



Resident Spotlight

4 Questions for Marge Rosenbauer:

1. How did you meet your husband? He was a surgeon and I was a nurse. He took my appendix out before we started dating!

2. Do you have any children? 4 boys

3. What was your favorite vacation? New Zealand because the people are so lovely and there is wonderful scenery.

4. What would people be surprised to know about you? I love opera, traveling and photography.



Marge with her husband Howard



Employee Spotlight

Resident Birthdays:

Rita M.- November 5

Barbara M.- November 6

Don- November 19

Bear Creek wishes a Happy Birthday to everyone born in November!



November | 2018

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

Being Thankful

For many Americans, Thanksgiving represents perfection in a holiday tradition: family, friends, food, shopping, and of course football. There are hundreds of reasons to be grateful. Perhaps most important is that it compels us to live in the present moment. The website, the-benefits-of-positive-thinking.com, reiterates: "It helps you to be in the present by noticing what you do have and stopping to acknowledge it. This can be the company of a person, having food, or even being able to see."

Things you might be thankful for:

- Family, friends, neighbors and co-workers
- Your pets
- Food on the table
- Gainful employment, having a chance to be fruitful
- Being retired with time to relax
- The beauty of nature, the changing seasons, a sunset, sunrise or full moon

The power of positive thinking – shifting from the negative to the positive.

Constructively viewing life elevates the spirit. But did you know that being thankful can also impact goal attainment? By approaching life's ups and downs in a positive,

productive way, you accomplish more, feel better



about the job ahead and stay on course. Conversely, dwelling on the negative can interrupt your stride and hamper productivity.

This Thanksgiving, take time to embrace and express your gratitude fully and to look within as a way for a better life.

Sources:

<https://www.the-benefits-of-positive-thinking.com/importance-of-being-grateful.html>

<https://inspiyr.com/being-grateful/>

<https://www.cbsnews.com/news/the-health-benefits-of-being-thankful/>



Activity Highlight

Happy November! Now that autumn is in full swing, we are all ready to celebrate the special days that are approaching. We will be providing transportation to the election polls for the midterm elections on Tuesday, November 6th. We are also very excited for our annual Thanksgiving Brunch which will be taking place on Sunday, November 18th from 12pm-2pm. November is a time to give thanks and the team at Bear Creek wants to express our utmost gratitude for our residents and their families. It is a pleasure to serve this community!



www.BearCreekAssistedLiving.com
609-918-1075

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West Windsor, NJ 08550




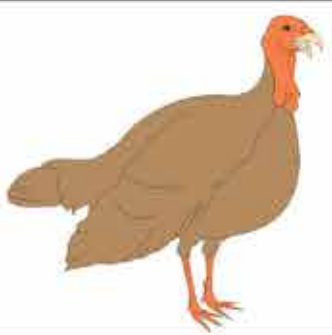




Refer a friend... get \$3,000!

Contact us for details.

