

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BENTLEY AT LYNCHBURG RESIDENTS

The Community That Treats You Like Family!



Family Traditions & Holiday Tips

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

A song made famous by the Andy Williams' Christmas Album, it adorns cards and is heard in stores everywhere. But how can we truly make this holiday season *the* most wonderful time? Here are some ways to get the most from this treasured time of year:

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 – prudent in fact – not to overspend! Start with a budget and map out what you can spend. Draft a list and stick to it.

Focus on Friends or Family

Why not let the holidays be a time to remind those you love how much you care? Try mailing a hand-written letter or calling someone you've not seen recently.

Make Time for Traditions

Along with your favorites, use this time to start new traditions.

Reflect On Memories

For many, the holidays can produce feelings of grief or loneliness. It's okay to express these feelings either with a loved one or to seek professional help.

Family Traditions & Holiday Tips cont. on back cover



Activity Highlight

Karaoke with Todd Burton Rocked the House with residents, staff and their families joining in on the singing, dancing and lots of fun and laughter!!! Thanks to all who made the day special for the residents!!!



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

Contact us for details.



Resident Spotlight

Mary was born in Alexandria, VA. She has a sister, now deceased. Mary has two amazing nephews who came to live with her and they have been looking after her very well ever since. Mary graduated from E.C. Glass H.S. She was the first female to graduate from the then new school! Mary started off her career as a bookkeeper and then became office manager. She stayed on at Brown Edwards



Meet Mary!

for 43 years. Mary has a sweet dog named Zoe who is 11 years old. Zoe enjoys dressing up and going out to play with her friends! Mary enjoys Bingo, Knitting, Hallmark movies and happy hours with her Bentley friends!



Employee Spotlight

Tiffany is from Lynchburg, VA! She graduated from Heritage H.S. Tiffany has 3 beautiful children! She started her career at the Training Center in 2005. Finished the Job Core in 2006. Tiffany said "I've been taking care of people ever since and I like making people happy"... "It takes more energy to frown than it does to smile". Tiffany is a (DSP) Direct Support Person and a Nursing



Meet Tiffany!

Assistant (NA). Tiffany enjoys reading books, Netflix, eating and playing with her kids! Tiffany hopes to travel to Dubai someday!



Birthdays of the Month

12/20/18..... Mary Lou C..... Resident
 12/26/18..... John C..... Resident
 12/28/18..... George G..... Resident
 12/21/18..... Coribel "Jean" G..... Resident
 12/26/18..... Mildred H. Resident
 12/06/18..... Larson W..... Resident
 12/12/18..... Eva W..... Resident



Save the Date

Join us on December 3rd from 12:30-2:00 for our Bentley Christmas Tree Decorating Party! Hot chocolate, cider & cookies and fun will be waiting for you in the Atrium!!!



Sunday

Monday

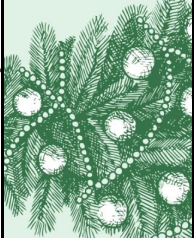
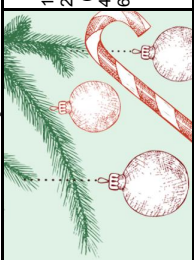
Tuesday

