

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BENTLEY AT BRANCHVILLE 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

We are excited to share we have partnered with "Sing a Song NJ" to offer this special class here at Bentley! Every Friday at 10:00 our "Grandfriends" join us for a special music class! Be sure to check out our Facebook page for more photos and videos!



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

Contact us for details.



Resident Spotlight

John was born September 4th in Brockton, Massachusetts and has since lived in Newark, Kearny, and Newton New Jersey as well as in Jacksonville Florida. John recently moved to Bentley with his wife Catherine. John and Catherine were married on May 28th, 1955 and together they have 9 children, 16 grand children, and 1 great grandchild! John is a Navy veteran and was employed in construction.



John Hull



Employee Spotlight

Maryann is one of our activity assistants, she has been a part of the "Bentley Family" since January of 2012. You will often see Maryann with her dog, Mickey who comes to work with her almost every day she is here (and is loved by all of the residents!). One of our favorite activities is "Exercise with Maryann" which takes place every Thursday morning and is pictured here!



Maryann Lospinuso



Birthdays of the Month

10/11/18..... Hazel S..... Resident
 10/14/18..... Arline E..... Resident
 10/19/18..... Ruth B..... Resident
 10/27/18..... Millie A..... Resident
 10/15/18..... George D..... Resident
 10/27/18..... Irene V..... Resident
 10/09/18..... Jess T..... Employee
 10/09/18..... Marie O..... Employee
 10/10/18..... Bob M..... Employee
 10/14/18..... Hayley N..... Employee



Save the Date


Murder Mystery Dinner
 October 23rd, 2018
 6:00 pm
 Please RSVP to the concierge at 973-948-8884

