



Resident Spotlight

4 Questions for Charles:

1. What city were you born? Brooklyn, New York

2. What was your wife's name and how did you meet her? Celeste, my cousin introduced us.

3. What is an event that you are most proud of? I helped free two innocent men from jail during my career with the NYPD. I was a police officer and

then became a detective with an expertise in fingerprint analysis.

4. People would be surprised to know? I wanted to be a Preist at one time in my life. I am also very proud of having a blended Christian and Jewish family.



Charles



Employee Spotlight

Resident Birthdays:

January 4th- Ilene

January 16th- Mary T.

January- 27th- Jerry



January | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

Making Every Resolution Count

It's 2019, time to make every resolution count.

We've selected our seven favorites for seniors – or anyone wanting to see an improvement in their life.

1. Walk 10 minutes every day. This is a realistic goal and one that can enhance your overall wellbeing.
2. Learn something new. There's nothing better than accomplishing a new feat, skill or hobby. Self-improvement is uplifting and increases confidence levels.
3. Read a book each month. It may sound cliché, but reading does open doors to the world.
4. Make time for brain games. They can enhance cognitive skills and inhibit certain types of memory loss and dementia.
5. Eat right. Try cutting back on empty calories or adding at least one "super food" (those abundant in vitamins) to your diet every day.
6. Sleep tight. Get the recommended eight hours of sleep every night.
7. Try a new technology. One idea is to learn more about the functions on your smartphone.

Sources:

<https://www.health.harvard.edu/blog/walking-exercise-helps-seniors-stay-mobileindependent-201405287173>

<http://www.healthinaging.org/resources/resource:top-10-healthy-new-year-sresolutions-for-older-adults/>

<https://www.seniorlifestyle.com/how-to-keep-your-new-years-resolutions/>

<https://www.nytimes.com/guides/smarterliving/resolution-ideas>



Activity Highlight

Happy New Year everyone! The team at Bear Creek wants to wish our residents and their loved ones a very happy and healthy 2019! We hope you all had a great Holiday season, and we thank everyone for coming out to our Wreath Stroll and Holiday Party. All of the funds raised from the auction were donated to the charity Locks of Love. We are proud to serve this community and look forward to another amazing year!



Refer a friend... get \$1,500!




















Contact us for details.

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January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		10:00 Morning Zodiac Chat 1 10:30 Sit and Stretch 10:45 MindGames 2:00 New Years Day Bingo 3:15 Meet & Greet 3:30 First of Everything Discussion 7:00 Rest and Relax 	9:45 Morning Chat & Updates 2 10:00 Sittersize Exercise 10:30 Mind Games 2:00 Elvis with Carolyn's Crew 3:15 Meet & Greet 3:30 Blackjack with Rachal 6:45 Evening Bingo 	8:45 Mornings with Dorothy 3 10:00 Communion Services 10:30 Sittersize Exercise 10:30 Resident Council Meeting 2:00 Chocolate dipping: Cherries 3:00 Bible Study with Fran 3:00 Entertainment by Lisa 3:00 Thirsty Thursday Meet & Greet 6:45 Evening Bingo 	10:00 First Friday with Fr. Tim 4 10:30 Bus Trip to CVS 11:00 Mind Games 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 	10:00 Saturday Morning Wisdom 5 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 3:30 BC Crafters Corner 7:00 Rest & Relax
9:40 St. David The King RC Church 6 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 7 10:00 Fun & Fitness Exercise 10:30 You Be the Judge 2:00 Newscurrents Discussion 2:00 Outing to ShopRite 3:15 Meet & Greet 3:30 Mind Games 6:45 Evening Bingo	10:00 Morning Zodiac Chat 8 10:30 Morning Stretch 10:30 YOGA with Faye! 10:45 MindGames 11:30 Lunch Outing to Americana Kitchen 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo 	9:45 Morning Chat & Updates 9 10:00 Exercise with Stephanie 10:30 Mind Games 2:00 HRG Lectures with Paul 3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo	8:45 Mornings with Dorothy 10 10:00 Communion Services 10:30 Sittersize Exercise 2:00 FLY Dollar Auction 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo 	10:30 Bus Trip to CVS 11 11:00 Mind Games 2:00 Creating with Clay  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 12 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 7:00 Rest & Relax 
9:40 St. David The King RC Church 13 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax 	9:45 Morning Zodiac Chat 14 10:00 Fun & Fitness Exercise 10:30 You Be the Judge 1:45 Tai Chih with Siobhan 2:00 Outing to Target 3:00 Newscurrents Discussion 3:15 Meet & Greet 6:45 Evening Bingo 	10:00 Morning Zodiac Chat 15 10:30 Morning Stretch 10:45 MindGames 2:00 Outing to McCaffrey's 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 16 10:00 Exercise with Stephanie 10:30 Mind Games 10:30 Outing to Dollar Tree 2:00 Karaoke with Gina  3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo	8:45 Mornings with Dorothy 17 10:00 Communion Services 10:30 Sittersize Exercise 2:00 Jeopardy with Rachal! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo	10:30 Bus Trip to CVS 18 11:00 Mind Games 2:00 Manicures in the Salon 2:00 Music by Karl 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Friday Night Bingo	10:00 Saturday Morning Wisdom 19 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 3:30 BC Crafters Corner 7:00 Rest & Relax
9:40 St. David The King RC Church 20 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 21 10:00 Fun & Fitness Exercise 10:30 You Be the Judge 2:00 Newscurrents Discussion 3:15 Meet & Greet 3:30 Mind Games 6:45 Evening Bingo	10:00 Morning Zodiac Chat 22 10:30 Morning Stretch 10:30 YOGA with Faye! 10:45 MindGames 2:30 Birthday Bash with Jerry! 3:30 Birthday Cake Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo 	9:45 Morning Chat & Updates 23 10:00 Exercise with Stephanie 10:30 Mind Games 2:00 Creative Notions Art Program 3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo 	8:45 Mornings with Dorothy 24 10:00 Communion Services 10:30 Sittersize Exercise 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 	7:30 Waffle Day Breakfast 25 10:30 Bus Trip to CVS 11:00 Mind Games 2:00 Karaoke with John 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 6:45 Friday Night Bingo 	9:30 Dollar Store Deals 26 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 7:00 Rest & Relax
9:40 St. David The King RC Church 27 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax 	9:45 Morning Zodiac Chat 28 10:00 Fun & Fitness Exercise 10:30 Food Council Meeting 2:00 Newscurrents Discussion 3:15 Meet & Greet 3:30 Mind Games 6:45 Evening Bingo	10:00 Morning Zodiac Chat 29 10:30 Morning Stretch 10:45 MindGames 12:00 Captain's Table 2:00 Outing to Trader Joe's 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo 	9:45 Morning Chat & Updates 30 10:00 Exercise with Stephanie 10:30 Mind Games 2:00 Special Days Discussion 3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo	8:45 Mornings with Dorothy 31 10:00 Communion Services 10:30 Sittersize Exercise 10:30 YOGA with Faye! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo	