

# Bentley Commons

## AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110



### January Birthdays

Charles Loiselle .....	01/01
Paul Provencher .....	01/02
Charlotte Treadwell .....	01/22
Claire Wedge .....	01/24
Mabelle Fogelson .....	01/26

### Staff Directory

Pat Schoch .....	Executive Director
Rose Hobson .....	Business Administrator
Bernie Steines .....	Director of Nursing
Anne Walls .....	Community Relations
Paul B. Laro .....	Activities Director
James Lavoie .....	Food Service Director
Daniel Abel .....	Environmental Services

### Poe's Birthday

Edgar Allan Poe, poet and author of mystery and suspense tales, was born on Jan. 19, 1809, in Boston. His works include "The Fall of the House of Usher," "The Tell-Tale Heart" and the famous poem "The Raven."

### January 2017



Resident of the Month: Paul Provencher

Paul Provencher grew up in Manchester and later moved to Merrimack where he raised a family of 3 boys and 1 girl. Paul served in the Army during the end of WWII and during the Korean War. His brother was also serving in Korea and they actually ran into each other. His brother didn't know that Paul had enlisted and said "What are you doing here?" After the service, Paul worked at Sanders for many years and actually helped build parts for submarines.

Paul enjoys sports of all kinds. He loves to golf in the summer and is currently in a bowling league in Merrimack. He enjoys music, bingo, shuffleboard and you may often find him playing cards in the parlor. He was almost a New Year's baby; his birthday is on January 2nd!

### Humor and Health

January's winter doldrums paired with the post-holiday blues can start to wear on a person. Perhaps that's why Global Belly Laugh Day is celebrated each Jan. 24. What's so great about laughter? To begin with, it's a great way to bond with other people while improving your own mood. The more you laugh, the more resilient you are to negative events. Laughter is great for your health, too. It burns calories and raises the heart rate, like a mild workout. A good laugh also releases tension and stress and increases your immunity and infection-fighting antibodies.

January 2017

## Location Key

Bedford Parlor ..... BP  
Merrimack Room ..... MR  
Bistro ..... B  
Activities Room ..... A  
Out Trip ..... O  
Requires Own Money ..... \$  
Front Porch ..... FP  
Exercise Room ..... ER  
2nd Floor  
Common Area ..... 2CA

## HIGHLIGHTS

1/5  
Jeopardy  
1/8  
Hangman with James  
1/12  
Bedford Library Theater  
1/12  
Price is Right  
1/15  
Cooking Demonstration  
1/16  
Documentary  
1/19  
Horse Racing  
1/25  
Dog Therapy  
1/25  
Veterans Group  
1/25  
Lecture  
1/26  
Olive Garden  
1/26  
Casino  
1/30  
Workshop  
1/31  
AUCTION!!!!