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November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
9:40 St. David The King RC Church 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 1:45 Sunday Movie Matinee 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 10:00 Fun & Fitness Exercise 10:30 Outing to WalMart 10:30 You Be the Judge 2:00 Game Time Fun 3:15 Meet & Greet 3:30 Word in a Word Game 6:45 Evening Bingo	10:00 Morning Zodiac Chat 10:30 Outing to Election Polls 10:30 YOGA with Faye! 2:15 Newscurrents Discussion w/ Rachal 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Zodiac Chat 10:00 Exercise with Stephanie 10:30 BC Bakers Club: Chocolate Lover's 11:30 Lunch Outing to Friday's 2:00 Creative Notions Art Program 3:15 Meet & Greet 3:30 Blackjack with Rachal 6:45 Evening Bingo	9:45 Balloon Volleyball 10:30 Resident Council Meeting 2:00 Jeopardy with Rachal! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 3:30 Welcome to November: Gazette & Trivia 6:45 Evening Bingo	9:45 Morning Zodiac Chat 10:00 First Friday with Fr. Tim 10:30 Bus Trip to CVS 10:30 Fun & Fitness Exercise 1:45 Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Friday Night Bingo	9:30 Dollar Store Deals 10:00 Balloon Volleyball 10:45 Honor Guard Ceremony 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 3:30 Bowling in the Halls 7:00 Saturday Evening Symphony
9:40 St. David The King RC Church 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 1:45 A Poetic Look at Veterans Day 2:00 Veteran's Day Gathering 3:15 Ice Cream Social 3:30 Afternoon Bingo 6:45 Rest & Relax	9:45 Morning Zodiac Chat 10:00 Fun & Fitness Exercise 10:30 Outing to The Dollar Tree 10:30 You Be the Judge 11:30 Pizza Luncheon @ Bear Creek 1:45 Tai Chi with Siobhan 3:15 Meet & Greet 3:30 Newscurrents Discussion with Rachal 7:00 Syncopations Dance Troupe Performance	10:00 Morning Zodiac Chat 10:30 Morning Stretch 10:45 Times We Treasure Tuesday 2:00 Outing to ShopRite 2:30 Word in a Word 3:15 Meet & Greet 3:30 BC Crafters: Bracelet Making 7:00 Evening Bingo	9:45 Morning Chat & Updates 10:00 Exercise with Stephanie 10:30 Mind Games 2:00 HRG Lectures with Paul 3:15 Meet & Greet 3:30 Blackjack with Rachal 6:45 Evening Bingo	9:45 Balloon Volleyball 10:00 Communion Services 10:30 The Perfect Fit Day Puzzle Piece Craft 2:00 Jeopardy with Rachal! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo 7:00 Atlantic City Poker Club	9:45 Morning Zodiac Chat 10:00 "Having a Ball" Exercise 10:30 Bus Trip to CVS 11:00 Mind Games 1:45 Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Friday Night Bingo	9:30 Dollar Store Deals 10:00 Saturday Morning Wisdom 10:45 Bowling in the Halls 2:00 Music by Karl 3:15 Cookies & Milk Meet & Greet 3:30 Afternoon Bingo 6:45 Saturday Evening Symphony
9:40 St. David The King RC Church 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 12:00 Thanksgiving Brunch 3:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 10:00 Fun & Fitness Exercise 10:30 Outing to Target 10:30 You Be the Judge 2:00 Newscurrents Discussion w/ Rachal 3:15 Meet & Greet 3:30 Mind Games 6:45 Evening Bingo	10:00 Morning Zodiac Chat 10:30 YOGA with Faye! 10:45 MindGames 2:30 Birthday Bash with Jerry! 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 10:00 Exercise with Stephanie 10:30 Mind Games 11:30 Lunch Outing to Cracker Barrel 3:15 Meet & Greet 3:30 Blackjack with Rachal 6:45 Evening Bingo	9:45 Balloon Volleyball 10:00 Communion Services 10:30 Sittersize Exercise 2:00 Turkey Day Trivia 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo	9:45 Morning Zodiac Chat 10:00 "Having a Ball" Exercise 10:30 Bus Trip to CVS 11:00 Mind Games 1:45 Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Friday Night Bingo	9:30 Morning Chat & Updates 10:00 Saturday Morning Wisdom 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 3:30 BC Crafters Corner 6:45 Saturday Evening Symphony
9:40 St. David The King RC Church 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 1:45 Sunday Movie Matinee 2:00 Afternoon Bingo 3:15 Parfait Day Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 10:00 Fun & Fitness Exercise 10:30 Outing to McCaffrey's 10:30 You Be the Judge 2:00 Newscurrents Discussion w/ Rachal 3:15 Meet & Greet 3:30 Mind Games 6:45 Evening Bingo	10:00 Morning Zodiac Chat 10:30 Morning Stretch 10:45 MindGames 12:00 Captain's Table 2:30 Entertainment by MaryBeth 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 10:00 Exercise with Stephanie 10:30 Mind Games 2:00 Outing to TJ Maxx 3:15 Meet & Greet 3:30 Blackjack with Rachal 6:45 Evening Bingo	8:45 Morning with Dorothy 9:45 Balloon Volleyball 10:00 Communion Services 10:30 YOGA with Faye! 2:00 Jeopardy with Rachal! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo	7:30 Waffle Day Breakfast 9:45 Morning Zodiac Chat 10:00 "Having a Ball" Exercise 10:30 Bus Trip to CVS 11:00 Mind Games 1:45 Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Friday Night Bingo	