



Resident Spotlight

October Birthdays:

10/14- Laura L.

10/20- Janith

10/21- Laura G.

Happy Birthday! We look forward to celebrating this month's birthdays at our Monthly Birthday Bash. Don't forget to look out for your personal invitation to the Captain's Table!



Employee Spotlight

We would like to congratulate Christiana Atkintola, a caregiver in Rose Lane on receiving employee of the month last month. Her hard work has not gone unnoticed and we appreciate her! If you see her around the community be sure to share a smile and congratulate her on this achievement!



October | 2018

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

Wellness For Life

A plan for a healthier lifestyle is at your fingertips.

Wellness can be achieved at almost any point in life. It can include eating right, exercising more and improving your mental outlook.

You Are What You Eat.

Eating a plethora of fruits and vegetables is one way to improve your health. So is reducing your caloric intake. Experts typically suggest a 25 to 40 percent reduction to help achieve a healthier lifestyle. While *decreasing* your calories can lead to greater longevity, experts also recommend *increasing* your quantity of food, which means eating higher volumes of quality, lower calorie foods. Diets rich in antioxidants, like berries, beans and dark leafy green vegetables, can help with this goal.

Exercise And Keep Moving.

Have you heard the phrase, "Sitting is the new smoking?" Roughly translated, Americans spend more time sitting today than ever before, both at work and leisure, with increased screen time on their phones, tablets and TVs, all which can have a negative impact on health.

The key is not to fall into the habit of a sedentary lifestyle. You'll feel better, and regular exercise can improve your balance and cardiovascular health. Strive for 30 minutes a day; even light walking can benefit.

Before starting any exercise program, please consult your doctor.



Activity Highlight

It's another fabulous month here at Bear Creek. We are eager to welcome the crisp autumn weather and introduce new programs. Keep your eyes on the monthly calendar for these exciting new activities and for all the monthly outings. We will be having a special costume party on Friday, October 19th for residents and staff! For those with a sweet tooth- we will be visiting the David Bradley Chocolate Factory on Wednesday, October 24th! If there is anything you would like to see added to the schedule or trips you would like to take, don't hesitate to see Rachal or let anyone in activities know! As always, it is a pleasure to serve you! See you around the community!



www.BearCreekAssistedLiving.com
609-918-1075

291 Village Road E.
West Windsor, NJ 08550



















Refer a friend... get \$3,000!

Contact us for details.

