



Resident Spotlight

September's resident of the month is, Lillian "Pat" Higgins. Pat grew up in Lexington MA, and later moved to Hudson NH. She has 4 boys and 2 girls and is a grandmother to 12 grandchildren and a great grandmother to 5 great grandchildren. When she wasn't spending time with her children, she enjoyed water color painting and being a



Lillian "Pat" Higgins

police dispatcher for 5 years! Since moving to Bentley Commons, she said she has stayed active in OT and PT and she is very happy to be here.



Employee Spotlight

September's employee of the month is, Michael Chartier! Michael has lived in Manchester his whole life; however, he grew up on the West end and moved to the South end. There, he raises his 3 cats, enjoys going to flea markets, and out to eat with his friends! Michael has worked at Bentley commons for 9 months now and really enjoys caring for the residents here.



Michael Chartier

September | 2018

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BENTLEY AT BEDFORD RESIDENTS

The Community That Treats You Like Family!



at Bedford

A Premier Senior Living Community

Brain Games

And other ways to keep your mind and memory sharp.

As we age, blood flow to the brain is reduced, and unlike our waistlines, our brain actually shrinks a bit. Still, neurology experts believe our brains are capable of continued development and learning new skills – even as we get older.

There are ways to combat normal, age-related issues and increase mental sharpness.

Stimulating the Brain

According to SeniorLiving.org, the key is to take part in "active learning" (versus passive) which sharpens cognitive skills.



The site suggests:

- **Memory and word games:** Try card games such as Match and board games like Scrabble, Hangman and Upwords.
- **Handheld electronic games:** Download a game show, such as Jeopardy, Wheel of Fortune or Family Feud, to your device.
- **Board games:** Classics such as chess and checkers are excellent and promote strategy skills. Mathable and Quirkle are others.

- **Online and video games:** Super Mario and Minecraft improve coordination and stimulate parts of the brain related to memory.
- **Trivia games:** Recollect an array of facts on hundreds of subjects. Trivial Pursuit and 5-Second Rule are favorites.

Get friends together for a weekly game night or one of our scheduled activities!

See more at <http://bit.ly/SrBrainGames>.



Activity Highlight

Nicole Thomas a nurse on the run-She makes her job look like fun-The way she performs makes me smile-Maybe she should be paid by the mile-She has three children Cayden 13, Marie 11, and I must confess a 6-year-old son called "TS"-She lives in Londonderry taking care of her house and a yard with three pet chickens and Olive the cat-Sometimes she wonders where she's at-She has a part time photo business and became an RN in 2001-She has been here over a year never missing a day-Knowing her I have to relate-This lady has a lot on her plate
As Ever
Bert



