



## Resident Spotlight

Charles and Theresa both come from Lowell Massachusetts

where they met at church. It was love at first sight and they have been married for 68 years. They lived in Lowell for 13 years, Westford Mass. for 23 years and Florida for 32 years. Theresa was an accountant and was an accompanist for an opera soprano. She also worked



Charles and Theresa Loiselle

in memory care units and had a dressmaking and tailoring business while taking care of 8 children. Charles is a Navy Veteran, he also had his own Lab business for 20 years before running for public office in Florida.



## Employee Spotlight

Rose was voted by the residents as employee of the month. Rose grew up in Liberia and has been living in Manchester since 2004. One of her hobbies is making crafts. She also enjoys cooking African food but her favorite thing to do is go shopping with her friends. Rose loves her job here at Bentley Commons and says "It's the best job I have ever had" and this

shows in her work. Rose has proven to be an important part of Bentley.



Rose Sebo

October | 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*

## 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

Bentley Staff

To all the staff here at Bentley-Who do their jobs professionally-I'm happy you do things without fuss-Perhaps you are thinking that-someday-You'll be one of us-Remember time goes by, year after year-All of the sudden you will find yourself here-Keep a song in your heart and a smile on your face-You will be rewarded with heavenly grace.



*at Bedford*

*A Premier Senior Living Community*

[www.BentleyAtBedford.com](http://www.BentleyAtBedford.com)

603-928-7106



Refer a friend and receive  
\$3000!

