



## Resident Spotlight

January's resident of the month is Dot Bugeau. Dot has lived at Bentley Commons for 7 months. She moved to Bedford from her home town of Berlin N.H. She enjoys activities and her favorite is bingo and when there is entertainment. She has been doing puzzles for years and always has one going in her apartment that she works on. She



*Dot Bugeau*

married her husband Morris in 1949 and they had 4 children, Paul, Ron, Louise and Rachel. She has 8 grandchildren and a few great grandchildren with one on the way.



## Employee Spotlight

Employee of the month is Geana Knoetig. Geana has been with Bentley for four years and has proven to be quite an asset. She has been married for Five years and has two children Janessa and Julien and live in Manchester. When Geana is not taking care of her family or working at Bentley she works as a dental assistant three days a week in Manchester. On top of that



*Geana Knoetig*

she is a Dental Assistant one weekend a month for the Army Reserve. Thank you for all that you do for us.

January | 2019

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE BENTLEY AT BEDFORD RESIDENTS

*The Community That Treats You Like Family!*



*at Bedford*

*A Premier Senior Living Community*

## 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-mobile-independent-201405287173>

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

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

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



## Activity Highlight

A note from the Executive Director:  
Happy New Year! Looking back on 2018, I recall so many treasured memories with residents, families, and team members. I'm so fortunate to be surrounded by such an amazing group of people. As a community, we ring in 2019 with continued passion for making Bentley Commons at Bedford the best place to work and live. It's through a culture of compassion and kindness that we are able to take great care of residents, while creating a warm, hospitable, family atmosphere. May this coming year provide you all with health and happiness.

Best,

Amy Murray

Executive Director



*at Bedford*

*A Premier Senior Living Community*

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

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Contact Donna Guimond  
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# Bentley Commons at Bedford