Wednesday

Thursday

Friday

Saturday

 December 2018 Family is Forever, Celebrate Holidays Together! "There are no strangers here, only friends you haven't met yet" -William Butler Yeats																			
2 11:00-12:00-Horseshoeing (B) 1:00-1:30- Trivia at the Fireplace (A) 4:00-4:30-Bocce Ball (A) 6:00-7:00-Worship Service w/Randi Spear (M)		3 10:00-10:20-Seated Exercise (A) 10:30-11:00- Hangman & Trivia (A) 11:30-12:00-Bocce Ball (A) 12:30-2:00-Bentley Christmas Tree Decorating Party with Hot Chocolate, Cider & Cookies in the Atrium!! 2:00-3:00-Bingo (B) 4:00-5:00-Holiday Murder Mystery - Happy Hour Part 1 (B) First Day of Hanukkah		4 10:00-11:00-The Wild & Free Group (Kids & Christmas Caroling) 11:30-12:00-Bocce (A) 2:00-2:30- Trivia & Hot Chocolate by the Fireplace (A) 4:00-5:00-Bingo (B) 6:00-8:00-Movie Night-Comedy (M)		5 10:00-10:20-Seated Exercise (A) 10:30-11:00- Trivia & Hot Chocolate by the Fireplace (A) 11:30-12:00-Bocce Ball (A) 1:00-3:00- Bridge Card Club (2 nd fl.) 1:00-3:00-Trip to Walmart! 4:00-5:00-Bingo (B) 6:00-8:00-Movie Night- Drama (M) National Comfort Food Day!		6 10:00-10:20-Seated Exercise (A) 10:30-11:00- Hangman & Trivia (A) 12:30-4:30-Bank/Pharmacy 3:00-3:30- Bingo (B) 4:00-5:00-Holiday Murder Mystery Happy Hour Part 2 (B) 6:00-7:00-Save Creasey Singing (A)		7 10:00-10:20-Seated Exercise (A) 10:30-11:00- Hangman & Trivia (A) 12:30-4:30-Bank/Pharmacy 3:00-3:30- Bingo (B) 4:00-5:00-Holiday Murder Mystery Happy Hour Part 2 (B) 6:00-7:00-Save Creasey Singing (A)		8 11:30-12:00-Bocce Ball (A) 2:00-2:30-Trivia by the Fireplace (A) 4:00-5:00-Horseshoeing (B) 6:00-8:00-Movie Night-Drama (M) National Brownie Day!							
9 11:00-12:00-Horseshoeing (B) 1:00-2:00-Church Services with Rev. Howard & Mrs. Howard Singing (A) 4:00-4:30-Bocce Ball (A) 6:00-7:00-Worship Service w/Randi Spear (M) National Pastry Day!		10 10:00-10:20-Seated Exercise (A) 10:30-11:00- Hangman & Trivia (A) 11:30-12:00-Bocce Ball (A) 1:00-2:00-Holiday Shopping at the Bentley Bucks Store (AC) 2:30-3:30-Bingo (B) 4:00- 5:00- Mad Hatter Wear a Holiday Hat to Happy Hour-Tea Party! (B) 6:00-7:00-Marc Baskind Singing Including the Holiday Classics (A) National Lager Day!		11 10:00-10:30- Cornhole Challenge Practice (A) 10:30-11:00-Bowling (A) 11:30-12:00- Bocce (A) 12:30- 1:30-Karaoke with Todd Singing Holiday Tunes (A) 4:00-5:00- Bingo (B) 6:00-7:00-Chardonray & Canvas Christmas Painting Party! (B) National "Have a Bagel Day"!		12 10:00-10:20-Seated Exercise (A) 10:30-11:00- Trivia, Hot Chocolate & Cookies by the Fireplace! 11:30-12:00-Bocce Ball (A) 1:00-3:00-Bridge Card Club (2 nd fl.) 1:00-3:00-Trip to Kroger's 2:00-3:00-Tea with Tim 4:00-5:00-Bingo (B) 6:00-8:00-Movie Night- Drama (M) National Cocoa Day!		13 9:00-9:30-Joyful Noise w/Dan Freed (A) 10:00-10:30- Cornhole Challenge Practice (A) 10:30-11:00-Bocce Ball (A) 11:30-12:00-Bocce Ball (A) 4:00-5:00- Bingo (B) 6:00- 8:00-Romance Movie Night (M) National Popcorn String Day!		14 10:00-10:20-Seated Exercise (A) 10:30-11:00- Trivia, Hot Chocolate & Cookies by the Fireplace! 11:30-12:00-Bocce Ball (A) 1:00-3:00- Trip to Dollar Tree 2:00-3:00- Bingo (B) 4:00-5:00-Happy Hour-Wear Holiday Red! 6:00-7:00-Save Creasey Singing (A)		15 10:00-10:30-Wii Games (M) 11:30-12:00-Bocce Ball (A) 1:30-2:30-Holiday Painting Art (AC) 4:00-5:00-Bingo (B) 6:00-8:00-Movie Night-Romance (M) National Biscuits and Gravy Day!							
16 11:00-12:00-Horseshoeing (B) 1:00-1:30- Trivia at the Fireplace w/Chocolate Covered Graham Crackers! (A) 4:00-4:30-Bocce Ball (A) 6:00-7:00-Worship Service w/Randi Spear (M) National Chocolate Covered Anything Day!		17 10:00-10:20-Seated Exercise (A) 10:30-11:00- Hangman & Trivia (A) 11:30-12:00-Bocce Ball (A) 1:00-2:00-Trip to Imagination Station (Holiday Painting/Art/Crafts)! 