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October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9:45 Balloon Volleyball 1 10:00 Sittersize Exercise 10:30 Trivia 1:45 Tai Chi with Siobhan 2:30 Monday Dice & Dimes 3:15 Meet & Greet 3:45 PM MindGames 6:45 Evening Relaxation	9:30 BC Walkers-Outside Stroll 2 10:00 Exercise with Stephanie 10:30 YOGA with Faye! 1:45 Bus Trip to Wal Mart 3:15 Meet & Greet 3:30 Word Games 7:00 Evening Bingo 	9:45 Morning Chat & Updates 3 10:00 Exercise with Stephanie 10:30 BC Bakers Club 2:00 Creative Notions Art Program 3:15 Meet & Greet 3:30 Bear Cave Mens Club 6:45 Evening Bingo 	8:45 Morning with Dorothy 4 9:45 Balloon Volleyball 10:00 Communion Services 10:30 Resident Council Meeting 2:00 Musical Performance by John Torresi 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 3:45 CardGame Fun 6:45 Evening Bingo/Poker with the Gang 	9:45 Morning Zodiac Chat 5 10:00 First Friday with Fr. Tim 10:00 Patio "Having a Ball" Exercise 10:30 Bus Trip to CVS 1:45 Classic Cinema 2:00 Manicure Salon Style 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax 	10:00 Feathered Friends Feeding 6 10:45 Bowling in the Halls 2:00 Afternoon Bingo 2:15 Classic TV 3:15 Cookies & Milk Meet & Greet 7:00 Saturday Evening Symphony
9:40 St. David The King RC Church 7 10:00 Worship Service Simulcast 10:30 St. Paul Lutheran Service 1:45 Matinee Cinema 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:30 BC Gardeners - Veggies & Flowers 8 9:45 Balloon Volleyball 10:00 Sittersize Exercise 10:30 Bus Trip to Walgreens 2:30 Monday Dice & Dimes 3:15 Meet & Greet 3:45 Opera Music Lovers 3:45 PM MindGames 6:45 Evening Relaxation	10:00 Exercise with Stephanie 9 10:30 MindGames 11:00 Ladder Ball Challenge 1:45 Outing to Aldi's 3:15 Meet & Greet 3:45 Comedy Clips on Youtube 7:00 Evening Bingo	9:45 Morning Zodiac Chat 10 10:00 Exercise with Stephanie 11:30 Lunch Outing to Outback Steakhouse 2:00 Newscurrents Discussion with Rachal 3:15 Meet & Greet 3:30 Jeopardy! 6:45 Evening Bingo	8:45 Morning with Dorothy 11 9:45 Balloon Volleyball 10:00 Communion Services 10:30 Word in a Word Game 1:45 Bus Trip to TJ Maxx 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 3:45 Game Time Fun 6:45 Evening Bingo/Poker with the Gang	9:45 Morning Zodiac Chat 12 10:00 Patio "Having a Ball" Exercise 10:30 Bus Trip to CVS 1:45 Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 3:30 Blackjack with Rachal 4:00 Pray the Rosary 6:45 Rest & Relax 	9:30 Morning Chat & Updates 13 10:00 Dollar Store Deals 10:45 Bowling in the Halls 2:00 Music by Karl 2:15 Classic TV 3:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet
9:40 St. David The King RC Church 14 10:00 Worship Service Simulcast 10:30 St. Paul Lutheran Service 1:45 Matinee Cinema 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Balloon Volleyball 15 10:00 Sittersize Exercise 10:30 Newscurrents Discussion with Rachal 1:45 Bus Trip to Ross 3:15 Meet & Greet 3:30 Monday Dice & Dimes 6:45 Evening Relaxation 	9:30 BC Walkers-Outside Stroll 16 10:00 Exercise with Stephanie 10:30 YOGA with Faye! 10:45 MindGames 1:45 Bus Trip to Dollar Tree 3:15 Meet & Greet 3:45 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 17 10:00 Exercise with Stephanie 10:30 BC Crafters 2:00 HRG Lectures with Paul 3:15 Meet & Greet 3:30 Bear Cave Mens Club 6:45 Evening Bingo 	8:45 Morning with Dorothy 18 9:45 Balloon Volleyball 10:00 Communion Services 11:30 Lunch Outing to Cracker Barrel 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 3:30 Dice & Dimes 6:45 Evening Bingo/Poker with the Gang 	9:45 Morning Zodiac Chat 19 10:00 Patio "Having a Ball" Exercise 10:30 Bus Trip to CVS 1:45 Movie Matinee 2:00 Manicures in the Salon 2:30 Halloween Costume Party 3:15 Popcorn Meet & Greet! 3:30 Blackjack with Rachal 4:00 Pray the Rosary 6:45 Rest & Relax 	9:45 Sittersize Exercise 20 10:00 Morning Zodiac Chat 10:45 Bowling in the Halls 2:00 Afternoon Bingo 2:15 Classic TV 3:15 Cookies & Milk Meet & Greet
9:40 St. David The King RC Church 21 10:00 Worship Service Simulcast 10:30 St. Paul Lutheran Service 1:45 Matinee Cinema 2:00 Afternoon Bingo 2:15 Ladder Ball Challenge 3:15 Ice Cream Social 6:45 Rest & Relax	9:30 BC Gardeners - Veggies & Flowers 22 9:45 Balloon Volleyball 10:30 Mind Games 1:45 Bus Trip to Target 2:30 Monday Dice & Dimes 3:15 Meet & Greet 3:45 Opera Music Lovers 3:45 PM MindGames 6:45 Evening Relaxation	9:45 Morning Zodiac Chat 23 10:00 Sittersize Exercise 10:45 MindGames 2:30 Birthday Bash with Marybeth! 3:15 Meet & Greet 7:00 Evening Bingo 	10:00 Exercise with Stephanie 24 10:30 MindGames 1:45 Outing to David Bradley's Chocolate Factory 3:15 Meet & Greet 3:45 Dice & Dimes 6:45 Evening Bingo 	8:45 Morning with Dorothy 25 9:45 Balloon Volleyball 10:00 Communion Services 10:30 YOGA with Faye! 2:00 Newscurrents Discussion with Rachal 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 3:45 Game Time Fun 6:45 Evening Bingo 7:00 Atlantic City Poker Club	7:30 Waffle Day 26 9:45 Morning Zodiac Chat 10:00 Patio "Having a Ball" Exercise 10:30 Bus Trip to CVS 1:45 Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 3:30 Blackjack with Rachal 4:00 Pray the Rosary 6:45 Rest & Relax 	9:30 Morning Chat & Updates 27 10:00 Dollar Store Deals 10:45 Bowling in the Halls 2:00 Afternoon Bingo 2:15 Classic TV 3:15 Cookies & Milk Meet & Greet
9:40 St. David The King RC Church 28 10:00 Worship Service Simulcast 10:30 St. Paul Lutheran Service 1:45 Matinee Cinema 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Balloon Volleyball 29 10:30 BC Bakers Club 11:00 Mind Games 2:00 Jeopardy with Rachal! 3:15 Meet & Greet 3:30 Dice & Dimes 6:45 Evening Relaxation 	9:30 BC Walkers-Outside Stroll 30 10:00 Exercise with Stephanie 10:45 MindGames 12:00 Captain's Table 1:45 Bus Trip to ShopRite 3:15 Meet & Greet 7:00 Evening Bingo	9:45 Morning Chat & Updates 31 10:00 Exercise with Stephanie 10:30 BC Crafters- Halloween Craft 2:00 Newscurrents Discussion with Rachal 3:15 Meet & Greet 6:45 Evening Bingo	<div>   </div>	