



## Resident Spotlight

I would like to recognize Joan Crandall for the resident spotlight. Thank you for all the help with flower arranging for the dining tables, decorating and packing the cookies for our special guest "Kevin Skarupa", always taking the time to assist in cleaning up activities as well as fitness classes and all the other tasks you take on to help things run



*Joan Crandall*

smoother. Let us not forget the praises that you spread upon the staff throughout the day.

Continue with your kind wisdom and positive reinforcement we appreciate you.



## Employee Spotlight

Nancy Brown has been an essential part of the LNA team for over 7 years. In addition to her duties as an LNA she has taken on the responsibility of driving the residents to and from appointments.

Thank you Nancy, your hard work does not go unnoticed and congratulations on being our well deserved employee of the month.



*Nancy Brown*

66 Hawthorne Drive  
Bedford, NH 03110



*A Premier Senior Living Community*

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

603-928-7106

April | 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*

## 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](http://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

Thank you Kevin Skarupa, for the time you spent with us. Sharing your experience as a meteorologist with WMUR, as well as the stories from behind the scenes; we are still laughing over them.

It was exciting to be able to see all our faces on the morning news as our weather cookies were shared with all the other news staff.

We look forward to having you back at Bentley.




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

*Contact us for details.*

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April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (BP) 1:30 Cards in the Parlor 1:30 MARKET BASKET OS 1:30 Seated & Strong (AR) 1:30 Straight Shooter (B) 2:00 Word Games (MR) 3:00 Tai Chi (AR) 3:30 Margarita Monday & Social 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Active Games (AR) 10:30 Jackpot Bingo \$ (B) 1:30 Sit To Be Fit (AR) 2:00 Resident council/Food Service Mtg 3:00 Yoga Stretch (AR) 3:30 Afternoon Social (B) 6:30 Game Night (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:15 knitting Group (L) 10:30 Walk & Talk (P) 1:30 DOLLAR TREE OS 1:30 Seated & Strong (AR) 2:00 Cards in the Parlor 2:30 High Tea w/Bea (B) 3:00 Tai Chi (AR) 3:30 Wine & Cheese Wednesday (P) 6:30 Hangman (AR) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Active Games (B) 1:30 Jackpot Bingo\$ (MR) 1:30 Sit To Be Fit AR 3:00 Yoga Stretch (AR) 3:30 Thirsty Thursday (B)	9:30 Fitness Fusion (MR) 10:30 HANNAFORD 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 1:30 Cards in the Parlor 1:30 Rosary (AR) 1:30 Sit To Be Fit (AR) 3:00 Entertainment/Social Hour 7:00 Evening Movie (B)	9:30 MORNING ARRANDS 12:30 Manicures (AR) 1:30 Rummy (P) 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (AR)
10:00 Church Service 12:30 Manicures (AR) 2:00 Jackpot Bingo\$ (MR) 2:00 Muse Painting (AR) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 1:30 Cards in the Parlor 1:30 HOBBY LOBBY OS 1:30 Seated & Strong (AR) 1:30 Straight Shooter (B) 2:00 Words in a Word (MR) 3:00 Tai Chi (AR) 3:30 Margarita Monday & Social (B) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Active Games (AR) 10:30 Jackpot Bingo \$ (B) 1:30 Crossword (MR) 1:30 Sit To Be Fit (AR) 2:30 Talk with Nikki (MR) 3:30 Afternoon Social (B) 6:30 Game Night (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 11:15 MOVIE & LUNCH "WALK THE LINE" OS 1:30 Seated & Strong (AR) 2:00 Cards in the Parlor 2:30 High