at Bedford

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www.BentleyAtBedford.com

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Bentley Commons at Bedford

September 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|---|-----|
|  <p>CAPTURE THE MOMENT NATIONAL ASSISTED LIVING WEEK SEPTEMBER 9-15, 2018</p> |  <p>1950s Day Friday, September 14th</p> |  |  |  <p>GRANDPARENTS DAY BRUNCH SUNDAY SEPTEMBER 9TH.</p> | 9:30 Exercise (AR) 1 10:15 Target (OS) 12:30 Manicures (AR) 1:30 Music Appreciation (BP) 2:30 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 6:00 Lawrence Welk (B) 6:30 Rummy (BP) | |
| 9:45 Church Service (O) 2 12:30 Manicures (AR) 1:30 Scenic Ride (O) 3:15 Jackpot Bingo\$ (MR) 6:30 Rummy (BP)  | 11:30 Labor Day BBQ (MR) 3 12:30 Labor Day BBQ (MR) 2:00 Rummy (BP)  6:30 Cribbage (BP) | 9:30 Strength and Balance (MR) 4 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo\$ (AR) 10:30 Golf Club (B)  1:30 Resistance Training (AR) 2:00 Resident Council/Food Service Mtg (MR) 2:30 Welcome new residents (MR) 3:00 Musical Entertainment/Ramblin Richard (MR) 4:00 Seated Soccer (B) | 9:30 Manicures (AR) 5 9:30 Resistance Training (MR) 10:15 Knitting Club (BP) 10:30 Rite Aid (OS) 10:30 Walking Club (BP) 1:30 Hannaford (OS) 1:30 Strength and Balance (AR)  2:15 High Tea with Bee (B) 3:00 Tai Chi (MR) 3:30 Wine and Cheese Social (B) 6:30 Cribbage (BP) | 9:30 Strength and Balance (MR) 6 10:15 Jackpot Bingo\$ (AR) 10:30 Walking Club (BP) 1:30 Resistance Training (AR)  1:30 What I Want (B) 2:30 Rummy (BP) 3:00 Guest Speaker/Gossip Be Gone!! (MR) 4:00 Seated Soccer (B) 6:30 Cribbage (BP) | 9:30 Resistance Training (MR) 7 10:30 Dollar Store (OS) 10:30 Hangman (MR)  1:30 Rosary (AR) 1:30 Sequence (BP) 2:00 Rummy (BP) 3:00 Social Hour/Toni Martelli (MR) 6:30 Cribbage (BP) | |
| 9:45 Church Service (O) 9 11:30 Grandparents Day Brunch (MR) 12:30 Grandparents Day Brunch (MR) 12:30 Manicures (AR) 2:00 Hangman (MR) 3:15 Jackpot Bingo\$ (MR)  | 9:30 Resistance Training (MR) 10 10:15 Crossword (AR) 11:30 Picnic at the lake (O) 1:30 Strength and Balance (B) 2:00 Hand and Foot (BP) 2:00 Straight Shooter (MR) 3:00 Tai Chi (AR) 3:30 Monday Mixer (B) 6:30 Cribbage (BP) | 9:30 Strength and Balance (MR) 11 9:40 MTA Trip to Hannaford (OS) 10:30 Golf Club (B) 10:30 Guest Speaker/Positive Attitude (MR) 10:30 Rummy (BP)  1:30 Resistance Training (AR) 2:00 Resident Birthday Party (MR) 3:00 Happy Hour/Silver Lining Chorus (MR) 4:00 Seated Soccer (B) 7:00 Game Night "Tuesday's Love603 Group" (MR) | 9:30 Manicures (AR) 12 9:30 Resistance Training (MR) 10:30 Hand and Foot (BP) 10:30 Jackpot Bingo (AR) 1:30 Market Basket (OS) 1:30 Strength and Balance (AR) 3:00 Coffee/Trivia (BP) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B) 6:30 Cribbage (BP) 7:00 Kids Movement/Dancers (MR) | 9:30 Strength and Balance (MR) 13 10:15 Chorus (AR) 10:30 Hangman (MR) 10:30 Waliking Club (BP) 1:30 Bedford Library Theatre (O) 1:30 Bean Bag (B) 1:30 Resistance Training (AR) 3:00 Guest Speaker/Fiber (MR) 4:00 Seated Soccer (B) 6:30 Cribbage (BP) | 9:30 Resistance Training (MR) 14 10:30 Gold Hunt (B)  10:30 Walmart (OS) 1:30 Rosary (AR) 1:30 Sequence (BP) 2:00 Rummy (BP) 3:00 50s Social Hour/Denise Therrien (MR) 6:30 Cribbage (BP) | |
