



Resident Spotlight

This month we are proud to spotlight a very special lady! Jean will be celebrating her 100th birthday this month. She was born and raised in Raritan, New Jersey. She has 3 children, 9 grandchildren and 5 great grandchildren! Some of her proudest memories include being nominated as best student in her graduating class and of



course, having children. Jean enjoys bible study and looks to her faith in times of hardship. When asked what her wish for the world would be, Jean responded with one word- "Peace." Happy Birthday, Jean!



Employee Spotlight

April Resident Birthdays:

April 1st- Mary B.

April 3rd- Inez M.

April 4th- Mickey

April 9th- Alicia & Lou

April 18th- Jean

April 19th- Annelore



April | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

A Good Laugh

April is National Humor Month.

The Mayo Clinic explains that a good laugh can stimulate many organs and increase your intake of air and the endorphins in your brain. Your heart can benefit too, by improving the function of blood vessels and increasing your blood flow. Consider the health benefits of laughter as reported in www.HelpGuide.org:

- **Physical:** boosts immunity, lowers stress hormones, decreases pain, relaxes your muscles, and prevents heart disease;
- **Mental:** adds joy and zest to life, eases anxiety and tension, improves mood, and strengthens resilience;
- **Social:** bolsters relationships, enhances teamwork, helps defuse conflict, and promotes group bonding.

Humor is especially helpful for diffusing stressful situations and can build bonds by finding common ground with friends, acquaintances and even strangers.

If there's not enough laughter in your life, look for ways to add some to your day. A few ideas: reconnect with your favorite romantic comedy; sit down and have a chat with young kids; or as HelpGuide.org suggests, seek out the people who make you laugh.

Sources:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.html>



Activity Highlight

April is here and so is the warmer weather! Spring activities are in full swing. Be sure to check out our activities calendar for the return of all our favorite outdoor activities such as gardening club and walking club. It is never to late to pick up a new hobby or join a club! There is a lot going on this month that you wont want to miss out on!



www.BearCreekAssistedLiving.com
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West Windsor, NJ 08550


















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

Contact us for details.

