

Bentley Commons AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110

August 2017



Happy Birthday

August Birthdays

Elsie Shultis	08/06
Roger Shultis	08/10
Joan Crandall	08/13
Frank Garrahan	08/15
Joanne McBreen	08/19
Bill Lancaster	08/21
Rita Vachon	08/25

Staff Directory

Nathan Grenon	Executive Director
Sahra Hashi	Business Administrator
Bernie Steines	Director of Nursing
Denise Petty	Community Relations
Paul B. Laro	Activities Director
James Lavoie	Food Service Director
Daniel Abel	Environmental Services

Positive Thought

"It is the sweet, simple things of life which are the real ones after all." —Laura Ingalls Wilder

Culinary Corner

May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.
Peter Marshall

Happy Summer Everyone!! The longer days and warmer nights are putting us all into great moods. These are some very exciting times for us here in Dining Services. From the fresh seafood choices to the long awaited return of Cordials and the monthly cooking demo, we are ready to party this summer. Be on the lookout for our jars of house made BBQ sauce and Mojo rub. As discussed in resident council last month we are in search of the recipes that you love so that we can make a **Bentley Commons @ Bedford** recipe book, and let us use your recipe as our feature of the week! Currently we are featuring Elsie's Confetti Cole Slaw. We will be celebrating Hawaiian cuisine throughout the entire month, including such dishes as: Island Chicken Kabobs, Pineapple upside down cake, Avocado-California Salad and many more! Stay cool everyone!

~ Dining Staff~



Location Key

Bedford Parlor	BP
Merrimack Room	MR
Bistro	B
Activities Room	A
Out Trip	Out
Requires Own Money	\$
Front Porch	FP
Exercise Room	ER
Back Patio	Patio

*Items highlighted in **BOLD** are designated as sign-up activities. Please plan accordingly, as there is limited seating. Back-up lists are maintained, and as cancellations are received, we follow the back-up listing in order.*

HIGHLIGHTS

- 08/03
- VA Benefits Presentation
- 08/04
- Dog Therapy
- 08/04
- Hawaiian Luau
- 08/07
- Animal Show
- 08/08
- Picnic at Crystal Lake
- 08/14
- Olive Garden
- 08/14
- Kona Ice Truck
- 08/16
- Hawaiian themed luncheon
- 08/17
- Cooking Demonstration
- 08/22
- Line Dancing
- 08/24
- Guest Speaker
- 08/31
- Bentley Chorus Performs
- 08/29
- Lecture
- 08/31
- Auction

