



Resident Spotlight

Lucile Hebert grew up in Canada and later on settled in Manchester. Lucile used to love to knit and still loves to read. Lucile has been at Bentley commons for a few months now and enjoys the entertainment and getting to know new people.



Employee Spotlight

Please join us in welcoming Shannon Bernier. Shannon will be our new Executive Director. She is coming over from All American where she worked 2 years as the Director of Community Relations.



May | 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

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

This month's destination is Ireland. Join us for an Irish themed luncheon on Wednesday May 22 at the normal seating times in the Merrimack room. We will also be having a lecture on Stroke Awareness on May 23rd at 2:00 p.m. in the Merrimack Room.



at Bedford

A Premier Senior Living Community

www.BentleyAtBedford.com

603-928-7106

66 Hawthorne Drive
Bedford, NH 03110



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

Contact us for details.

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May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you don't have wrinkles you haven't laughed enough --Phyllis Diller</p>			<p>9:30 Fitness Fusion (MR) 10:15 Knitting Group (L) 10:30 Jackpot Bingo S (B) 10:30 Step into Spring (BP) 1:30 Hannaford S (O) 1:45 Seated & Strong (AR) 2:00 Cards in the Parlor (BP) 2:15 High Tea w/Bea (B) 3:30 Wine & Cheese Wednesday (BP) 6:30 Poker Night (B) 6:30 Word Games (AR)</p>	<p>9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Fun & Games (B) 1:30 Jackpot BingoS (B) 1:45 Seated & Strong (AR) 3:30 Thirsty Thursday (B) 6:30 Bible Study (L)</p>	<p>9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 10:30 Target S (O) 1:30 Cards in the Parlor (BP) 1:30 Rosary (AR) 1:45 Seated & Strong (B) 3:00 Social Hour with Kat Faulkner (MR) 7:00 Evening Movie (B)</p>	<p>9:30 MORNING ERRANDS 12:30 Manicures (AR) 1:30 Cards in the Parlor (BP) 2:00 Jackpot BingoS (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (B)</p>
	<p>10:00 Church Service (O) 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 3:30 Afternoon Social (B)</p>	<p>2:00 Mind Aerobics (B) 9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 1:45 Seated & Strong (AR) 2:00 Jeopardy (B) 3:00 Social & Entertainment w/Mrs. Kate (MR) 5:00 Step into Spring (BP) 6:30 Game Night (B)</p>	<p>9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 10:30 Step into Spring (BP) 1:30 Market Basket S (O) 1:45 Seated & Strong (AR) 2:00 Talk w/Nick (MR) 2:00 Cards in the Parlor (BP) 3:30 Wine & Cheese Wednesday (BP) 6:30 Poker Night (B) 6:30 Word Games (AR)</p>	<p>9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Active Games (AR) 10:30 Fun & Games (B) 1:30 Jackpot BingoS (B) 1:45 Seated & Strong (AR) 3:00 Step into Spring (BP) 3:30 Thirsty Thursday (B) 6:30 Bible Study (L)</p>	<p>9:30 Fitness Fusion (MR) 10:30 Dollar Tree S (O) 10:30 Jackpot Bingo S (B) 10:30 Step into Spring (BP) 1:30 Cards in the Parlor (BP) 1:30 Rosary (AR) 1:45 Seated & Strong (B) 3:00 Social Hour 7:00 Evening Movie (B)</p>	<p>9:30 MORNING ERRANDS 12:30 Manicures (AR) 1:30 Cards in the Parlor (BP) 2:00 Jackpot BingoS (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (B)</p>
	<p>10:00 Church Service (O) 11:30 Mothers Day Brunch (MR) 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 3:30 Afternoon Social (B)</p>	<p>2:00 Mind Aerobics (B) 9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 1:45 Seated & Strong (AR) 2:45 Mind Aerobics 3:00 Step into Spring (BP) 3:30 Afternoon Social (B) 6:30 Game Night 6:30 Family Game Night</p>	<p>9:30 Fitness Fusion (MR) 10:15 Knitting Group (L) 10:30 Jackpot Bingo S (B) 10:30 Step into Spring (BP) 1:30 Hannaford S (O) 1:45 Seated & Strong (AR) 2:00 Cards in the Parlor (BP) 2:15 High Tea w/Bea (B) 3:30 Wine & Cheese Wednesday (BP) 6:30 Poker Night (B) 6:30 Word Games (AR)</p>	<p>9:30 Fitness Fusion (MR) 10:15 Chorus (AR) 10:30 Active Games (AR) 10:30 Fun & Games (B) 1:30 Jackpot BingoS (B) 1:45 Seated & Strong (AR) 2:00 Birthday Social (MR) 3:00 Step into Spring (BP) 3:30 Thirsty Thursday (B)</p>	<p>9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 10:30 Step into Spring (BP) 10:30 Walmart S (O) 1:30 Cards in the Parlor (BP) 1:30 Rosary (AR) 1:45 Seated & Strong (B) 3:00 Social Hour 7:00 Evening Movie (B)</p>	<p>9:30 MORNING ERRANDS 12:30 Manicures (AR) 1:30 Cards in the Parlor (BP) 2:00 Jackpot BingoS (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (B)</p>
	<p>10:00 Church Service (O) 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 3:30 Afternoon Social (B)</p>	<p>2:00 Mind Aerobics (B) 9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 1:45 Seated & Strong (AR) 2:45 Mind Aerobics 3:00 Step into Spring (BP) 3:30 Afternoon Social (B) 6:30 Game Night (B)</p>	<p>9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 10:30 Step into Spring (BP) 11:30 IRISH THEMED LUNCHEON 1:30 Market Basket S (O) 1:45 Seated & Strong (AR) 2:00 Cards in the Parlor (BP) 3:30 Wine & Cheese Wednesday (BP) 6:30 Poker Night (B) 6:30 Word Games (AR)</p>	<p>9:30 Fitness Fusion (MR) 10:00 Chorus Performance (MR) 10:30 Active Games (AR) 10:30 Fun & Games (B) 1:30 Jackpot BingoS (B) 1:45 Seated & Strong (AR) 2:00 Lecture: Stroke Awareness w/ Sarah McAlister (MR) 3:00 Step into Spring (BP) 3:30 Thirsty Thursday (B) 6:30 Bible Study (L)</p>	<p>9:30 Fitness Fusion (MR) 10:30 Jackpot Bingo S (B) 10:30 Step into Spring (BP) 10:30 Trader Joes S (O) 1:30 Cards in the Parlor (BP) 1:30 Rosary (AR) 1:45 Seated & Strong (B) 3:00 Social Hour 7:00 Evening Movie (B)</p>	<p>9:30 MORNING ERRANDS 12:30 Manicures (AR) 1:30 Cards in the Parlor (BP) 2:00 Jackpot BingoS (MR) 3:30 Afternoon Social (B) 7:00 Evening Movie (B)</p>
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