



Resident Spotlight

December's resident of the month is Donna Carey. She has lived at Bentley Commons for a year with her son Don Wyman. Donna is from Keene N.H. and grew up in a farming family. Her father was a very busy man, so in order to spend time with him he would take her hunting and he would carry her back asleep. She never had a lot but always



Donna Carey

has given back. She has taken in Foster kids and homeless teens. She makes quilts, paints and does amazing woodwork. Donna does a lot for charity and donates her quilts and makes blankets for children that are in need.



Employee Spotlight

December's employee of the month is Celine Boucher. She has worked at Bentley Commons since July of this year. Her job is a server, but to her it has turned into much more. She cares so much for the residents here. She loves taking care of them. To her it's not just about serving meals, it's about actually listening to them. Celine is from Manchester and graduated



Celine Boucher

high school in 2017. In the summer she is a wedding D.J. and enjoys producing music. She considers her coworkers and the resident's family.

December | 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

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 handwritten 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/201112/7-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

It was the night before xmas at Bentley-I knew "St. Nick" would be here eventually-I went to the Parlor to hang up my stocking-I looked at the mantle and things were not fine-there wasn't room for more stockings-Not even mine-I turned my back and went below-Where I hung up my stocking in the Bistro-As I went back to my room, I heard Santa say-"Bert's a smart cookie I want you to know" and then he was gone with a HO HO HO



at Bedford

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\$3000!

