



Resident Spotlight

5 Questions for Ilene:

1. Where were you born?
Bronx, New York.
2. How many siblings do you have? I have 2 siblings and I am the middle child.
3. What is your husband's name and how did you meet? His name is Joseph and we met on the bus to work in Manhattan.
4. Tell me about an event you are most proud of. I was the sales director for Wine Spectacular where I increased sales for advertising from \$50,000 to \$500,000 in one year.
5. People would be surprised to know? I used to be a great swimmer and I've traveled the world.



Employee Spotlight

Resident Birthdays:

- 5/2- Signe & Grace
5/4- Delores
5/10- Arlyne
5/16- Sabina



May | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

Gardening Is Good For The Soul

Digging in the earth, planting veggies or flowers, weeding, and watering, all can feel like a balm to the soul. However, as one grows older, there are additional considerations to keep gardening a passion and easier on the body.

Ideas from AgingCare.com for senior-friendly gardening:

- Create raised beds to improve drainage and make harvesting easier. Lightweight plastic landscape timbers can be stacked to form raised beds at waist or wheelchair height if necessary.
- Make vertical gardens by growing vining plants upward using trellises, tomato cages, bamboo stakes, fences, walls or arbors as supports.
- Plant in resin or foam-walled containers and use lightweight "soil-less" mixtures to reduce the weight of each planter. Put individual pots on casters.
- Added safety tips: Use plenty of sunscreen; work during the coolest part of the day; stay hydrated; wear closed-toe shoes, a hat, and gardening gloves.
- Try products designed for seniors (kneeling benches, ergonomic tools, and rolling scooters).
- Have a friend or family help with the heavy stuff!

With the warmer weather finally here, it's time to get outside and plant that rose or tomato. You'll love seeing (and potentially eating) the rewards!

Source:

<https://www.agingcare.com/articles/growing-connections-gardening-with-seniors-147111.htm>



Activity Highlight

Spring is in the air and so is the pollen! Be sure to drink plenty of water and wash your hands after being outside to tackle those pestering seasonal allergies. Happy Mother's Day to all the strong, loving ladies who've taken on the responsibility of raising children. Hats off to all of you, may you be celebrated not just on May 12th but every single day. We are excited for our brunch on Sunday, May 5th and hope to see all of you there! Be sure to keep an eye on the activity calendar this month for our special events like the Meet & Greet with West Windsor PD for National Police Week. Summer is around the corner, with memorial day unofficially marking the start. A salute to all veterans and active military personnel. We will never forget the sacrifices made.



www.BearCreekAssistedLiving.com
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291 Village Road E.
West Windsor, NJ 08550




























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

Contact us for details.

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May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			9:45 BC Bird Watchers 10:00 Tea & Table Topics with Rachal 10:30 Exercise Essentials with Rachal 11:00 Mind Games 2:00 Creative Notions Art Program 3:00 Walking Club 3:15 Wellness Wednesday Social 6:45 Evening Bingo 	8:45 Mornings with Dorothy 10:00 Communion Services 10:15 Stretch and Unwind 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 10:00 First Friday with Fr. Tim 10:00 Get Fit with Stephanie 10:30 Bus Trip to CVS 1:45 An Afternoon at the Bear Creek Opera House 2:00 Manicures in the Salon 3:15 Friday Popcorn Bar 4:00 Pray the Rosary 6:45 Rest & Relax 	9:30 Dollar Store Deals 10:00 Coffee & Wisdom in the Cafe 10:30 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Derby Day Social 3:30 Classic TV Show 7:00 Rest & Relax 
9:40 St. David The King RC Church 10:45 Podcasts in the Library 12:00 Mother's Day Brunch 3:15 Rolling Ice Cream Sundae Bar 3:30 Afternoon Bingo 6:45 Rest & Relax 	9:45 Morning Zodiac Chat 10:00 Exercise with Stephanie 10:30 You Be the Judge 1:45 Movie Matinee 2:00 Outing to Shoprite 3:15 Frozen Treat Social 6:45 Evening Bingo	10:00 NewsCurrents Updates 10:30 Morning Stretch 11:00 Tuesday Ted Talks 2:00 An Evening in Paris: A Show and Tell Dress Show by Johanna's Boutique 3:15 Cheese & Cracker Social 3:30 Blackjack! 7:00 Evening Bingo 	9:45 BC Bird Watchers 10:00 Tea & Table Topics with Rachal 10:30 Exercise Essentials 11:00 Mind Games 11:30 Lunch Outing to Stewarts 2:00 HRG Lectures with Paul 3:00 Walking Club 3:15 Wellness Wednesday Social 6:45 Evening Bingo 	8:45 Mornings with Dorothy 10:00 Communion Services 10:30 Exercise with Stephanie 11:00 This Day in History 2:00 Baking Homemade Muffins with Stephanie 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV 	9:45 Morning Zodiac Chat 10:00 Get Fit with Stephanie 10:30 Outing to Dollar Tree 1:45 New Release Movie Matinee 2:00 Manicures in the Salon 3:15 Baby Photo Social 4:00 Celebrate Shabbat 6:45 Rest & Relax	10:00 Coffee & Wisdom in the Cafe 10:30 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 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Rolling Ice Cream Sundae Bar 6:45 Rest & Relax 	9:45 Morning Zodiac Chat 10:00 Exercise with Stephanie 10:30 You Be the Judge 2:30 Marybeth's Melodies 3:30 The Mind Readers: A Book Club Social 6:45 Evening Bingo 	10:00 NewsCurrents Updates 10:30 Yoga with Faye 11:00 Tuesday Ted Talks 1:30 Shopping Outing to Hamilton Marketplace 2:00 Afternoon Documentary 3:15 Cheese & Cracker Social 7:00 Evening Bingo 	10:00 Tea & Table Topics with Rachal 10:30 Outing to J.V.B. Wycoff School 2:00 Giant Crossword Puzzle 3:00 Walking Club 3:15 Wellness Wednesday Social 6:45 Evening Bingo 	8:45 Mornings with Dorothy 10:00 Communion Services 10:30 Exercise with Stephanie 11:00 This Day in History 2:00 Jeopardy Challenge! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Social 6:45 Classic TV	10:00 National Police Week: Meet & Greet WPPD 9:45 Morning Zodiac Chat 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 Pray the Rosary 6:45 Rest & Relax 	9:30 Dollar Store Deals 10:00 Coffee & Wisdom in the Cafe 10:30 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Saturday Afternoon Social 3:30 Classic TV Show 7:00 Rest & Relax
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