*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.*

Sunday	Monday	Tuesday
<p><b>New Year's Day</b> 1</p> <p><b>HAPPY NEW YEAR!!!!</b></p>	<p>2</p> <p>1:30 Afternoon Movie With Raffle-A <b>THE INTERN</b> 2:30 Bingo With Prizes-MR</p>	<p>3</p> <p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 1:30 Afternoon Social With Jessica-BP <b>1:30 Jackpot Bingo at Hanover Hill-\$O</b> 3:00 Card Making-A 3:30 Resident Council-MR 6:30 Rummy-BP</p>
<p>8</p> <p><b>9:45/10:00 Catholic Church Service-O</b> <b>12:45 Manicures-A</b> 1:30 Bean Bag-A 2:30 Hangman With James-MR <b>3:00 Walgreens-\$O</b></p>	<p>9</p> <p><b>9:30 Manicures-A</b> 10:00 Rummikub-BP <b>10:15 T.J. Maxx-\$O</b> 1:30 Afternoon Board Games-MR 1:30 Hand and Foot-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>10</p> <p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 1:30 Afternoon Social With Jessica-BP 2:00 Jackpot Bingo With Friends From Holy Cross-MR 3:15 Urban Myth-B 3:30 Crossword-A 6:30 Rummy-BP</p>
<p>15</p> <p><b>9:45/10:00 Catholic Church Service-O</b> <b>12:45 Manicures-A</b> 1:30 Bean Bag-A 2:30 Cooking Demonstration-MR <b>3:00 Target-\$O</b></p>	<p><b>Martin Luther King Jr. Day</b> 16</p> <p><b>9:30 Manicures-A</b> 10:00 Rummikub-BP <b>10:15 Marshalls-\$O</b> 1:30 Afternoon Board Games-MR 1:30 Documentary/Martin Luther King Jr.-A 4:00 Horoscopes-B 6:30 Sing A Long-BP</p>	<p>17</p> <p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 1:30 Afternoon Social With Jessica-BP 2:30 Resident Birthday Party-MR 3:15 Jackpot Bingo-MR\$ 3:30 Crossword-A 6:30 Rummy-BP</p>
<p>22</p> <p><b>9:45/10:00 Catholic Church Service-O</b> <b>12:45 Manicures-A</b> 1:30 Bean Bag-A <b>2:45 Marshalls-\$O</b></p>	<p>23</p> <p><b>9:30 Manicures-A</b> 10:00 Rummikub-BP <b>10:15 Consignment Gallery-\$O</b> 1:30 Afternoon Board Games-MR 1:30 Hand and Foot-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>24</p> <p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 1:30 Afternoon Social With Jessica-BP 2:00 Jackpot Bingo-MR 3:15 Urban Myth-MR 3:30 Crossword-A 6:30 Rummy-BP</p>
<p>29</p> <p><b>9:45/10:00 Catholic Church Service-O</b> <b>12:45 Manicures-A</b> 1:30 Bean Bag-A <b>2:45 Shaskeen-\$O</b></p>	<p>30</p> <p><b>9:30 Manicures-A</b> 10:00 Rummikub-BP <b>10:15 Macys-\$O</b> <b>11:00 Workshop/Mindful Living at Any Age-O</b> 1:30 Afternoon Board Games-MR 1:30 Hand and Foot-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>31</p> <p>10:15 Drawing Class-A 11:00 Eucharistic Service-B 1:30 Afternoon Social With Jessica-BP <b>1:30 Jackpot Bingo at Holy Cross-\$O</b> 2:30 Crossword-A 3:30 Auction-MR 6:30 Rummy-BP</p>