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April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9:45 Morning Zodiac Chat 1 10:00 Exercise with Stephanie 10:30 You Be the Judge 1:45 Tai Chi with Siobhan 2:30 Fact or Fools? 3:15 The Mind Readers: A Book Club Social 6:45 Evening Bingo	10:00 Tuesday Ted Talks with Rachal 2 10:30 Yoga with Faye 11:00 NewsCurrents Snippet 2:00 Bus Trip to Shoprite 3:15 Cheese & Cracker Social 7:00 Evening Bingo	10:00 Cafe Conversations & Morning Zodiac 3 10:30 Exercise Essentials with Rachal 11:00 Who/What am I? 2:00 Creative Notions Art Program 3:00 Walking Club 3:15 Wellness Wednesday Social 6:45 Evening Bingo	8:45 Mornings with Dorothy 4 10:00 Communion Services 10:30 Exercise with Stephanie 10:30 Resident Council Meeting 2:00 Jeopardy Challenge! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV 	9:45 Morning Zodiac Chat 5 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	9:30 Dollar Store Deals 6 10:00 Saturday Morning Wisdom 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Afternoon Social 3:30 Classic TV Show 7:00 Rest & Relax
9:40 St. David The King RC Church 7 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	9:45 Morning Zodiac Chat 8 10:00 Exercise with Stephanie 10:30 You Be the Judge 2:00 Draw a Bird Day Craft 3:15 The Mind Readers: A Book Club Social 6:45 Evening Bingo 	10:00 Tuesday Ted Talks with Rachal 9 10:30 Morning Stretch 11:00 NewsCurrents Snippet 2:00 Bus Trip to WalMart 3:15 Cheese & Cracker Social 7:00 Evening Bingo 	10:00 Cafe Conversations & Morning Zodiac 10 10:30 Exercise Essentials with Rachal 11:00 Who/What am I? 11:30 Lunch Outing to Friendly's 2:00 HRG Lectures with Paul 3:00 Walking Club 3:15 Wellness Wednesday Social 6:45 Evening Bingo 	8:45 Mornings with Dorothy 11 10:00 Communion Services 10:30 Exercise with Stephanie 2:00 Gardening Club 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV 	9:45 Morning Zodiac Chat 12 10:00 Get Fit with Stephanie 10:30 Bus Trip to TJ Maxx 1:45 New Release Movie Matinee 2:00 Creating with Clay 3:15 Friday Popcorn Bar 4:00 Celebrate Shabbat 6:45 Rest & Relax 	10:00 Saturday Morning Wisdom 13 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Afternoon Social 3:30 Classic TV Show 7:00 Rest & Relax 
9:40 St. David The King RC Church 14 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	9:45 Morning Zodiac Chat 15 10:00 Exercise with Stephanie 10:30 You Be the Judge 2:00 Ceramic Easter Egg Craft 3:15 The Mind Readers: A Book Club Social 6:45 Evening Bingo	10:00 Tuesday Ted Talks with Rachal 16 10:30 Yoga with Faye 11:00 Stress Awareness Day: Practicing Mindfulness 2:00 Bus Trip to McCaffrey's 2:30 Massages by Cheryl 3:15 Cheese & Cracker Social 7:00 Evening Bingo 	10:00 Cafe Conversations & Morning Zodiac 17 10:30 Exercise Essentials with Rachal 11:00 Who/What am I? 2:00 Passover Seder 3:00 Walking Club 3:15 Wellness Wednesday Social 6:45 Evening Bingo 	8:45 Mornings with Dorothy 18 10:00 Communion Services 10:30 Exercise with Stephanie 2:00 Spring Fling Social 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV	9:45 Morning Zodiac Chat 19 10:00 Good Friday with Father Tim 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 	9:30 Dollar Store Deals 20 10:00 Saturday Morning Wisdom 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Afternoon Social 3:30 Classic TV Show 7:00 Rest & Relax
9:40 St. David The King RC Church 21 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 	9:45 Morning Zodiac Chat 22 10:00 Exercise with Stephanie 10:30 You Be the Judge 2:00 Earth Day Planters 3:15 The Mind Readers: A Book Club Social 6:45 Evening Bingo 	10:00 Tuesday Ted Talks with Rachal 23 10:30 Morning Stretch 11:00 NewsCurrents Snippet 2:00 Bus Trip to Trader Joe's 3:15 Cheese & Cracker Social 7:00 Evening Bingo	10:00 Cafe Conversations & Morning Zodiac 24 10:30 Exercise Essentials with Rachal 11:00 Who/What am I? 11:30 Lunch Outing to Lambertville Station 3:00 Walking Club 3:15 Wellness Wednesday Social 6:45 Evening Bingo	8:45 Mornings with Dorothy 25 10:00 Communion Services 10:30 Yoga with Faye 2:00 Gardening Club 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV 7:00 Atlantic City Poker Club 	7:30 Waffle Day Breakfast 26 9:45 Morning Zodiac Chat 10:00 Get Fit with Stephanie 10:30 Bus Trip to Dollar Tree 1:45 New Release Movie Matinee 2:00 Manicures in the Salon 3:15 Friday Popcorn Bar 4:00 Celebrate Shabbat 6:45 Rest & Relax	10:00 Saturday Morning Wisdom 27 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Afternoon Social 3:30 Classic TV Show 7:00 Rest & Relax
9:40 St. David The King RC Church 28 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	9:45 Morning Zodiac Chat 29 10:00 Exercise with Stephanie 10:30 Food Council Meeting 2:00 Giant Crossword Puzzle 3:15 The Mind Readers: A Book Club Social 6:45 Evening Bingo 	10:00 Tuesday Ted Talks with Rachal 30 10:30 Morning Stretch 11:00 NewsCurrents Snippet 12:00 Captain's Table 2:00 Birthday Bash! 3:15 Cheese & Cracker Social 7:00 Evening Bingo 