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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.



St. Luke's God Squad Visit

Our local Church's CCD class, aka 'The God Squad', came for their regular visit to play games & make a craft with our residents. This time they made very substantial wooden snowmen!! Much fun was had & many new friendships were made.





Resident Of The MONTH



Vija Mangulis

Vija Mangulis was born on April 12, 1932 in Tukums, Latvia. She immigrated with her brother to Brooklyn, NY when she was 18 yrs. old. She received her undergraduate degree at Stony Brook on LI & her Master's in Social Work at Rutgers. She met her husband Visvaldis "Vic" at a New Year's Eve party as he admired the way she danced. They married upon his return from the Korean War and they raised 2 daughters around the New York area, where they were very involved with their Latvian Church community. When not working as a LCSW, she loved being a homemaker and always having a Samoyed dog. Most of her 40 plus year career was spent at the South Amboy Memorial Hospital which she loved.

They loved to travel back to Latvia and her family continues on the tradition with her 5 grandchildren who all speak the language. She enjoys many activities here but especially likes helping the other residents.

And of course visits from family & friends.

And she looks forward to receiving her hometown Latvian newspaper.



Tuesday, January 9th @ 10:45 am
Rhythmic Road to Wellness
Drum Circle

Friday, January 12th @ 3:30 pm
Winter Wonderland Party
w/ Entertainment

Monday, January 15th @ 2:00 pm
Destination Alaska w/ Paul

Monday, January 22nd @ 2:00 pm
Winter Memories w/ Mary Ellen

Tuesday, January 30th @ 3:00 pm
Housewarming Party

Residents Birthdays:

Dorothy Dominguez Jan 3rd

Joanne Budd Jan 10th

Christian Olrick Jan 11th



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Staff Directory of DEPARTMENT HEADS

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BENTLEY COMMONS AT PARAGON VILLAGE

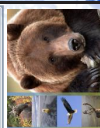
A Premier Senior Living Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:00 Reminisce and Current Events</div> <div>11:15 Move & Groove</div> <div>2:00 Sunday Matinee</div> <div>4:15 Funny New Year's Resolutions</div>	<div>9:15 Nice to See You</div> <div>10:00 Sunshine Club</div> <div>10:30 Bistro Buzz</div> <div>11:15 Fit Xpress</div> <div>2:00 A First Time For Everything Trivia</div> <div>3:30 Who What and When</div> <div>7:00 </div> <div>7:00 </div>	<div>9:15 Morning Greeting</div> <div>10:00 Sunshine Club</div> <div>11:15 Whoga</div> <div>2:00 Bingo</div> <div>3:30 </div> <div>6:30 </div>	<div>9:15 Happy Hump Day</div> <div>10:00 Sunshine Club</div> <div>10:30 Shake it Up</div> <div>11:00 </div> <div>2:00 Movie Matinee</div> <div>4:00 Discuss & Recall</div> <div>6:30 </div>	<div>9:15 Meet & Greet</div> <div>10:00 Sunshine Club</div> <div>10:45 Prayer Group w/Trish</div> <div>12:00 In House Lunch Bunch</div> <div>"Piggy's Deli"</div> <div>2:00 Bingo</div> <div>3:30 Crafters Cove</div> <div>"Snowman"</div> <div>Door Decorate"</div> <div>6:30 </div>	<div>9:15 Nice to See You</div> <div>10:00 Sunshine Club</div> <div>11:15 Healthy Living</div> <div>2:00 </div> <div>3:30 </div> <div>7:00 </div>	<div>9:15 Meet & Greet</div> <div>10:00 Sunshine Club</div> <div>11:00 Fittersitters</div> <div>2:00 Bingo</div> <div>3:30 Word Mining</div> <div>7:00 </div>
<div>10:00 Reminisce and Current Events</div> <div>11:15 Move & Groove</div> <div>2:00 Sunday Matinee</div> <div>4:15 Short Stories</div> <div>"The Snowman Solution"</div>	<div>9:15 Nice to See You</div> <div>10:00 Sunshine Club</div> <div>10:30 Bistro Buzz</div> <div>11:15 Fit Xpress</div> <div>2:00 Destinations w/ Paul</div> <div>3:30 King Quotes</div> <div>"Doves of Peace"</div> <div>7:00 </div> <div>7:00 </div>	<div>9:15 Morning Greeting</div> <div>10:00 Sunshine Club</div> <div>10:45 Drum Circle</div> <div>2:00 Bingo</div> <div>3:30 Opposites Hangman</div> <div>6:30 </div>	<div>9:15 Happy Hump Day</div> <div>10:00 Bright Horizons Kids</div> <div>10:30 Mass w/ Father Antonio</div> <div>2:00 Movie Matinee</div> <div>4:00 Discuss & Recall</div> <div>6:30 </div>	<div>9:15 Meet & Greet</div> <div>10:00 Sunshine Club</div> <div>10:45 Prayer Group w/Trish</div> <div>11:30 Sit and Be Fit</div> <div>2:00 Bingo</div> <div>3:30 Got Art?</div> <div>"Watercolor"</div> <div>"Winter Trees"</div> <div>6:30 </div>	<div>9:15 Nice to See You</div> <div>10:00 Sunshine Club</div> <div>11:15 Healthy Living</div> <div>2:00 </div> <div>3:30 </div> <div>7:00 </div>	<div>9:15 Meet & Greet</div> <div>10:00 Sunshine Club</div> <div>11:00 Fittersitters</div> <div>2:00 Bingo</div> <div>3:30 Word Mining</div> <div>7:00 </div>
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<div>January 2018</div> <div>Benley Commons at Paragon Village Warren Hall</div> <div></div> <div>Find us on facebook.</div>						

January 2018

Bentley Commons at Paragon Village Warren Hall

Happy Birthday
3rd Dorothy Dominguez
10th Joanne Budd
11th Christian Orrick

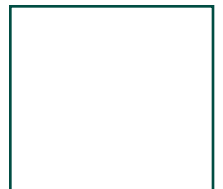


Bob's Doo Drop Inn Store Hours: Tues 10am Thurs 2pm

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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.



A Premier Senior Living Community

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