



Resident Spotlight

Please join us in welcoming one of our newest residents- Robert. Bob moved to the community last month all the way from California! Bob was born in Boston and attended Boston University. He spent 2 years in the Air Force, stationed in Vienna, Paris & Germany. He lived in NJ for 32 years and then moved to California for another 34. His favorite city in CA is Newport Beach. Bob had a daughter who passed away from breast cancer and has a son Eric who lives just 6 minutes away with his wife and 3 sons! Bob is a very social guy and eager to meet new people!



Employee Spotlight

March Resident Birthdays:

March 1st- Mimi

March 9th- Bob

March 11th- Jackie

March 12th- Rita

March 17th- Bernice

March 31st- Ann S.



March | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

In Like a Lion, Out Like a Lamb

To celebrate March, we take a gander at our favorite sayings.

1. A penny for your thoughts: From John Heywood's 1546 book, *The Proverbs of John Heywood*.
2. Add insult to injury: To make an unfortunate situation worse, often with mockery, found in *Aesop's Fables* (circa 620-560 B.C.).
3. Best thing since sliced bread: A great innovation. (Sliced bread was introduced in 1928 by Otto Frederick Rohwedder, Davenport, Iowa, who invented the first loaf-at-a-time bread slicing machine.)
4. Cut to the chase: The phrase originated in the American film industry when many early movies ended in a chase scene.
5. Desperate times call for desperate measures: When something drastic is needed to make a change, possibly originating with the ancient Greek physician, Hippocrates.
6. Feel a bit under the weather: Traced to maritime sources when sailors who weren't feeling well were sent below deck so that they could get out of the weather.
7. Let sleeping dogs lie: From the 13th Century, it alluded to waking up a fierce watchdog and causing trouble.

Sources:

Idiom definitions: [www.smart-words.org \(https://www.smart-words.org/quotes/sayings/idioms-meaning.html\)](https://www.smart-words.org/quotes/sayings/idioms-meaning.html)

Idiom origins: [www.gingersoftware.com \(https://www.gingersoftware.com/content/phrase-of-the-day/\)](https://www.gingersoftware.com/content/phrase-of-the-day/)



Activity Highlight

Happy March to all! We're eager for another wonderful month of fun here at Bear Creek. Check out our activity calendar for all the new and exciting events our activity department has planned for this month! We will be celebrating St. Patrick's Day with a special Karaoke event with Gina and Adam from Embracing Hospice. Don't forget to set your clocks forward on Sunday March 10th! Be sure to "Like" us on the Bear Creek Facebook page!



www.BearCreekAssistedLiving.com
609-918-1075

291 Village Road E.
West Windsor, NJ 08550


















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

Contact us for details.