Trick or Treat Trail
 Friday October 26th 2018
 3:00-4:00 pm



OCTOBER 2018

Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 10:15 Voter Registration 11:15 Puzzle Club 2:00 Monday Movie Matinee 3:15 Snack Bar Break 6:00 Evening News Group	1 10:30 Walking Club 11:00 Candy Bar Bingo! 2:00 Jersey Fresh Social & Stories 3:15 Left, Right, Center 7:00 Jeopardy Group	2 10:30 Walking Club 11:00 Candy Bar Bingo! 2:00 Jersey Fresh Social & Stories 3:15 Left, Right, Center 7:00 Jeopardy Group	3 Butterfly & Hummingbird Day 9:15 Bus Trip 11:15 Domino Group 2:00 Fall Door Decor Part 2 3:15 Happy Hour with Butterfly & Hummingbird Trivia 6:00 Card Game Club	4 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 "One More Time" Variety Show! 3:30 Root Beer Float Social 6:00 Puzzle Club	5 National Denim Day 10:00 Sing a Song Generations Series! 1:00 Bible Study 2:00 Manicures & Mimosas! 3:00 Candy & Caramel Apple Fondue 6:00 Jeopardy Group	6 10:30 Fitness Fun 11:00 Bingo! 2:30 Patio Games 3:15 Drama Club-Senior Skits 6:00 Movie Night!
7 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Word in a Word Game 3:15 Sundae Sunday Social 6:00 Music of Faith	8 Columbus Day 10:15 Lifelong Learning Seminar 11:15 "Move Today" Fitness Series with Amy 2:00 Scarecrow Cleaning & Crafting! 3:15 Fall Favorites Social! 6:00 Evening News Group	9 10:30 Yoga with Linda 2:00 Scarecrow Crafting Continued 3:15 "Food for Thought" 7:00 Jeopardy Group	10 9:15 Bus Trip 11:15 Domino Group 2:00 Exerxolve with Alex 3:15 Happy Hour-Apple Cider Sangria 6:00 Card Game Club	11 Happy Birthday Hazel! 9:15 Catholic Services 9:45 Rosary 11:15 Brain Games! "Dictionary Dive" 2:00 New Fitness Class- Zumba! 3:15 Destinations- Arm Chair Travel 6:00 Puzzle Club	12 "Chili Week" 10:00 Sing a Song Generations Series! 11:15 Crockpot Cooking Club 2:00 Manicures & Mimosas! 3:15 Chili Day Crockpot Cooking Creations 6:00 Jeopardy Group	13 10:30 Fitness Fun 11:00 Bingo! 2:30 Fall Painting with Linda! 3:15 Bentley Buck Games! 6:00 Movie Night!
14 Happy Birthday Arline! National Dessert Day 10:15 Sit to Be Fit 11:00 Bingo! 2:00 Omar Mendez Performs 3:30 Dessert Day Social 6:00 Music of Faith	15 10:15 Card Game Club 11:15 Sit & Stretch 2:00 "Annual Apple Butter Making Days" 3:15 Pumpkin Put-Put 6:00 Evening News Group	16 Dictionary Day 9:30 Bus Trip- Marshalls & Home Goods 11:15 Word Games 2:00 Kris Phirpany Performs 3:30 Gourmet Coffee Week Social 7:00 Jeopardy Group	17 9:15 Bus Trip 11:15 Domino Group 2:00 Movie Matinee-Residents Choice 3:00 Snack Bar Break 6:00 Card Game Club	18 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Arts & Crafts 3:15 Short Stories & Sips 6:00 Puzzle Club	19 Happy Birthday Ruth! 10:00 Sing a Song Generations Series! 1:00 Bible Study 2:00 Manicures & Mimosas! 3:15 Mens' Club 6:00 Jeopardy Group	20 10:30 Fitness Fun 11:00 Bingo! 2:30 Left, Right, Center SS 3:15 True or False Game 6:00 Movie Night!
21 National Pumpkin Cheesecake Day 10:15 Sit to Be Fit 11:00 Bingo! 2:00 Hope Church Service 3:15 Pumpkin Cheese Cake Social 6:00 Music of Faith	22 10:30 Table Talk 11:15 "Move Today" Fitness Series with Amy 2:00 Pumpkin Patch Paint & Sip 3:30 Candy Crafting for Trick or Treat Trail 6:00 Evening News Group	23 10:30 Walking Club 11:15 Name that Tune 2:00 Roy Longchamp Performs 3:30 Ice Cream Soda Social 6:00 Annual Murder Mystery Dinner	24 9:15 Bus Trip 11:15 Domino Group 2:30 Happy Hour! 3:15 Candy Crafting for Trick or Treat Trail 6:00 Card Game Club	25 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 3:00 Scenic Scarecrow Drive 6:00 Puzzle Club	26 10:00 Sing a Song Generations Series! 1:00 Manicures & Mimosas! 3:00 Annual Trick or Treat Trail! 6:00 Jeopardy Group	27 Happy Birthday Millie! 10:30 Fitness Fun 11:00 Bingo! 2:30 Jeopardy! 3:15 Tea Party 6:00 Movie Night!
28 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Sundae Sunday Social 3:15 Brain Games 6:00 Music of Faith	29 10:30 Sit & Stretch 11:00 Resident Council Meeting 2:00 Halloween Reminiscence & Refreshments 3:15 Bentley Book Club 6:00 Evening News Group	30 Candy Corn Day! 10:30 Walking Club 11:15 Exercise with Maryann 2:00 Laurie and James Perform 3:15 Candy Corn Crafting 7:00 Jeopardy Group	31 Happy Halloween! 9:15 Bus Trip 11:15 Halloween History & Trivia 2:00 Exerxolve with Alex 3:00 Halloween Happy Hour 6:00 Card Game Club			

Find Purpose And Positivity.

Once the kids are grown and careers mature, many older adults feel at loose ends. Why not use this time to start a new hobby, volunteer or reignite a past pleasure? Not only will you find greater fulfillment but staying mentally active can also help delay or lower your risk of dementia. Finding purpose also leads to greater positivity.

The key is to maintain a well-balanced life.

What you eat, your activity level and other lifestyle habits are responsible for much of your health. At Kaplan, we're here to support your wellbeing. Let us know how we can help.

Sources:

<https://www.rd.com/health/health-care/5-keys-to-health-at-60-plus/>,

<https://drbubbs.com/blog/2017/9/6-tips-for-longevity-health>



www.BentleyAtBranchville.com

973-948-8884

3 Phillips Road
Branchville, NJ 07826