

ACTIVITY • LOYALTY • PROGRAM



Come
Fly
with us!

Reaching New Heights... Learning is for Life!

You're Invited!

Engaging, informative and inspirational events and activities especially for you!

Wine & Cheese Social

Wednesday • May 1st • 3:30 p.m. • Bedford Parlor

Join us for some wine and cheese while we listen to some classic oldies and enjoy the company of our peers.

Social Hour with Mrs. Kate

Tuesday • May 7th • 3:00 p.m. • Merrimack Room

Join us in the Merrimack room for the musical styling of Mrs. Kate. She will be playing the guitar for us.

Refreshments will be served.

Brain Wellness Event

Tuesday • May 14th • 2:00 p.m.- 4:00 p.m. • Merrimack Room

Dr. Nancy Emerson- Lombardo will be here to teach us how our choices in food may aid in the prevention of dementia and strengthen our brains.

Lecture: Stroke Awareness with Sarah McAllister

Thursday • April 23rd • 2:00 p.m. • Merrimack Room

Sarah McAllister will be presenting information on strokes, how they affect daily living, and ways to help loved ones cope.

Fitness Fusion

Wednesday • May 29th • 9:30 a.m. • Merrimack Room

Please join Nicki, our Exercise Physiologist from Fox Rehab, for some morning exercise!



at Bedford

A Premier Senior Living Community

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www.bentleyatbedford.com