning and organization skills.
- 45 minutes of exercise three times weekly can increase the volume of your brain.
- Physical activity can improve both short- and long-term memory and even make you think faster.
- People who learn a new skill also see improvements in memory.
- Activities like ping pong and jigsaw puzzles can stimulate your brain.
- A healthy diet high in lean protein can help you to recoup more quickly from illness or injury.
- The Mediterranean diet consisting of fresh fish, fruits, and vegetables may be beneficial in lowering rates of dementia.
- Staying physically active and increasing your stamina, you reduce the potential for a fall.



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