Sunday	Monday	Tuesday
Exercise Schedule Monday-Wednesday-Friday Resistance Training 9:30-MR Strength and Balance 1:30-B Wednesdays Yoga 3:00-A	Exercise Schedule Mondays 3:00 Tai Chi-A Thursdays 3:15 Sports Club-MR Tuesdays-Thursdays 4:00 Handball-B	1 8:50 MTA Trip to Hannaford-Out\$ 10:15 Drawing Class-A 11:00 Eucharistic Service-B 2:00 Jackpot Bingo-\$MR 3:15 Resident Council-MR 3:45 Hangman-MR 6:30 Rummy-BP
6 9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Trip to the Ice Cream Stand-Out/\$ 3:00 Hangman-MR	7 9:30 Manicures-A 10:15 Michael's Craft-Out\$ 10:15 Rummikub-BP 11:30 Out to Lunch/Olive Garden-Out 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:00 Exotic Animals-BP 6:30 Cribbage-BP	8 8:50 MTA Trip to Hannaford-Out\$ 10:15 Drawing Class-A 11:00 Eucharistic Service-B 11:00 Picnic at Crystal Lake-Out 2:00 Jackpot Bingo at Hanover Hill-\$MR 3:30 What's in a Word-A 6:30 Rummy-BP
13 9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Scenic Ride-Out 3:00 Funniest Videos-A	14 9:30 Manicures-A 10:15 KOHLS-Out\$ 10:15 Rummikub-BP 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:00 Kona Ice Truck-FP 6:30 Cribbage-BP	15 8:50 MTA Trip to Hannaford-Out\$ 10:15 Drawing Class-A 11:00 Eucharistic Service-B 2:00 Jackpot Bingo With Friends From Hanover Hill and Holy Cross-\$MR 3:15 What's in a Word-A 3:30 Adult Coloring-BP 6:30 Rummy-BP
20 9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Trip to the Ice Cream Stand-Out/\$ 3:00 Hangman-MR	21 9:30 Manicures-A 10:15 T.J. Maxx-Out\$ 10:15 Rummikub-BP 11:30 Out to Lunch/Aloha-Out\$ 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 6:30 Sing A Long-BP	22 8:30 Line Dancing-Out 8:50 MTA Trip to Hannaford-Out 10:15 Drawing Class-A 11:00 Eucharistic Service-B 2:00 Jackpot Bingo-\$MR 3:15 What's in a Word-A 6:30 Rummy-BP
27 9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Scenic Ride-Out 3:00 Funniest Videos-A	28 9:30 Manicures-A 10:15 Target-Out\$ 10:15 Rummikub-BP 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 6:30 Sing A Long-BP	29 8:50 MTA Trip to Hannaford-Out\$ 10:15 Drawing Class-A 11:00 Eucharistic Service-B 2:00 Jackpot Bingo at Holy Cross-Out\$ 3:00 Lecture With Mike/outdoor and Indoor Exercise-MR 3:30 What's in a Word-A 6:30 Rummy-BP