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Bentley Commons at Bedford

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This month's destination is England.</p> 		<p>Latkes demonstration 12/06</p> 	<p>Craft class with Loretta 12/3, 4, 5 Craft class with Janessa 12/17 Craft class with Donna 12/12, 19, 20.</p>	<p>All Outings Due to limited seating you need to sign up with the Concierge.</p>	<p>Bedford Library Concert Series Sunday, 12/02-2:00 Featuring the Granite State Ringers</p>	<p>9:30 Exercise (AR) 1 10:30 Jackpot Bingo\$ (B) 12:30 Manicures (AR) 1:30 THE NATIVITY (O) 2:00 Afternoon Movie (AR) 3:45 Social Hour (B)</p>
<p>9:45 Church Service (O) 2 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Bedford Library Concert Granite State Ringers (O)</p> 	<p>9:30 Resistance Training (MR) 3 10:30 Craft Class with Loretta (AR) 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 Men's Poker (B)</p>	<p>9:30 Strength and Balance (MR) 4 9:40 MTA Trip to Hanaford (OS) 10:30 Craft Class with Loretta (AR) 1:30 Resistance Training (AR) 2:00 Resident Council/Food Service Mtg (MR) 3:00 Social with Chris Ekblom (MR) 3:00 Sports club (B)</p>	<p>9:30 Manicures (AR) 5 9:30 Resistance Training (MR) 10:30 Craft Class with Loretta (AR) 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 Men's Poker (B)</p>	<p>9:30 Strength and Balance (MR) 6 10:15 Chorus (AR) 10:30 Hand and Foot (BP) 1:30 Resistance Training (AR) 2:30 Latkes Demonstration (MR) 3:00 Sports Club (B) 3:45 Afternoon Social (B) 6:30 Bible Study (AR)</p>	<p>9:30 Resistance Training (MR) 7 10:30 Jackpot Bingo\$ (AR) 10:30 Walmart (OS) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/Sands of Time/ New Resident Introduction (MR) 7:00 Evening Movie (AR)</p>	<p>9:30 Exercise (AR) 8 10:30 Target (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Afternoon Matinee (AR) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B)</p>
<p>9:45 Church Service (O) 9 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (B) 3:30 Afternoon Social (B)</p>	<p>9:30 Resistance Training (MR) 10 10:30 Crossword (AR) 1:30 Hand and Foot (BP) 1:30 Strength and Balance (B) 2:00 Mortons craft exhibit (MR) 2:30 French Club (BP) 3:00 Tai Chi (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (BP)</p>	<p>9:30 Strength and Balance (MR) 11 9:40 MTA Trip to Hanaford (OS) 10:15 Jackpot Bingo\$ (AR) 1:30 Hangman (BP) 1:30 Resistance Training (AR) 2:00 Resident Birthday Party (MR) 3:00 Sports club (B) 3:30 Social Hour/Holiday Performance (B) 7:00 Game Night "Tuesday's Love603 Group" (MR)</p>	<p>9:30 Manicures (AR) 12 9:30 Resistance Training (MR) 10:15 Knitting Club (BP) 11:00 Manchester Country Club Luncheon (O) 1:30 Hanaford 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 Men's Poker (B)</p>	<p>9:30 Strength and Balance (MR) 13 10:30 Hand and Foot (BP) 1:30 Jackpot Bingo\$ (B) 1:30 Resistance Training (AR) 3:00 Guest Speaker/Fruits and Vegetables (MR) 3:00 Sports Club (B) 3:45 Afternoon Social (B) 6:30 Bible Study (AR)</p>	<p>9:30 Resistance Training (MR) 14 10:30 Dollar Store (OS) 10:30 Jackpot Bingo\$ (AR) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/Denise Therrien (MR) 7:00 Evening Movie (AR)</p>	<p>9:30 Exercise (AR) 15 10:30 Jackpot Bingo\$ (B) 12:30 Manicures (AR) 1:30 Rummy (BP) 3:00 Afternoon Social /Doug Rickard (MR)</p>
<p>9:45 Church Service (O) 16 11:30 Family Brunch (MR) 12:30 Family Brunch (MR) 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:30 Family Social (MR)</p>	<p>9:30 Resistance Training (MR) 17 10:30 Craft Class with Janessa (AR) 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 Men's Poker (BP)</p>	<p>9:30 Strength and Balance (MR) 18 9:40 MTA Trip to Hanaford (OS) 10:15 Chorus (AR) 1:30 Resistance Training (AR) 2:00 Craft Class with Donna (AR) 3:00 Sports club (B) 3:30 Social Hour (B)</p>	<p>9:30 Manicures (AR) 19 9:30 Resistance Training (MR) 10:30 Jackpot Bingo\$ (AR) 1:30 Market Basket (OS) 1:30 Strength and Balance (AR) 2:00 Craft Class with Donna (AR) 3:00 Tai Chi (MR) 3:30 Wine and Cheese Social (B) 6:30 Men's Poker (B)</p>	<p>9:30 Strength and Balance (MR) 20 10:30 Chorus Performance (AR) 11:00 Strolling Club (BP) 1:30 Resistance Training (AR) 2:00 Craft Class with Donna (AR) 3:00 Sports Club (B) 3:45 Social Hour (B)</p>	<p>9:30 Resistance Training (MR) 21 10:30 Jackpot Bingo\$ (AR) 10:30 Walmart (OS) 1:30 Rosary (AR) 1:30 Sequence (BP) 1:30 Strength and Balance (B) 2:00 Rummy (BP) 3:00 Social Hour/George Parker and Santa (MR) 7:00 Evening Movie (AR)</p>	<p>9:30 Exercise (AR) 22 10:30 KOHLS (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Afternoon Matinee (AR) 2:15 Jackpot Bingo\$ (MRS) 3:30 Social Hour (B)</p>
<p>9:45 Church Service (O) 23 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (B) 3:30 Afternoon Social (B)</p>	<p>9:30 Resistance Training (MR) 24 10:15 Coffee/Trivia (B) 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 Men's Poker (B)</p>	<p>11:30 Holiday Brunch (MR) 25 12:30 Holiday Brunch (MR) 2:00 Rummy (BP) 2:30 Holiday Movie (AR)</p>	<p>9:30 Manicures (AR) 26 9:30 Resistance Training (MR) 10:15 Knitting Club (BP) 10:30 Crossword (AR) 1:30 Hanaford 1:30 Strength and Balance (AR) 3:00 Tai Chi (MR) 3:30 Wine and Cheese Social (B) 6:30 Men's Poker (B)</p>	<p>9:30 Strength and Balance (MR) 27 10:15 Chorus (AR) 10:30 Hand and Foot (BP) 1:30 Resistance Training (AR) 3:00 Sports Club (B) 3:45 Social Hour (B) 6:30 Bible Study (AR)</p>	<p>9:30 Resistance Training (MR) 28 10:30 Dollar Store (OS) 10:30 Jackpot Bingo\$ (AR) 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) 7:00 Evening Movie (AR)</p>	<p>9:30 Exercise (AR) 29 10:30 Jackpot Bingo\$ (B) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Afternoon Matinee (AR) 3:30 Social Hour (B)</p>
<p>9:45 Church Service (O) 30 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (B) 3:30 Afternoon Social (B)</p>	<p>9:30 Resistance Training (MR) 31 10:30 Monday with Amy (B) 1:30 Hand and Foot (BP) 1:30 Strength and Balance (B) 2:00 Straight Shooter (MR) 3:00 New Years Eve Party/Mark Stanzler (MR) 3:00 Tai Chi (AR) 6:30 Men's Poker (BP)</p>		<p>Monday through Friday Walking Club 10:30-BP Strolling Club 11:00-BP</p>	<p>Family Afternoon Social Sunday, December 16th-2:30.</p> 	<p>Calendar is subject to change.</p>	