291 Village Road E. • West Windsor, NJ 08550 | 609-918-1075 | www.BearCreekAssistedLiving.com

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>9:40 St. David The King RC Church 3 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Performance by Music Unite 3:00 Afternoon Bingo 3:15 Rolling Ice Cream Bar 6:45 Rest & Relax</p>	 <p>9:45 Morning Zodiac Chat 4 10:00 Fun & Fitness Exercise 10:30 You Be the Judge 1:45 Tai Chi with Siobhan 3:15 Motivational Monday Social 3:30 DIY Card Making 6:45 Evening Bingo</p>	 <p>9:30 Peace & Justice Day with Princeton Friends School 5 10:30 Morning Stretch 11:00 NewsCurrents Snippet 2:00 Mardi Gras Bananas Foster Demo 3:15 Destinations Social: Ireland 3:30 Giant Crossword Puzzle 7:00 Evening Bingo</p>	 <p>10:00 Cafe Conversations & Morning Zodiac 6 10:30 Exercise Essentials with Rachal 11:00 What's the Word? 2:00 Creative Notions Art Program 3:15 Tea and Biscuit Social 3:15 The Mind Readers: A Book Club Social with Rachal 6:45 Evening Bingo</p>	 <p>8:45 Mornings with Dorothy 7 10:00 Stretch and Unwind 10:30 Resident Council Meeting 2:00 Jeopardy Challenge! 2:30 Mixology in the Pub 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV</p>	<p>9:45 Morning Zodiac Chat 1 10:00 First Friday with Fr. Tim 10:30 Makeovers 1:45 Opera Day! 2:00 Manicures in the Salon 3:15 Friday Popcorn Bar 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax</p>	<p>10:00 Saturday Morning Wisdom 2 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Parfait Social 3:30 Classic TV Show 7:00 Rest & Relax</p> 
<p>9:40 St. David The King RC Church 10 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Rolling Ice Cream Bar 6:45 Rest & Relax</p> 	<p>9:45 Morning Zodiac Chat 11 10:00 Exercise with Stephanie 10:30 You Be the Judge 2:00 Bus Trip to ShopRite 3:15 Motivational Monday Social 6:45 Evening Bingo</p>	<p>10:00 Tuesday Ted Talks with Rachal 12 10:30 Yoga with Faye 11:00 NewsCurrents Snippet 2:30 Birthday Bash with Jerry! 3:15 Birthday Cake Social 3:30 Crosswords in the Pub 7:00 Evening Bingo</p> 	<p>10:00 Cafe Conversations & Morning Zodiac 13 10:30 Exercise Essentials with Rachal 11:00 What's the Word? 11:30 Lunch Out to Perkins 3:15 The Mind Readers: A Book Club Social with Rachal 6:45 Evening Bingo</p>	<p>8:45 Mornings with Dorothy 14 10:00 Communion Services 10:30 Exercise with Stephanie 2:30 Mixology in the Pub 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV</p>	<p>9:45 Morning Zodiac Chat 15 10:00 Get Fit with Stephanie 10:30 Trivia Challenge 2:00 St. Patrick's Day Karaoke Party with Gena & Adam 3:15 Friday Popcorn Bar 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax</p> 	<p>10:00 Saturday Morning Wisdom 16 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Parfait Social 3:30 Classic TV Show 7:00 Rest & Relax</p>
<p>9:40 St. David The King RC Church 17 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Rolling Ice Cream Bar 6:45 Rest & Relax</p> 	<p>9:45 Morning Zodiac Chat 18 10:00 Exercise with Stephanie 10:30 You Be the Judge 2:00 Bus Trip to Aldi's 3:15 Motivational Monday Social 6:45 Evening Bingo</p>	<p>10:00 Tuesday Ted Talks with Rachal 19 10:30 Yoga with Faye 11:00 NewsCurrents Snippet 2:00 Bus Trip to Trader Joe's 3:15 Destinations Social: Ireland 3:30 Crosswords in the Pub 7:00 Evening Bingo</p>	<p>First Day of Spring 20 10:00 Cafe Conversations & Morning Zodiac 10:30 Exercise Essentials with Rachal 11:00 What's the Word? 2:00 Lecture with Paul 2:30 Outing to "The Wiz" at Hightstown Highschool 3:15 The Mind Readers: A Book Club Social with Rachal 6:45 Evening Bingo</p> 	<p>8:45 Mornings with Dorothy 21 10:00 Communion Services 10:30 Exercise with Stephanie 2:00 Jeopardy Challenge! 2:30 Mixology in the Pub 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV</p>	<p>9:45 Morning Zodiac Chat 22 10:00 Get Fit with Stephanie 10:30 Bus Trip to CVS 1:45 New Release Movie Matinee 2:00 Manicures in the Salon 3:15 Friday Popcorn Bar 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax</p> 	<p>9:30 Dollar Store Deals 23 10:00 Saturday Morning Wisdom 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Parfait Social 3:30 Classic TV Show 7:00 Rest & Relax</p>
<p>9:40 St. David The King RC Church 24 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Rolling Ice Cream Bar 6:45 Rest & Relax</p>	<p>9:45 Morning Zodiac Chat 25 10:00 Exercise with Stephanie 10:30 Food Council Meeting 2:00 Bus Trip to Dollar Tree 3:15 Motivational Monday Social 6:45 Evening Bingo</p> 	<p>10:00 Tuesday Ted Talks with Rachal 26 10:30 Morning Stretch 11:00 NewsCurrents Snippet 12:00 Captain's Table 2:00 Bus Trip to Ross 3:15 Destinations Social: Ireland 3:30 Crosswords in the Pub 7:00 Evening Bingo</p> 	<p>10:00 Cafe Conversations & Morning Zodiac 27 10:30 Exercise Essentials with Rachal 11:00 What's the Word? 11:30 Lunch Out to Olive Garden 3:15 The Mind Readers: A Book Club Social with Rachal 6:45 Evening Bingo</p>	<p>8:45 Mornings with Dorothy 28 10:00 Communion Services 10:30 Yoga with Faye 2:30 Mixology in the Pub 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV 7:00 Atlantic City Poker Club</p> 	<p>7:30 Waffle Day Breakfast 29 9:45 Morning Zodiac Chat 10:00 Get Fit with Stephanie 1:45 New Release Movie Matinee 2:00 Manicures in the Salon 3:15 Friday Popcorn Bar 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax</p>	<p>10:00 Saturday Morning Wisdom 30 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Parfait Social 3:30 Classic TV Show 7:00 Rest & Relax</p>
<p>9:40 St. David The King RC Church 31 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Rolling Ice Cream Bar 6:45 Rest & Relax</p>	