2:00-3:00- Bingo (B) 3:15-4:00-Cooking & Decorating Holiday Gingerbread Houses! (AC) 4:00-5:00-Family & Friends-Happy Hour- Write them! (B) National Maple Syrup Day!		18 10:00-10:30-Cornhole Challenge Practice (A) 10:30-11:00- Bowling (A) 11:30-12:00- Bocce Ball (A) 1:00-2:00-Golden Merry Makers Music Group (A) 4:00-5:00- Bingo (B) 6:00-7:00-Holiday Hop with Refreshments & 40 Years After Music Group (A)		19 10:00-10:20-Seated Exercise (A) 10:30-11:00- Hangman & Trivia (A) 11:30-12:00-Bocce Ball (A) 1:00-3:00- Bridge Card Club (2 nd fl.) 2:00-3:00-Ageless Wonders Music Group (A) 4:00-5:00-Bingo (B) 6:00-8:00-Movie Night- Drama (M)		20 10:00-10:30-Cornhole Challenge (A) 10:30-11:00-Basketball (A) 11:30-12:00-Bocce Ball (A) 1:30-2:30-Make a Holiday Ornament Craft & Mini Christmas Tree Art (AC) 3:00-3:30-Holiday Trivia, Cider & Cookies by the Fireplace (A) 4:00-5:00-Bingo (B) 6:00-6:30-CVSP Christmas Carolers Music (A) National Sangria Day!		21 10:00-10:20-Seated Exercise (A) 10:30-11:00- Basketball (A) 11:30-12:00-Bocce Ball (A) 1:00-3:00-Santa Visits Bentley (A) 12:30-1:30-Bank/Pharmacy 2:00-3:00- Bingo (B) 4:00-5:00-Winter Ice Cream Party-Meet your Neighbor Social & Happy Hour! 6:00-8:00-McKinley Cardwell Singing (A) Winter Begins		22 11:30-12:00-Bocce Ball (A) 2:00-2:30- Trivia by the Fireplace (A) 4:00-5:00-Horseshoeing (B) 6:00-8:00-Movie Night-Western (M)							
23 11:00-12:00-Horseshoeing (B) 1:00-1:30- Trivia at the Fireplace (A) 4:00-4:30-Bocce Ball(A) 6:00-7:00-Worship Service w/Randi Spear (M)		24 10:00-10:20-Seated Exercise (A) 10:30-11:00-Christmas Hangman & Trivia(A) 11:30-12:00-Bocce Ball (A) 2:00-3:00- Bingo w/ Bonus Christmas Games (B) 4:00-5:00- Wear an Ugly/Cute Christmas Sweater Happy Hour! (A) 6:00-7:00-Saving Grace Musical! (A) National Egg Nog Day!		25 10:00-10:30-Cornhole (A) 10:30-11:00- Bowling (A) 11:30-12:00-Bocce Ball (A) 12:30- 1:30-Karaoke with Todd Singing Holiday/Christmas Tunes (A) 1:30-3:00-Resident & Family First Holiday Art Gallery Show! (A) 4:00-5:00- Bingo w/Christmas Games (B) 6:00-8:00-Movie Night-Comedy (M) Christmas Day		26 10:00-10:20-Seated Exercise (A) 10:30-11:00- Hangman & Trivia (A) 11:30-12:00-Bocce Ball (A) 1:00-3:00- Bridge Card Club (2 nd fl.) 1:00-3:00-Trip to Food Lion 4:00-5:00-Coney Island Bingo (B) 6:00-8:00-Movie Night- Drama (M) National Candy Cane Day! Kwanzaa Begins		27 9:00-9:30-Joyful Noise w/Dan Freed (A) 10:00-10:30- Cornhole (A) 10:30-11:00-Bocceball (A) 11:30-12:00-Bocce Ball (A) 1:00-4:30-Resident Council (B) 2:30-3:30-Bentley After Christmas Auction (B) 4:00-5:00-Bingo (B) 6:00- 8:00-Romance Movie Night (M) National Fruitcake Day!		28 10:00-10:20-Seated Exercise (A) 10:30-11:00- Trivia, Hot Chocolate, Cider & Cookies by the Fireplace! 11:30-12:00-Bocce Ball (A) 11:15-12:45-Lunch at Charley's! 1:00-2:00-Resident Birthday Party (B) 2:00-3:00- Bingo (B) 4:00-5:00- Happy Hour Bucket List Party! (B) National Box of Chocolates Day!		29 10:00-10:30-Wii Games (M) 11:30-12:00-Bocce Ball (A) 1:30-2:30-New Year's Jewelry Art (AC) 4:00-5:00-Bingo (B) 6:00-8:00-Movie Night-Action (M)							
30 11:00-12:00-Horseshoeing (B) 1:00-1:30-Trivia at the Fireplace (A) 4:00-4:30-Bocce (A) 6:00-7:00-Worship Service w/Randi Spear (M) National Bacon Day!		31 10:00-10:20-Seated Exercise (A) 10:30-11:00-New Year's Eve Hangman & Trivia (A) 11:30-12:00-Bocce Ball (A) 1:00-2:00-Keith Campbell Singing! (A) 2:00-3:00-Bingo (B) 4:00-5:00-New Year's Eve Happy Hour (B) National Champagne Day! New Year's Eve		Activities Location Key: (A) Atrium (AC) Activities Center (B) Bistro (L) Library (M) Media 															

Activities Subject to Change-Bentley Commons at Lynchburg 1604 Graves Mill Rd. Lynchburg, VA 24502

(B) Bistro (M) Media
(L) Library

Activities Location Key:
(A) Atrium
(AC) Activities Center



Family Traditions & Holiday Tips

(continued from front cover)

Stay Healthy

Everywhere you look there are ways to cheat on your diet. Here, the adage to enjoy things in moderation prevails. When you stick to your routine, you'll not have to face the fallout from holiday weight gain.

Think Of Yourself

It's okay to say no to invitations or requests for help. And don't feel guilty about taking a few shortcuts. Maybe it's having dinner delivered rather than cooking from scratch or having 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. Giving can boost your mood, help fight loneliness and strengthen social bonds.

Sources:

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

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