Tea w/Bea (B) 3:00 Tai Chi (AR) 3:30 Wine & Cheese Wednesday (BP) 6:30 Hangman (AR) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Active Games (B) 1:30 Jackpot Bingo\$ (MR) 1:30 Sit To Be Fit (AR) 3:00 Yoga Stretch (AR) 3:30 Thirsty Thursday (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 10:30 WALMART OS 1:30 Cards in the Parlor 1:30 Rosary (AR) 1:30 Sit To Be Fit (AR) 3:00 Social Hour/Sands of Time 7:00 Evening Movie (B)	9:30 MORNING ARRANDS 12:30 Manicures (AR) 1:30 Cards in the Parlor 2:00 Jackpot Bingo \$ (MR) 3:30 Saturday Social (B) 7:00 Evening Movie (AR)
10:00 Church Service 12:30 Manicures (AR) 1:30 Afternoon Matinee 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 11:15 LUNCHEON T-BONES OS 1:30 Cards in the Parlor 1:30 Seated & Strong (AR) 1:30 Straight Shooter (B) 2:00 French Club 3:00 Tai Chi 3:30 Margarita Monday & Social 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Active Games AR 10:30 Jackpot Bingo \$ (B) 1:30 Sit To Be Fit (AR) 2:00 Greek cooking demo 3:00 Yoga Stretch (AR) 3:30 Afternoon Social (B) 6:30 Game Night (B)	9:30 Fitness Fusion (MR) 10:15 Knitting Group (L) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 1:30 Seated & Strong (AR) 1:45 LIBRARY "QUILTS & THEIR STORY" 2:00 Cards in the Parlor 2:00 Price\$ is Right (MR) 3:00 Tai Chi (AR) 3:30 Wine & Cheese Wednesday (B) 6:30 Hangman (AR) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Active Games (B) 1:30 Jackpot Bingo\$ (B) 1:30 Sit To Be Fit (AR) 3:00 Birthday Bash Social (MR) 3:00 Yoga Stretch	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 11:15 ALOHA OS 1:30 Cards in the Parlor 1:30 Rosary (AR) 1:30 Sit To Be Fit (B) 3:00 Entertainment/Social Hour 7:00 Evening Movie (B)	9:30 MORNING ARRANDS 12:30 Manicures (AR) 1:30 Cards in the Parlor 1:30 Rummy 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie
10:00 Church Service 12:30 Manicures 1:30 Afternoon Matinee 2:00 Jackpot Bingo\$ 3:30 Afternoon Social	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 1:30 Cards in the Parlor 1:30 Seated & Strong (AR) 1:30 Straight Shooter (B) 1:30 WALMART OS 2:00 Word Games/Trivia (MR) 3:00 Tai Chi (AR) 3:30 Margarita Monday & Social 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Active Games (AR) 10:30 Jackpot Bingo \$ (B) 1:30 Sit To Be Fit (AR) 2:00 Family Feud (B) 3:00 Yoga Stretch (AR) 3:30 Social Hour/Mark Stanzler 6:30 Game Night (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 1:30 Seated & Strong (AR) 1:30 CVS OS 2:00 Cards in the Parlor 2:30 Heart Healthy Workshop(MR) 3:00 Tai Chi (AR) 3:30 Wine & Cheese Wednesday(B) 6:30 Hangman (AR) 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Active Games (B) 1:30 Jackpot Bingo\$ (MR) 1:30 Sit To Be Fit (AR) 3:00 Yoga Stretch (AR) 3:30 Thirsty Thursday (B)	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 10:30 WALMART OS 1:30 Cards in the Parlor 1:30 Rosary (AR) 1:30 Sit To Be Fit (B) 3:00 Social Hour/Bill Parker 7:00 Evening Movie (B)	9:30 MORNING ARRANDS 12:30 Manicures (AR) 1:30 Cards in the Parlor 2:00 Jackpot Bingo\$ (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (AR)
10:00 Church Service 12:30 Manicures 1:30 Afternoon Matinee 2:00 Jackpot Bingo\$ 3:30 Afternoon Social	9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo \$ (B) 10:30 Walk & Talk (P) 11:15 HOMESTEAD OS 1:30 Cards in the Parlor 1:30 Seated & Strong (AR) 1:30 Straight Shooter (B) 2:00 Word Games/Trivia (MR) 3:00 Tai Chi (AR) 3:30 Margarita Monday & Social 6:30 Men's Poker (B)	9:30 Fitness Fusion (MR) 10:30 Active Games (AR) 10:30 Jackpot Bingo \$ (B) 1:30 Sit To Be Fit (AR) 2:00 Jeopardy (MR) 3:00 Yoga Stretch (AR) 3:30 Afternoon Social (B) 6:30 Game Night (B)	