



Resident Spotlight

5 Questions for Phyllis Reil:

1. Where were you born? Souix City, Iowa.

2. How did you meet your husband? I met Darrel on a blind date set up by friends.

3. Do you have any children? 3 boys and a girl.

4. What was your occupation? I was a buyer for a jewelry store.

5. People would be surprised to know? That I was a volunteer for Princeton Medical Center and Women's Club and Church.



Phyllis



Employee Spotlight

Resident Birthdays:

December 6th: Merrill

December 7th: Louise

Happy Birthday!



December | 2018

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

Favorite Holiday Tips

It's The Most Wonderful Time Of The Year...

The phrase adorns cards and is heard in stores. But how can we truly make this holiday season *the* most wonderful time? Try our favorite tips:

Set Reasonable Aspirations

How we anticipate an event can grow in our minds so much that when it finally arrives, we feel let down. If this tends to be you, relax and keep expectations real.

Determine a Spending Budget

It's perfectly okay not to overspend! Start with a budget, draft a list and stick to it.

Focus on Friends or Family

Remind those you love how much you care. Mail a hand-written letter or call someone you've not seen recently.

Stay Healthy

Enjoy things in moderation. Stick to your routine, and you won't have to face the fallout from holiday weight gain.

Think Of Yourself

It's okay to say no to invitations or requests for help. Don't feel guilty about taking shortcuts like having dinner delivered or Shipt or TaskRabbit do the shopping.

Give To Others

It can be as simple as offering your time, helping a neighbor or sharing a smile.

Sources:

<https://www.psychologytoday.com/us/blog/in-flux/2011/12/7-strategies-happy-holiday-season>

<https://getthehealthu.com/4-steps-holiday-happiness/>

https://www.huffingtonpost.com/2014/12/16/make-holidays-less-stressful_n_6337440.html



Activity Highlight

What a month November was! Our residents at Bear Creek got to vote in the midterm elections and have been enjoying different varieties of entertainment from the Syncopations Dance Troupe and bagpiper, Gerard Finnegan! We would like to thank all our families and friends for coming out to the Thanksgiving Brunch and we hope to see you all at the Annual Wreath Stroll and Holiday Party. Season's Greetings!