<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>4</b> <b>9:30 Manicures-A</b> 10:30 Balloon Volley-BP <b>1:30 Market Basket-\$O</b> 1:45 Bridge-MR <b>2:30 High Tea-B</b> 3:30 Hangman-MR 4:00 Today in History-B 6:30 Cribbage-BP	<b>5</b> 10:15 Chorus-A 10:30 Scrabble-BP 1:30 Afternoon Social-BP 2:00 Bingo-MR 2:30 Adult Coloring With Wine-BP 3:30 Jeopardy-A 6:30 Rummy-BP	<b>6</b> <b>10:00 Walmart-\$O</b> 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour With Denise Therien-MR	<b>7</b> 9:30 Exercise-A <b>10:15 KOHL'S-\$O</b> <b>12:45 Manicures-A</b> 1:30 Rummikub-BP 3:00 Bingo-MR
<b>11</b> <b>9:30 Manicures-A</b> 10:15 Knitting Club-B <b>1:30 Hannaford-\$O</b> 1:45 Bridge-MR 3:00 Hangman-MR 4:00 Today in History-B 6:30 Cribbage-BP	<b>12</b> <b>8:30 Line Dancing-O</b> 10:15 Chorus-A <b>1:30 Bedford Library Theater-O</b> 2:00 Bingo-MR 2:30 Adult Coloring With Wine-BP 3:15 Price Is Right-A 6:30 Rummy-BP	<b>13</b> <b>10:00 Dollar Store-\$O</b> 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour With Mark Stanzler-MR	<b>14</b> 9:30 Exercise-A 10:30 Craft Class With Stacy-A <b>12:45 Manicures-A</b> 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR
<b>18</b> <b>9:30 Manicures-A</b> 10:15 Balloon Volley-BP 11:30/12:30 Italian Themed Luncheon-MR <b>1:30 Market Basket-\$O</b> 1:45 Bridge-MR <b>2:30 High Tea-B</b> 3:30 Hangman-MR 4:00 Today in History-B 6:30 Cribbage-BP	<b>19</b> 10:15 Chorus-A 10:30 Bedford Librarian-BP 1:30 Afternoon Social-BP 2:00 Bingo-MR 2:30 Adult Coloring With Wine-BP 3:15 Horse Racing-MR 6:30 Rummy-BP	<b>20</b> <b>10:00 Walmart-\$O</b> 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 2:00 MASS-A 3:00 Social Hour With Christopher Ekbloom-MR	<b>21</b> 9:30 Exercise-A <b>10:15 Rite Aide-\$O</b> <b>12:45 Manicures-A</b> 1:30 Rummikub-BP 3:00 Bingo-MR
<b>25</b> <b>9:30 Manicures-A</b> 10:15 Dog Therapy-A 10:15 Knitting Club-B 1:30 Veterans Group-Library <b>1:30 Hannaford-\$O</b> 1:45 Bridge-MR 3:00 Lecture/Anatomy and Function of the Heart-MR 4:00 Today in History-B 6:30 Cribbage-BP	<b>26</b> <b>8:30 Line Dancing-O</b> 10:15 Chorus-A 11:30 Olive Garden Restaurant-\$O 1:30 Afternoon Social-BP 2:00 Bingo-MR 2:30 Adult Coloring With Wine-BP 3:15 Casino-B 6:30 Rummy-BP	<b>27</b> <b>10:00 Dollar Store-\$O</b> 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour With Bill Parker-MR	<b>28</b> 9:30 Exercise-A 10:30 Craft Class With Stacy-A <b>12:45 Manicures-A</b> 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR
<b>Exercise Schedule Monday-Wednesday-Friday</b> Resistance Training 9:30-MR Strength and Balance 1:30-B <b>Wednesdays</b> Yoga 3:00-A	<b>Exercise Schedule Tuesday-Thursday</b> Strength and Balance 9:30-MR Resistance Training 1:30-A <b>Monday Through Friday</b> Walking Club 10:30-BP Strolling Club 11:00-BP <b>Tuesday-Thursday</b> Hand Ball 4:00-B	<b>Exercise Schedule Mondays</b> 3:00 Tai Chi-A <b>Tuesdays and Thursdays</b> 4:00 Hand Ball-B	This Month's Theme Will Be Italy. Calendar Is Subject to Change. Remember to sign up for <b>Bolded</b> events.

## Anne Walls



Community Relations

Several months ago it echoed throughout the halls,  
We have a new Community Relations Director named "Walls."  
She said "I'll try to make everything as nice as I can,  
I promise you that or my name isn't Anne."  
She is very happy as you can see  
To be part of the family here at Bentley.

As Ever,  
Bert

## "This Month In History" JANUARY

**1880:** Inventor Thomas Edison receives a patent for his electric incandescent lamp.

**1915:** The first Kiwanis Club, now an international service organization, is established in Detroit.

**1938:** To combat the polio epidemic, the March of Dimes foundation is created by President Franklin D. Roosevelt, who contracted the disease as an adult.

**1946:** The first United Nations General Assembly, comprising 51 nations, convenes in London.

**1959:** Berry Gordy Jr. founds Motown Records.

**1967:** The first professional football world championship game, later renamed the Super Bowl, is played in Los Angeles. The Green Bay Packers defeated the Kansas City Chiefs 35-10.

**1970:** Set in the fictional city of Pine Valley, Pa., "All My Children" premieres. The daytime TV soap opera aired for 41 years.

**1984:** Apple's Macintosh computer goes on sale to the public with a price tag of \$2,495.

**1990:** L. Douglas Wilder of Virginia is sworn in as the nation's first elected African-American governor.

**2002:** The euro becomes the official currency of 11 countries in the European Union.

**2009:** A US Airways jet makes an emergency landing on New York's Hudson River after being disabled by a flock of birds just after takeoff from LaGuardia Airport. All 155 people aboard were safely rescued.

**2010:** Burj Khalifa, the world's tallest skyscraper at 2,717 feet, opens in Dubai, United Arab Emirates.