



Resident Spotlight

The resident for March is Judy Paris. She has lived at Bentley for two years and thoroughly enjoys it. She is from Boston and has lived in Massachusetts for most of her life. She came to N.H. to be closer family. Before she retired her career was a technical writer for a software company. Some of Judy's favorite things to do is read and watch television.



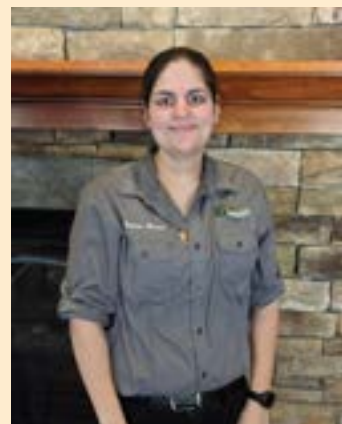
Judy Paris

Exercise is important to her and she tries to do something physical every day. Overall Judy is an exceptional person and people who meet her like her immediately.



Employee Spotlight

Desiree Munnis is employee of the month. She has worked at Bentley as a server for eight years. She enjoys her job and her coworkers. She takes a lot of pride in her work and does a lot to help keep the flow of the kitchen going.



Desiree Munnis

On a sad note, Desiree lost her mom on January 20th, she had been her caregiver. With the extra time that she has now and when

emotions settle down, she really wants to travel. Desiree has been to London and Canada and her next goal is California.

Thank you, Desiree, for all that you do.



A Premier Senior Living Community

www.BentleyAtBedford.com

603-928-7106

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\$3000!

Contact Donna Guimond
603-644-2200

66 Hawthorne Drive
Bedford, NH 03110

March | 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

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>)

Idiom origins: www.gingersoftware.com (<https://www.gingersoftware.com/content/phrase-of-the-day/>)



Activity Highlight

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade. Charles Dickens
March is always a fun month within the community! From our Family Brunch Buffet to the St. Patrick's Day themed luncheon and party, there is always something to do. Come join Teresa and myself for our cooking demonstration that can be smelled throughout the entire building and let us know what you would like for the next demo! March also brings the first day of Spring and the next round of menu items with more fresh and grilled ingredients and less hearty casseroles as the days get longer and the nights slowly get warmer! Cheers!
Zack D'Agostino Food Service Director





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

Contact us for details.