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

DECEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<div> <div>9:30 Dollar Store Deals</div> <div>10:00 Saturday Morning Wisdom</div> <div>10:45 Bowling in the Halls</div> <div>2:00 Afternoon Bingo</div> <div>3:15 Cookies & Milk Meet & Greet</div> <div>3:30 BC Crafters Corner</div> <div>7:00 Rest & Relax</div> </div> <div>1</div>
<div> <div>9:40 St. David The King RC Church</div> <div>10:30 St. Paul Lutheran Service</div> <div>10:45 Podcasts in the Library</div> <div>1:45 Sunday Movie Matinee</div> <div>2:00 Afternoon Bingo</div> <div>3:15 Ice Cream Social</div> <div>6:45 Rest & Relax</div> </div> <div>2</div>	<div> <div>9:45 Morning Zodiac Chat</div> <div>10:00 Fun & Fitness Exercise</div> <div>10:30 You Be the Judge</div> <div>1:45 Outing to ShopRite</div> <div>2:00 Newscurrents Discussion</div> <div>3:15 Meet & Greet</div> <div>3:30 Mind Games</div> <div>6:45 Evening Bingo</div> </div> <div>3</div>	<div> <div>10:00 Morning Zodiac Chat</div> <div>10:30 YOGA with Faye!</div> <div>10:45 MindGames</div> <div>1:45 Bus Trip to TJ Maxx</div> <div>3:15 Meet & Greet</div> <div>3:30 Dice & Dimes</div> <div>7:00 Evening Bingo</div> </div> <div>4</div>	<div> <div>9:45 Morning Chat & Updates</div> <div>10:00 Exercise with Stephanie</div> <div>10:30 Mind Games</div> <div>11:30 Lunch Outing to Dairy Queen</div> <div>2:00 Creative Notions Art Program</div> <div>3:15 Meet & Greet</div> <div>3:30 Blackjack with Rachal</div> <div>6:45 Evening Bingo</div> </div> <div>5</div>	<div> <div>8:45 Morning with Dorothy</div> <div>9:45 Balloon Volleyball</div> <div>10:30 Resident Council Meeting</div> <div>2:00 BC Bell Choir</div> <div>3:00 Bible Study with Fran</div> <div>3:15 Thirsty Thursday Meet & Greet</div> <div>6:45 Evening Bingo</div> </div> <div>6</div>	<div> <div>9:45 Morning Zodiac Chat</div> <div>10:00 "Having a Ball" Exercise</div> <div>10:00 First Friday with Fr. Tim</div> <div>10:30 Bus Trip to CVS</div> <div>11:00 Mind Games</div> <div>1:45 Movie Matinee</div> <div>2:00 Manicures in the Salon</div> <div>3:15 Popcorn Meet & Greet!</div> <div>4:00 Celebrate Shabbat</div> <div>4:00 Celebrate Shabbat</div> <div>4:00 Pray the Rosary</div> <div>6:45 Friday Night Bingo</div> </div> <div>7</div>	<div> <div>9:30 Morning Chat & Updates</div> <div>10:00 Saturday Morning Wisdom</div> <div>10:45 Bowling in the Halls</div> <div>2:00 Afternoon Bingo</div> <div>3:15 Cookies & Milk Meet & Greet</div> <div>3:30 BC Crafters Corner</div> <div>7:00 Rest & Relax</div> </div> <div>8</div>
<div> <div>9:40 St. David The King RC Church</div> <div>10:30 St. Paul Lutheran Service</div> <div>10:45 Podcasts in the Library</div> <div>1:45 Sunday Movie Matinee</div> <div>2:00 Afternoon Bingo</div> <div>3:15 Ice Cream Social</div> <div>6:45 Rest & Relax</div> </div> <div>9</div>	<div> <div>9:45 Morning Zodiac Chat</div> <div>10:00 Fun & Fitness Exercise</div> <div>10:30 You Be the Judge</div> <div>1:45 Tai Chi with Siobhan</div> <div>2:00 Bus Trip to Big Lots</div> <div>3:15 Meet & Greet</div> <div>3:30 Mind Games</div> <div>6:45 Evening Bingo</div> </div> <div>10</div>	<div> <div>10:00 Morning Zodiac Chat</div> <div>10:30 Bus Trip to the Dollar Tree</div> <div>10:30 Morning Stretch</div> <div>10:45 MindGames</div> <div>2:30 Birthday Bash with Maggie</div> <div>3:15 Meet & Greet</div> <div>3:30 Dice & Dimes</div> <div>7:00 Evening Bingo</div> </div> <div>11</div>	<div> <div>9:45 Morning Chat & Updates</div> <div>10:00 Exercise with Stephanie</div> <div>10:30 Mind Games</div> <div>2:00 Outing to Kohl's in Hamilton Square</div> <div>3:15 Meet & Greet</div> <div>3:30 Card Game Fun</div> <div>6:45 Evening Bingo</div> </div> <div>12</div>	<div> <div>8:45 Morning with Dorothy</div> <div>9:45 Balloon Volleyball</div> <div>10:00 Communion Services</div> <div>10:30 YOGA with Faye!</div> <div>2:00 Jeopardy with Rachal!</div> <div>3:00 Bible Study with Fran</div> <div>3:15 Thirsty Thursday Meet & Greet</div> <div>4:00 Wreath Stroll</div> <div>6:00 Annual Holiday Party</div> </div> <div>13</div>	<div> <div>9:45 Morning Zodiac Chat</div> <div>10:00 "Having a Ball" Exercise</div> <div>10:30 Bus Trip to Walgreens</div> <div>11:00 Mind Games</div> <div>2:00 Creating with Clay</div> <div>2:00 Manicures in the Salon</div> <div>3:15 Popcorn Meet & Greet!</div> <div>4:00 Celebrate Shabbat</div> <div>4:00 Pray the Rosary</div> <div>6:45 Friday Night Bingo</div> </div> <div>14</div>	<div> <div>9:30 Dollar Store Deals</div> <div>10:00 Saturday Morning Wisdom</div> <div>10:45 Bowling in the Halls</div> <div>2:00 Afternoon Bingo</div> <div>3:15 Cookies & Milk Meet & Greet</div> <div>3:30 BC Crafters Corner</div> <div>7:00 Rest & Relax</div> </div> <div>15</div>
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