| 9:45 Church Service (O) 16 12:30 Manicures (AR)  1:30 Bedford Library Theatre (MR) | 9:30 Resistance Training (MR) 17 10:15 Coffee/Trivia (B) 10:30 Adult Coloring (BP) 11:30 Out to lunch/Aloha (OS) 1:30 Hand and Foot (BP) 1:30 Strength and Balance (B) 2:00 Straight Shooter (MR) 3:00 Tai Chi (AR) 3:30 Monday Mixer (B) 6:30 Cribbage (BP) | 9:30 Strength and Balance (MR) 18 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo\$ (AR) 10:30 Golf Club (B) 10:30 Hangman (MR) 1:30 Resistance Training (AR) 1:30 Trivia (B) 3:00 Happy Hour/Marlina Philips (MR) 4:00 Seated Soccer (B) | 9:30 Manicures (AR) 19 9:30 Resistance Training (MR)  10:15 Knitting Club (BP) 10:30 Jeopardy (AR) 1:30 Hannaford (OS) 1:30 Strength and Balance (AR) 2:15 High Tea with Bee (B) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B) 6:30 Cribbage (BP) | 9:30 Strength and Balance (MR) 20 10:15 Chorus (AR) 10:30 Hand and Foot (BP)  10:30 Waliking Club (BP) 1:30 Resistance Training (AR) 2:00 Jackpot Bingo\$ (MRS) 3:30 Jordans monthly lecture/Fall Prevention (MR) 4:00 Seated Soccer (B) 6:30 Cribbage (BP) | 9:30 Resistance Training (MR) 21 10:30 Dollar Store (OS)  10:30 Jackpot Bingo\$ (AR) 1:30 Rosary (AR) 1:30 Sequence (BP) 2:00 MASS (AR) 2:00 Rummy (BP) 3:00 Happy Hour/Kat Faulkner (MR) 6:30 Cribbage (BP) | |
| 9:45 Church Service (O) 23 12:30 Manicures (AR) 1:30 Adult Coloring (BP) 3:15 Jackpot Bingo\$ (MR)  | 9:30 Resistance Training (MR) 24 10:30 What I Want (BP) 10:30 Monday with Amy (B) 11:30 Out to lunch/Olive Garden (OS) 1:30 Hand and Foot (BP) 1:30 Strength and Balance (B) 2:00 Straight Shooter (MR) 3:00 Tai Chi (AR) 3:30 Monday Mixer (B) 6:30 Cribbage (BP) | 9:30 Strength and Balance (MR) 25 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo\$ (AR) 10:30 Cribbage (BP) 10:30 Golf Club (B) 1:30 Resistance Training (AR) 1:30 The Price is Right (B) 3:00 Happy Hour/Bob Rutherford (MR) 4:00 Seated Soccer (B) | 9:30 Manicures (AR) 26 9:30 Resistance Training (MR) 10:15 Talbots (OS) 10:30 Jackpot Bingo (AR) 1:30 Market Basket (OS) 1:30 Strength and Balance (AR) 2:30 Crossword (AR) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B) 6:30 Cribbage (BP) | 9:30 Strength and Balance (MR) 27 10:15 Chorus (AR) 10:30 Hand and Foot (BP) 10:30 Waliking Club (BP) 1:30 Resistance Training (AR) 1:30 Rummy (BP) 2:00 Cribbage (BP) 3:00 Happy Hour/Fran Owens (MR) 4:00 Seated Soccer (B) 6:30 Cribbage (BP) | 9:30 Resistance Training (MR) 28 10:30 Jackpot Bingo\$ (AR)  10:30 Walmart (OS) 1:30 Rosary (AR) 1:30 Sequence (BP) 2:00 Rummy (BP) 3:00 Happy Hour/Bill Parker (MR) 6:30 Cribbage (BP) | |
| 9:45 Church Service (O) 30 12:30 Manicures (AR) 1:30 Scenic Ride (O) 3:00 Jackpot Bingo\$ (MR)  | <p>This month's destination is Canada. Throughout the month you will find facts, trivia and games in the Parlor.</p> |  | <p>Family Game Night Tuesday, September 11th-7:00PM Be sure to remind your family members.</p> | <p>Activity Room = AR Outing \$ = OS Bedford Parlor = BP Merrimack Room \$ = MRS Bistro = B Outing = O Merrimack Room = MR Activity Room\$ = AR Front Porch = FP Library=L</p> | <p>Kids Movers Wenesday, September 12th 7:00PM-, </p> | |