Contact Donna Guimond  
603-644-2200

66 Hawthorne Drive  
Bedford, NH 03110



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













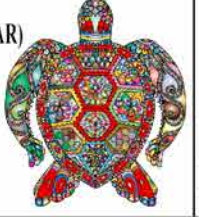










*Contact us for details.*

66 Hawthorne Drive • Bedford, NH 03110 | 603-928-7106 | [www.BentleyAtBedford.com](http://www.BentleyAtBedford.com)



# Bentley Commons at Bedford

## October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This month's destination is Germany. Throughout the month you will find fact's, trivia and games in the Parlor</p> 	<p>9:30 Resistance Training (MR) 1 10:15 Coffee/Trivia (B) 10:30 Rummy (BP) 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)</p> 	<p>9:30 Strength and Balance (MR) 2 9:40 MTA Trip to Hannaford (OS) 10:15 Chorus (AR) 1:30 Resistance Training (AR) 2:00 Resident Council (MR) 2:30 Welcome new residents (MR) 3:00 Musical Entertainment/George Parker (MR) 4:00 Seated Soccer (B)</p> 	<p>9:30 Manicures (AR) 3 9:30 Resistance Training (MR) 10:15 Knitting Club (BP) 10:30 Hand and Foot (L) 1:30 Hannaford (O) 1:30 Strength and Balance (AR) 2:15 High Tea (B) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B) 6:30 Cribbage (BP)</p> 	<p>9:30 Strength and Balance (MR) 4 10:15 Chorus (AR) 10:30 Hand and Foot (BP) 10:30 Waliking Club (BP) 1:30 Resistance Training (AR) 2:00 Food Service Meeting (MR) 3:00 Crossword (AR) 4:00 Seated Soccer (B) 6:30 Cribbage (BP)</p>	<p>9:30 Resistance Training (MR) 5 10:30 Dollar Store (OS) 10:30 Jackpot Bingo\$ (AR) 1:30 Rosary (AR) 2:00 Rummy (BP) 3:00 Oktoberfest (MR) 6:30 Cribbage (BP)</p> 	<p>9:30 Exercise (AR) 6 10:30 Target (OS) 12:30 Manicures (AR) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 6:00 Lawrence Welk (B)</p>
<p>9:45 Church Service (O) 7 12:30 Manicures (AR) 1:30 Scenic Ride (O) 3:15 Jackpot Bingo\$ (MR)</p> 	<p>9:30 Resistance Training (MR) 8 10:15 Coffee/Trivia (B) 10:30 Adult Coloring (BP) 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)</p>	<p>9:30 Strength and Balance (MR) 9 9:40 MTA Trip to Hannaford (OS) 10:30 Jackpot Bingo\$ (AR) 1:30 Resistance Training (AR) 1:30 Jeopardy-B 3:00 Elvis Performance (MR) 4:00 Seated Soccer (B) 7:00 Game Night "Tuesday's Love603 Group" (MR)</p> 	<p>9:30 Manicures (AR) 10 9:30 Resistance Training (MR) 10:30 Jackpot Bingo (AR) 1:30 Market Basket (OS) 1:30 Strength and Balance (AR) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B) 6:30 Cribbage (BP)</p>	<p>9:30 Strength and Balance (MR) 11 10:15 Chorus (AR) 10:30 Hand and Foot (BP) 10:30 Waliking Club (BP) 1:30 Bedford Library Theatre (O) 1:30 Resistance Training (AR) 3:00 Guest Speaker/The Value of Humor (MR) 4:00 Seated Soccer (B) 6:30 Cribbage (BP)</p> 	<p>9:30 Resistance Training (MR) 12 10:30 Jackpot Bingo\$ (AR) 10:30 Walmart (OS) 1:30 Rosary (AR) 1:30 Adult Coloring (BP) 2:00 Rummy (BP) 3:00 Social Hour/Mark Stanzler (MR) 6:30 Cribbage (BP)</p> 	<p>9:30 Exercise (AR) 13 10:30 Home Goods (OS) 12:30 Manicures (AR) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 6:00 Lawrence Welk (B)</p>
<p>9:45 Church Service (O) 14 12:30 Manicures (AR) 2:00 Bedford Library Concert (O)</p> 	<p>9:30 Resistance Training (MR) 15 10:15 Coffee/Trivia (B) 10:30 Adult Coloring (BP) 11:30 Out to lunch/Chez Vachon (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)</p> 	<p>9:30 Strength and Balance (MR) 16 9:40 MTA Trip to Hannaford (OS) 10:30 Jackpot Bingo\$ (AR) 1:30 Resistance Training (AR) 2:15 Crossword (AR) 3:30 The Price is Right (AR) 4:00 Seated Soccer (B)</p>	<p>9:30 Manicures (AR) 17 9:30 Resistance Training (MR) 10:15 Knitting Club (BP) 10:30 Hand and Foot (L) 1:30 Hannaford (O) 1:30 Strength and Balance (AR) 3:45 Wine and Cheese Social (B) 6:30 Cribbage (BP)</p> 	<p>9:30 Strength and Balance (MR) 18 10:30 Bentley Commons Chorus Performance (MR) 10:30 Waliking Club (BP) 1:30 Resistance Training (AR) 2:30 Crossword (AR) 3:30 Adult Coloring (BP) 4:00 Seated Soccer (B) 6:30 Cribbage (BP)</p> 	<p>9:30 Resistance Training (MR) 19 10:30 Dollar Store (OS) 10:30 Jackpot Bingo\$ (AR) 1:30 Rosary (AR) 1:30 Sequence (BP) 2:00 Rummy (BP) 3:00 Social Hour/Joe McDonald (MR) 6:30 Cribbage (BP)</p> 	<p>9:30 Exercise (AR) 20 10:30 Marshalls (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 6:00 Lawrence Welk (B)</p>
<p>9:45 Church Service (O) 21 12:30 Manicures (AR) 1:30 Scenic Ride (O) 3:15 Jackpot Bingo\$ (MR)</p> 	<p>9:30 Resistance Training (MR) 22 10:15 Coffee/Trivia (B) 10:30 Rummy (BP) 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)</p>	<p>9:30 Strength and Balance (MR) 23 9:40 MTA Trip to Hannaford (OS) 10:30 Jackpot Bingo\$ (AR) 1:30 Resistance Training (AR) 1:30 Rummy (BP) 2:15 Resident Birthday Party (MR) 3:00 Musical Entertainment/Chris Ekblom (MR) 4:00 Seated Soccer (B)</p> 	<p>9:30 Manicures (AR) 24 9:30 Resistance Training (MR) 10:30 Jackpot Bingo (AR) 11:30 German Themed Luncheon (MR) 12:30 German Themed Luncheon (MR) 1:30 Market Basket (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)</p> 	<p>9:30 Strength and Balance (MR) 25 10:15 Hand and Foot (BP) 10:30 Waliking Club (BP) 1:30 Resistance Training (AR) 2:00 Hand and Foot (BP) 3:00 Lecture with Jordan (MR) 4:00 Seated Soccer (B) 6:30 Cribbage (BP)</p>	<p>9:30 Resistance Training (MR) 26 10:30 Jackpot Bingo\$ (AR) 10:30 Walmart (OS) 1:30 Rosary (AR) 1:30 Sequence (BP) 2:00 Rummy (BP) 3:00 Social Hour/Bill Parker (MR) 6:30 Cribbage (BP)</p> 	<p>9:30 Exercise (AR) 27 10:30 Michaels Craft Store (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 6:00 Lawrence Welk (B)</p>
<p>9:45 Church Service (O) 28 12:30 Manicures (AR) 1:30 Scenic Ride (O) 3:15 Jackpot Bingo\$ (MR)</p> 	<p>9:30 Resistance Training (MR) 29 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)</p> 	<p>9:30 Strength and Balance (MR) 30 9:40 MTA Trip to Hannaford (OS) 10:30 Jackpot Bingo\$ (AR) 1:30 Adult Coloring (BP) 1:30 Resistance Training (AR) 3:00 Musical Entertainment/Fran Owens (MR) 4:00 Seated Soccer (B)</p> 	<p>9:30 Manicures (AR) 31 9:30 Resistance Training (MR) 10:15 Knitting Club (BP) 10:30 Hannaford (OS) 1:30 Strength and Balance (AR) 2:00 Rummy (BP) 3:00 Tai Chi (MR) 3:00 Trick or Treat (MR) 6:30 Cribbage (BP)</p> 	<p>Merrimack Room = MR Bistro = B Activity Room = AR Bedford Parlor = BP Outing \$ = O\$ Activity Room\$ = AR Merrimack Room \$ = MR\$ Outing = O Front Porch = FP Bedford Library = BL</p>	<p><b>Trick or Treat</b> Wednesday, 10/31-3:00-MR</p> 	<p><b>Oktoberfest</b> Friday, 10/5-3:00-MR</p> 