



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!

291 Village Road E.
West Windsor, NJ 08550



www.BearCreekAssistedLiving.com
609-918-1075



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

Contact us for details.

291 Village Road E. • West Windsor, NJ 08550 | 609-918-1075 | www.BearCreekAssistedLiving.com

October 2018

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