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Bentley Commons at Bedford

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Merrimack Room = MR Bedford Parlor = BP Outing \$ = O\$ Bistro = B Activity Room = AR Merrimack Room \$ = MRS Outing = O Library = L	This Month's destination is Ireland		Gilbert H. Hood School Senior Dance. Friday, March 8th-1:00PM	Kevin Skarupa from WMUR Channel 9 News will be here on Monday, March 18th at 10:00AM 	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Walking Group (BP) 10:30 Walmart (OS) 1:30 Rosary (AR) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Silver Lining Chorus (MR) 7:00 Evening Movie (AR)	9:30 Morning Errands (BP)2 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (AR)
10:00 Church Service (O) 3 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Walking Group (BP) 11:30 Out to lunch/British Beer Company (OS) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 2:00 Girl Talk with Jill (BP) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Active Games (AR) 1:30 Crossword (AR) 1:45 Sit To Be Fit (MR) 2:00 Resident council Food Service Mtg (MR) 2:45 Mind Aerobics (AR) 3:30 Mardi Gras Social (MR)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Ash Distribution (AR) 10:30 Walking Group (BP) 1:30 Hannaford (OS) 2:00 Adult Coloring (BP) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (B) 6:30 Hangman (AR) 6:30 Men's Poker (BP)	9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Active Games (MR) 1:30 Jackpot Bingo\$ (B) 1:30 Sit To Be Fit (AR) 3:30 Thirsty Thursday (B) 6:30 Co-Ed Bible Study (AR)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Dollar Store (OS) 10:30 Walking Group (BP) 1:00 Gilbert Hood Dance (O) 1:30 Rosary (AR) 1:30 Rummy (BP) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:30 Social Hour (B) 7:00 Evening Movie (AR)	9:30 Morning Errands (BP) 9 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (AR)
10:00 Church Service (O) 10 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Bedford Library Concert (O)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Target (OS) 10:30 Walking Group (BP) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 2:00 French Club (BP) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Active Games (AR) 1:45 Sit To Be Fit (MR) 2:00 Resident Birthday Party (MR) 2:45 Mind Aerobics (AR) 3:30 Afternoon Social (BP) 6:30 Family Game Night (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Walking Group (BP) 1:30 Market Basket (OS) 2:00 Adult Coloring (BP) 2:15 High Tea with Bee (B) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (BP) 6:30 Hangman (AR) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Active Games (AR) 10:30 Chorus Performance (MR) 1:30 Bedford Library Theatre /Green Book(O) 1:30 Sit To Be Fit (AR) 2:00 Guest Speaker/Positive Attitude (MR) 3:30 Thirsty Thursday (B) 6:30 Co-Ed Bible Study (AR)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Walking Group (BP) 10:30 Walmart (OS) 1:30 Rosary (AR) 1:30 Rummy (B) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Kat Faulkner (MR) 7:00 Evening Movie (AR)	9:30 Morning Errands (BP)16 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (AR)
10:00 Church Service (O) 17 11:30 Irish Themed Luncheon (MR) 12:30 Irish Themed Luncheon (MR) 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (MR) 3:30 Shamrock Shake Social (B)	9:30 Fitness Fusion (AR) 10:00 Kevin Skarupa Visit (MR) 10:30 Walking Group (BP) 11:30 Out to lunch/Murphy's Tap Room (OS) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 19 10:30 Jackpot Bingo \$ (MR) 10:30 Active Games (AR) 1:45 Sit To Be Fit (MR) 2:00 Gold Hunt (AR) 2:45 Mind Aerobics (AR) 3:30 Afternoon Social (BP)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Walking Group (BP) 1:30 Adult Coloring (BP) 1:30 Hannaford (OS) 2:30 Irish Cooking Demonstration (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (B) 6:30 Hangman (AR) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 21 10:30 Active Games (MR) 10:30 Jackpot Bingo\$ (AR) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 3:30 Thirsty Thursday/ Irish Harp Performance (MR)	9:30 Fitness Fusion (MR) 10:30 Irish Themed Craft Class (AR) 10:30 Walking Group (BP) 1:30 Rosary (AR) 1:30 Rummy (BP) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Adam McCulley (MR) 7:00 Evening Movie (AR)	9:30 Morning Errands (BP)23 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (AR)
10:00 Church Service (O) 24 11:30 Family Brunch (MR) 12:30 Family Brunch (MR) 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Michaels Craft Store (OS) 10:30 Walking Group (BP) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 2:00 Girl Talk (BP) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 26 10:15 Jackpot Bingo \$ (MR) 10:30 Active Games (AR) 1:30 Crossword (AR) 1:45 Sit To Be Fit (MR) 2:30 Diabetes Talk (MR) 3:30 Afternoon Social (BP) 6:30 Family Game Night (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (MR) 10:30 Walking Group (BP) 1:30 Adult Coloring (BP) 1:30 Market Basket (OS) 2:15 High Tea with Bee (B) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (BP) 6:30 Hangman (AR) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 28 10:15 Chorus (AR) 10:30 Active Games (MR) 1:30 Jackpot Bingo\$ (B) 1:30 Sit To Be Fit (AR) 2:30 Heart Healthy Workshop (MR) 3:30 Thirsty Thursday (B) 6:30 Co-Ed Bible Study (AR)	9:30 Fitness Fusion (MR) 10:15 Jackpot Bingo \$ (MR) 10:30 Walking Group (BP) 10:30 Walmart (OS) 1:30 Cooking Club (B) 1:30 Rosary (AR) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Bob Rutherford (MR) 7:00 Evening Movie (AR)	9:30 Morning Errands (BP) 30 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (AR)
10:00 Church Service (O) 31 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B)	Mardi Gras Social Tuesday, March 5th 2:30-MR	Girl Talk with Jill. Monday, March 4th & 25th 2:00PM-BP	Diabetes Talk with Shaunna. Tuesday, March 26th 2:30PM-MR	Irish Harp Performance. Thursday, March 21st 	We now have HANGMAN on Wednesday nights. 6:30PM-AR	