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bedford Parlor = BP Activity Room = AR Merrimack Room = MR Bistro = B Outing \$ = OS Merrimack Room \$ = MRS Outing = O Library = L		10:30 Rummy (BP) 1 2:00 Afternoon Matinee (AR) 6:30 Cribbage (BP) 	9:30 Fitness Fusion (MR) 2 9:30 Manicures (AR) 10:15 Jackpot Bingo \$ (B) 10:30 Walking Group (BP) 1:30 Market Basket (OS) 1:30 Sit To Be Fit (AR) 2:00 Hand and Foot (BP) 2:15 High Tea with Bee (B) 3:00 Tai Chi & Beyond (AR) 3:45 Wine and Cheese Social (BP) 6:30 Men's Poker (B) 	9:30 Fitness Fusion (MR) 3 10:15 Chorus (AR) 10:30 Active Games (B) 10:30 Hand and Foot (BP) 1:30 Sit To Be Fit (AR) 2:00 Jackpot Bingo \$ (MR) 3:30 Social Hour (BP) 6:30 Co-Ed Bible Study (AR)	9:30 Fitness Fusion (MR) 4 10:15 Jackpot Bingo \$ (B) 10:30 Walking Group (BP) 10:30 Walmart (OS) 1:30 Baking Group (B) 1:30 Rosary (AR) 1:30 Sit To Be Fit (MR) 2:00 Rummy (BP) 2:45 Mind Aerobics 3:00 Social Hour/Dorothy Stratton (MR) 7:00 Evening Movie (AR)	9:30 Exercise (AR) 5 10:30 Target (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 7:00 Evening Movie (AR)
9:45 Church Service (O) 6 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (B) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 7 10:15 Jackpot Bingo \$ (B) 10:30 Walking Group (BP) 11:30 Out To Lunch/T-Bones (OS) 1:30 Hand and Foot (BP) 1:30 Sit To Be Fit (AR) 2:00 Straight Shooter (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (BP)	9:30 Fitness Fusion (MR) 8 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo \$ (B) 10:30 Active Games (AR) 1:30 Sit To Be Fit (AR) 2:00 Resident Council/Food Service Mtg (MR) 2:45 Mind Aerobics (AR) 3:00 Straight Shooter (MR) 3:30 Afternoon Social (BP) 7:00 Game Night "Tuesday's Love603 Group" (MR)	9:30 Fitness Fusion (MR) 9 10:15 Jackpot Bingo \$ (B) 10:15 Knitting Club (L) 10:30 Active Games (AR) 10:30 Walking Group (BP) 1:30 Hannaford (OS) 1:30 Sit To Be Fit (AR) 2:00 Hand and Foot (BP) 3:00 Tai Chi & Beyond (AR) 3:45 Wine & Cheese Wednesday (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10 10:15 Chorus (AR) 10:30 Active Games (B) 10:30 Hand and Foot (BP) 1:30 Bedford Library Theatre/Crazy Rick (O) 1:30 Sit To Be Fit (AR) 2:00 Jackpot Bingo\$ (MR) 3:00 Talk with Shaunna/Art of Walking (MR) 3:30 Social Hour (BP) 6:30 Co-Ed Bible Study (AR)	9:30 Fitness Fusion (MR) 11 10:15 Jackpot Bingo \$ (B) 10:30 Dollar Store (OS) 10:30 Walking Group (BP) 1:30 Baking Group (B) 1:30 Rosary (AR) 1:30 Sit To Be Fit (MR) 2:00 Rummy (BP) 3:00 Social Hour/Bob Desmaris (MR) 7:00 Evening Movie (AR)	9:30 Exercise (AR) 12 10:30 KOHLS (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 7:00 Evening Movie (AR)
9:45 Church Service (O) 13 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (B) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 14 10:15 Jackpot Bingo \$ (B) 10:30 Walking Group (BP) 1:30 Hand and Foot (BP) 1:30 Sit To Be Fit (AR) 2:00 Straight Shooter (MR) 2:30 French Club (L) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (BP)	9:30 Fitness Fusion (MR) 15 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo \$ (B) 10:30 Active Games (AR) 1:30 Sit To Be Fit (AR) 2:00 Resident Birthday Party (MR) 2:45 Mind Aerobics (AR) 3:30 Afternoon Social (BP)	9:30 Fitness Fusion (MR) 16 10:15 Jackpot Bingo \$ (B) 10:30 Active Games (AR) 10:30 Walking Group (BP) 1:30 Market Basket (OS) 1:30 Sit To Be Fit (AR) 2:00 Hand and Foot (BP) 3:00 Tai Chi & Beyond (AR) 3:45 Wine & Cheese Wednesday (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 17 10:15 Chorus (AR) 10:30 Active Games (B) 10:30 Jackpot Bingo \$ (B) 1:30 Sit To Be Fit (AR) 2:00 Lecture/The Value of Humor (MR) 3:30 Social Hour (BP)	9:30 Fitness Fusion (MR) 18 10:15 Jackpot Bingo \$ (B) 10:30 Walking Group (BP) 10:30 Walmart (OS) 1:30 Baking Group (B) 1:30 Rosary (AR) 1:30 Sit To Be Fit (MR) 2:00 MASS (AR) 2:00 Rummy (BP) 3:00 Western Social Hour/Kat Faulkner (MR) 7:00 Evening Movie (AR)	9:30 Exercise (AR) 19 10:30 Hand and Foot (BP) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 7:00 Evening Movie (AR)
9:45 Church Service (O) 20 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (B) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 21 10:15 Jackpot Bingo \$ (B) 10:30 Walking Group (BP) 11:30 Out To Lunch/The Homestead (OS) 1:30 Documentary/Martin Luther King (AR) 1:30 Hand and Foot (BP) 1:30 Sit To Be Fit (AR) 2:00 Straight Shooter (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (BP)	9:30 Fitness Fusion (MR) 22 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo \$ (B) 10:30 Active Games (AR) 1:30 Sit To Be Fit (AR) 2:00 Coffee/Trivia (BP) 2:45 Mind Aerobics (AR) 3:30 Afternoon Social (BP)	9:30 Fitness Fusion (MR) 23 10:15 Jackpot Bingo \$ (B) 10:15 Knitting Club (BP) 10:30 Active Games (AR) 1:30 Hannaford (OS) 1:30 Sit To Be Fit (AR) 2:00 Hand and Foot (BP) 2:15 High Tea with Bee (B) 3:00 Tai Chi & Beyond (AR) 3:45 Wine & Cheese Wednesday (BP) 6:30 Men's Poker (B) 	9:30 Fitness Fusion (MR) 24 10:15 Chorus (AR) 10:30 Active Games (B) 10:30 Jackpot Bingo \$ (B) 1:30 Sit To Be Fit (AR) 3:00 Lecture/Fruits and Vegetables (MR) 3:45 Social Hour (BP) 6:30 Co-Ed Bible Study (AR)	9:30 Fitness Fusion (MR) 25 10:15 Jackpot Bingo \$ (B) 10:30 Dollar Store (OS) 10:30 Walking Group (BP) 1:30 Baking Group (B) 1:30 Rosary (AR) 1:30 Sit To Be Fit (MR) 2:00 Rummy (BP) 3:00 Social Hour/Bill Parker (MR) 7:00 Evening Movie (AR)	9:30 Exercise (AR) 26 10:30 Michaels Craft Store (OS) 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot Bingo\$ (MRS) 3:45 Social Hour (B) 7:00 Evening Movie (AR)
9:45 Church Service (O) 27 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (B) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 28 10:30 Jackpot Bingo \$ (B) 10:30 Walking Group (BP) 1:30 Hand and Foot (BP) 1:30 Sit To Be Fit (AR) 2:00 Straight Shooter (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (BP)	9:30 Fitness Fusion (MR) 29 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo \$ (B) 10:30 Active Games (AR) 1:30 Sit To Be Fit (AR) 2:00 Coffee/Trivia (BP) 2:45 Mind Aerobics (AR) 3:00 Afternoon Social/Marleena Phillips (MR)	9:30 Fitness Fusion (MR) 30 10:15 Jackpot Bingo \$ (B) 10:30 Active Games (AR) 1:30 Market Basket (OS) 1:30 Sit To Be Fit (AR) 2:00 Hand and Foot (BP) 3:00 Tai Chi & Beyond (AR) 3:45 Wine & Cheese Wednesday (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 31 10:15 Chorus (AR) 10:30 Active Games (B) 10:30 Hand and Foot (BP) 1:30 Sit To Be Fit (AR) 2:00 Jackpot Bingo\$ (MR) 3:30 Social Hour (BP) 6:30 Co-Ed Bible Study (AR)	<b>Western Day</b> <b>Friday, 01/18</b> 	<b>Greek Themed Luncheon</b> <b>11:30/12:30</b> <b>Wednesday 01/16-MR</b> 