



## Resident Spotlight

November's resident of the month is Mary Lou O'Brien. Mary Lou is from Utica New York. She met her husband Bob there. She has 5 children. Dennis, Michael, Andy, Mary Kate and Bridget. With a heavy heart Mary Lou and Bob lost their son Michael on 9/11. He worked in one of the towers that was attacked. On a happier note she has



Mary Lou O'Brien

13 grandchildren and 1 great granddaughter. Mary Lou loves playing the piano and tries to every day. She enjoys living at Bentley Commons and has many friends.



## Employee Spotlight

Caroline Jean Babtist's Firmin has been voted employee of the month. She has been an LNA at Bentley Commons for a year and a half. She has been married for 16 years to her husband Carlot and they have 2 sons. She is originally from Haiti and moved to New Hampshire in 2004. Ever since she was a little girl all she wanted to do was help seniors. Her goal is to keep them safe. Caroline said the staff and residents are like family to her. She truly loves her job and it shows. Church is very important to her and she leads the ladies' group at hers.



November | 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*

## 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

Sahra

Sahra Hashi, Business Administrator-She's the bookkeeper here you know-She's the one who handles the dough-When you pay your rent-I have to relate-please don't be late-She has a great big smile by heck-That's because she's about to cash your check.

As Ever,  
Bert



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

603-928-7106



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\$3000!