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">2</p> <p>9:30 Manicures-A 10:15 Coffee/Trivia-B 12:00 Picnic With Sahra-Patio 1:30 Market Basket-Out\$ 3:30 Balloon Volley-BP 6:30 Cribbage-BP</p>	<p style="text-align: right;">3</p> <p>10:15 Chorus-A 10:30 Fact or Fiction-BP 2:00 Jackpot Bingo-\$MR 3:00 VA Benefit Presentation-MR 4:00 Handball-B 6:30 Rummy-BP</p>	<p style="text-align: right;">4</p> <p>9:00 Acrylic Painting Class-Out\$ 10:15 Dog Therapy-A 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour Luau/Marlana Philips-MR</p>	<p style="text-align: right;">5</p> <p>9:30 Exercise-A 10:15 Walmart-Out\$ 12:30 Manicures-A 1:30 Afternoon Walk-BP 2:15 Trivia-BP 3:00 Bingo-MR</p>
<p style="text-align: right;">9</p> <p>9:30 Manicures-A 10:15 Knitting Club-B 10:15 Scrabble-BP 12:00 Picnic With Stacy and Paul-Patio 1:30 Hannaford-Out\$ 2:30 High Tea-B 3:45 Balloon Volley-BP 6:30 Cribbage-BP</p>	<p style="text-align: right;">10</p> <p>10:15 Chorus-A 10:30 Card Making With Murielle-B 10:30 Rummikub-BP 2:00 Jackpot Bingo-\$MR 3:15 Flower Arranging-BP 3:30 Jeopardy-A 4:00 Handball-B 6:30 Rummy-BP</p>	<p style="text-align: right;">11</p> <p>9:00 Acrylic Painting Class-Out\$ 10:15 Dollar Store-Out\$ 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Sands of Time-MR</p>	<p style="text-align: right;">12</p> <p>9:30 Exercise-A 10:15 Consignment Store-Out/\$ 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR</p>
<p style="text-align: right;">16</p> <p>9:30 Manicures-A 10:15 Scrabble-BP 11:30/12:30 Hawaiian Themed Luncheon 1:30 Market Basket-Out\$ 3:00 Resident Birthday Party-MR 6:30 Cribbage-BP</p>	<p style="text-align: right;">17</p> <p>10:15 Chorus-A 10:30 Fact or Fiction-BP 2:00 Cooking Demonstration-MR 3:00 Jackpot Bingo-MR\$ 4:00 Handball-B 6:30 Rummy-BP</p>	<p style="text-align: right;">18</p> <p>9:00 Acrylic Painting Class-Out\$ 10:15 Walmart-Out\$ 1:30 Rosary-A 1:30 Sequence-BP 2:00 MASS-A 3:00 Social Hour/Joe McDonald-MR</p>	<p style="text-align: right;">19</p> <p>9:30 Exercise-A 10:15 Morning Walk-BP 12:30 Manicures-A 1:30 Walgreens-Out\$ 3:00 Bingo-MR</p>
<p style="text-align: right;">23</p> <p>9:30 Manicures-A 10:15 Knitting Club-B 10:15 Scrabble-BP 12:00 Picnic With Nathan-Patio 1:30 Hannaford-Out\$ 2:30 High Tea-B 3:45 Balloon Volley-BP 6:30 Cribbage-BP</p>	<p style="text-align: right;">24</p> <p>10:15 Chorus-A 10:30 Fact or Fiction-BP 2:00 The Price Is Right-A 3:00 Guest Speaker/Protein-MR 4:00 Handball-B 6:30 Rummy-BP</p>	<p style="text-align: right;">25</p> <p>9:00 Acrylic Painting Class-Out\$ 10:00 Dollar Store-Out\$ 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Bill Parker-MR</p>	<p style="text-align: right;">26</p> <p>9:30 Exercise-A 10:30 Craft Class-A 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR</p>
<p style="text-align: right;">30</p> <p>9:30 Manicures-A 10:15 Scrabble-BP 12:00 Picnic With Bernie-Patio 1:30 Market Basket-Out\$ 3:45 Balloon Volley-BP 6:30 Cribbage-BP</p>	<p style="text-align: right;">31</p> <p>10:15 Chorus-A 10:30 Bentley Chorus Performance-MR 2:00 Jackpot Bingo-\$MR 3:30 Auction-MR 4:00 Handball-B 6:30 Rummy-BP</p>	<p>Exercise Schedule Tuesdays-Thursdays Strength and Balance 9:30-MR Resistance Training 1:30-A Walking Clubs Monday Through Friday Walking Club 10:30-BP Strolling Club-11:00-BP</p>	<p>This month's destination is Hawaii. Calendar is subject to change. Remember that any activity in BOLD is a sign up activity.</p>

Sara Valentina Haggerty



We have a waitress here named Sara
She runs around this hall like she was dancing the Tarantella
She is very efficient and has a great smile
Really get to know her, it's worth your while
She is attending Granite State College and will
get a business degree
She may run the family business, her folks told me.
Good luck Sara.
As Ever,
Bert

Bernice and Al Beitz



Alfred and Bernice Beitz recently celebrated their 64th anniversary on June 27, 2017 with several friends and family. They were married on June 27, 1953 at Zimmerman's Hungarian Restaurant in New York City. Mr. and Mrs. Beitz have two children: Cheryl R. Beitz of Manchester, and Lewis Beitz of Corning, California, a daughter-in-law, Marnie, and their son, Anthony. Born in Brooklyn, NY, they moved to Philadelphia where Mr. Beitz managed the Food Fair Supermarkets. He was then transferred to Newark, Delaware, where they spent 11 years. They were active in community affairs and Mr. Beitz served as president of Temple Beth El. In 1968, they moved to Manchester, where Mr. Beitz owned and managed the J.M. Fields Supermarkets in Salem and Concord. Mrs. Beitz worked for Felton Brush Co. for six years. She also worked as a hospice volunteer. The J.M. Fields Supermarkets closed in 1979. Mr. and Mrs. Beitz then bought and managed Babyland Day Care Center in Manchester. After selling that business, Mr. Beitz worked as a grocery buyer.