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






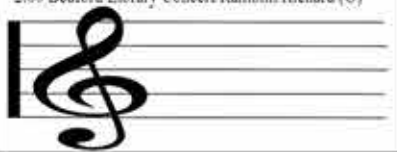











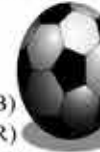
*Contact us for details.*

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



# Bentley Commons at Bedford

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This month's destination is Italy.</p> 		<p>Family game and craft night 11/13</p> 		<p>9:30 Strength and Balance (MR) 1 10:00 Hand and Foot (BP) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Crossword (AR) 1:30 Resistance Training (B) 3:00 Jeopardy (AR) 3:00 Sports Club (B) 4:00 Hand ball/Seated Soccer (B) 6:30 Cribbage (BP)</p>	<p>9:30 Resistance Training (MR) 2 10:30 Dollar Store (OS) 10:30 Jackpot Bingo\$ (B) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/Dorothy Stratton (MR) 6:30 Cribbage (BP)</p> 	<p>9:30 Exercise (AR) 3 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MR) 3:45 Social Hour (B) 6:00 Lawrence Welk (B)</p>
<p>9:45 Church Service (O) 4 11:30 Italian themed luncheon (MRS) 12:30 Italian themed luncheon (MRS) 12:30 Manicures (AR) 2:00 Bedford Library Concert/Ramblin Richard (O)</p> 	<p>9:30 Resistance Training (MR) 5 10:15 Adult Coloring (BP) 10:30 Crossword (AR) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 11:30 Out to lunch/Johnsons (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) 6 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo\$ (B) 1:30 Resistance Training (AR) 2:00 Resident council/Food Service Mtg (MR) 2:30 Welcome new residents (MR) 3:00 Happy Hour/Adam McCulley (MR) 3:00 Sports club (B) 4:00 Hand ball/Seated Soccer (B)</p>	<p>9:30 Manicures (AR) 7 9:30 Resistance Training (MR) 10:30 Jackpot Bingo\$ (B) 1:30 Market Basket (OS) 1:30 Strength and Balance (AR) 2:30 High Tea with Bee (B) 3:00 Crossword (AR) 3:00 Tai Chi (MR) 3:00 Veterans Meet Up (L) 3:45 Wine and Cheese Social (B)</p> 	<p>9:30 Strength and Balance (MR) 8 10:15 Chorus (AR) 10:30 Adult Coloring (BP) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Bedford Library Theatre (O) 1:30 Hand and Foot (BP) 1:30 Resistance Training (AR) 3:00 Lecture with Chris (MR) 3:00 Sports Club (B) 4:00 Hand ball/Seated Soccer (B) 6:30 Cribbage (BP)</p>	<p>9:30 Resistance Training (MR) 9 10:30 Jackpot Bingo\$ (B) 10:30 Walking Club (BP) 10:30 Walmart (OS) 11:00 Strolling Club (BP) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/Doug Rickard (MR)</p>	<p>9:30 Exercise (AR) 10 10:30 Currier Museum (O) 12:30 Manicures (AR) 1:30 Aviation Museum (OS) 1:30 Rummy (BP) 3:45 Social Hour (B)</p> 
<p>9:45 Church Service (O) 11 11:30 Brunch (MR) 12:30 Brunch (MR) 12:30 Manicures (AR) 2:15 Jackpot Bingo\$ (MR) 3:30 Documentary/Veterans Day (AR)</p> 	<p>9:30 Resistance Training (MR) 12 10:15 Adult Coloring (BP) 10:30 Crossword (AR) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Hand and Foot (BP) 1:30 Movie/The Patriot (AR) 1:30 Strength and Balance (B) 2:00 Straight Shooter (MR) 3:00 Tai Chi (AR) 3:30 Monday Mixer (B)</p>	<p>9:30 Strength and Balance (MR) 13 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo\$ (B) 1:30 Resistance Training (AR) 1:30 Trivia (BP) 2:15 Resident Birthday Party (MR) 3:00 Happy Hour/Silver Lining Chorus (MR) 3:00 Sports club (B) 4:00 Hand ball/Seated Soccer (B) 7:00 Game Night "Tuesday's Love603 Group" (MR)</p> 	<p>9:30 Manicures (AR) 14 9:30 Resistance Training (MR) 10:15 Knitting Club (BP) 10:30 Jackpot Bingo\$ (B) 1:30 Hannaford (OS) 1:30 Strength and Balance (AR) 2:30 High Tea with Bee (B) 3:00 Scrabble (BP) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B)</p> 	<p>9:30 Strength and Balance (MR) 15 10:15 Chorus (AR) 10:30 Adult Coloring (BP) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Hand and Foot (BP) 1:30 Resistance Training (AR) 3:00 Guest Speaker/Too Much Sugar (MR) 3:00 Sports Club (B) 4:00 Hand ball/Seated Soccer (B) 6:30 Cribbage (BP)</p> 	<p>9:30 Resistance Training (MR) 16 10:30 Dollar Store (OS) 10:30 Jackpot Bingo\$ (B) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/Charlie Dawson (MR)</p> 	<p>9:30 Exercise (AR) 17 10:30 Bedford Boomers Train Display (O) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MR) 3:45 Social Hour (B)</p> 
<p>9:45 Church Service (O) 18 12:30 Mancures (AR) 2:15 Hangman (BP) 3:15 Jackpot Bingo\$ (MR)</p> 	<p>9:30 Resistance Training (MR) 19 10:15 Adult Coloring (BP) 10:30 Crossword (AR) 10:30 Walking Club (BP) 11:00 Strolling Club (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) 20 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo\$ (B) 1:30 Market Basket (OS) 1:30 Resistance Training (AR) 3:00 Rummy (BP) 3:00 Sports club (B) 4:00 Hand ball/Seated Soccer (B)</p>	<p>9:30 Manicures (AR) 21 9:30 Resistance Training (MR) 10:30 Jackpot Bingo\$ (B) 12:15 Manchester Library Theatre (O) 1:30 Strength and Balance (AR) 2:00 Makeup Demonstration (B) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B)</p>	<p>12:00 Thanksgiving Lunch (MR) 22 2:00 Documentary/Pilgrims (AR) 2:30 Rummy (BP) 6:00 Cribbage (BP)</p> 	<p>9:30 Resistance Training (MR) 23 10:30 Hand and Foot (BP) 10:30 Jackpot Bingo\$ (B) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/Bob Rutherford (MR)</p>	<p>9:30 Exercise (AR) 24 10:30 Michael's Craft Store (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MR) 3:45 Social Hour (B)</p>
<p>9:45 Church Service (O) 25 11:45 Out to lunch/Airport Diner (OS) 1:45 Consignment Gallery (O) 3:00 Jackpot Bingo\$ (MR)</p> 	<p>9:30 Resistance Training (MR) 26 10:15 Adult Coloring (BP) 10:30 Crossword (AR) 10:30 Monday with Amy (B) 10:30 Walking Club (BP) 11:00 Strolling Club (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)</p>	<p>9:30 Strength and Balance (MR) 27 9:40 MTA Trip to Hannaford (OS) 10:30 Memorial Service (MR) 1:30 Resistance Training (AR) 2:15 Jackpot Bingo\$ (MR) 3:00 Sports club (B) 3:30 Balloon Volley (BP) 4:00 Hand ball/Seated Soccer (B)</p>	<p>9:30 Manicures (AR) 28 9:30 Resistance Training (MR) 10:15 Knitting Club (L) 10:30 Rummy (BP) 1:30 Hannaford 1:30 Strength and Balance (AR) 2:30 Hand and Foot (BP) 3:00 Tai Chi (MR) 3:45 Wine and Cheese Social (B)</p>	<p>9:30 Strength and Balance (MR) 29 10:15 Chorus (AR) 10:30 Hand and Foot (BP) 11:00 Strolling Club (BP) 1:30 Resistance Training (B) 1:30 The Price is Right (AR) 3:00 Guest Speaker/Don Winn (MR) 3:00 Sports Club (B) 4:00 Hand ball/Seated Soccer (B) 6:30 Cribbage (BP)</p> 	<p>9:30 Resistance Training (MR) 30 10:30 Dollar Store (OS) 10:30 Jackpot Bingo\$ (B) 10:30 Walking Club (BP) 11:00 Strolling Club (BP) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/Bill Parker (MR)</p> 