

Bentley Commons

AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110

July 2017

Happy Birthday



July Birthdays

Phillip Jacobs	07/02
Leatrice Levy	07/03
Julie Lessard	07/05
Emilien Roy	07/05
Judy Paris	07/06
Leonard Horn	07/08
Theresa Milne	07/20
Sally Wyatt	07/21
Roland Lussier	07/25
Bud Treadwell	07/27
Maureen Paterno	07/29

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



A Figure of Speech

Phrase: As American as apple pie

Meaning: Authentically American; patriotic

Origin: Neither apples nor pie originated in the United States, and the first known recipe for apple pie was published in an English cookbook in 1381. Apple trees and pies were brought to American shores in the 1600s, and the pastry's popularity grew along with the new nation. The phrase "as American as apple pie" was in use by 1860. It became a patriotic slogan during World War II, when American soldiers said they were fighting "for Mom and apple pie."

Hydrating Foods

Staying hydrated is important, especially when the temperature soars. In addition to drinking water, try snacking on these fruits and vegetables that are more than 90 percent water: strawberries, watermelon, tomatoes, cucumbers, baby carrots and celery.

HIGHLIGHTS

07/04

Fourth BBQ

07/06

Bentley Chorus
Performance

07/06

Kona Ice Truck

07/07

Dog Therapy

07/10

Veterans Group

07/11

Bingo at Hanover Hill

07/12

Guest Speaker

07/12, 07/26

Guest Speaker

07/18

Bingo here with Hanover
Hill and Holy Cross

07/21

Bedford Librarian

07/25

Bingo at Holy Cross

07/27

Lecture

07/31



Auction

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
- 2nd Floor
- Common Area 2CA

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>Exercise Schedule Monday-Wednesday-Friday Resistance Training 9:30-MR Strength and Balance 1:30-A Wednesdays Yoga 3:00-A</p>	<p>Exercise Schedule Mondays 3:00 Tai Chi-A Thursdays 3:15 Sports Club-MR Tuesdays-Thursdays 4:00 Handball-B</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>
2	3	4
<p>9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Trip to the Ice Cream Stand-Out/\$ 3:00 Funniest Videos-A</p>	<p>9:30 Manicures-A 10:15 Rummikub-BP 11:30 Out to Lunch/T-Bones-Out\$ 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>Independence Day 11:30/12:30 BBQ-MR 2:00 Rummy-BP</p>
9	10	11
<p>9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Scenic Ride-Out 3:00 Trivia-Front Porch</p>	<p>9:30 Manicures-A 10:15 KOHLS-Out\$ 10:15 Rummikub-BP 11:30 Out to Lunch/Airport Diner-Out\$ 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 3:30 Veterans Group-Library 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 1:30 Jackpot Bingo at Hanover Hill-\$MR 3:15 Resident Council-MR 3:45 Hangman-MR 6:30 Rummy-BP</p>
16	17	18
<p>9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Target-Out/\$ 3:00 Funniest Videos-A</p>	<p>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 4:00 Horoscopes-B 6:30 Sing A Long-BP</p>	<p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 2:00 Jackpot Bingo With Friends From Hanover Hill and Holy Cross-\$MR 3:15 Adult Coloring With Wine-BP 3:30 Jeopardy-A 6:30 Rummy-BP</p>
23/30	24/31	25
<p>Same Schedule for the 23rd and 30th 9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Scenic Ride-Out 3:00 Trivia-Front Porch</p>	<p>9:30 Manicures-A 10:15 Rummikub-BP 10:30 Crossword-A 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 4:00 Horoscopes-B 6:30 Cribbage-BP 31st 10:30 Auction-MR</p>	<p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 1:30 Jackpot Bingo at Holy Cross-Out\$ 1:30 Adult Coloring With Wine-BP 3:00 Sequence-BP 3:30 The Price Is Right-A 6:30 Rummy-BP</p>

Wednesday	Thursday	Friday	Saturday
1	 <p>This Month's Destination Is Home-America!! Calendar Is Subject to Change. Remember That Any Activity in Bold Is a Sign Up Activity. Sign Up Activities Have Limited Seating.</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
5	6	7	8
9:30 Manicures-A 10:15 What's in a Word-A 1:30 Market Basket-Out\$ 3:00 Target Practice-A 3:30 Balloon Volley-BP 4:00 Horoscopes-B 6:30 Cribbage-BP	10:30 Bentley Commons Chorus Performance-MR 1:30 Flower Arranging-Back Patio 2:00 Fact or Fiction-Front Porch 3:00 Kona Ice Truck-Front Porch 6:30 Rummy-BP	9:30 Exercise-A 10:15 Walmart-Out\$ 10:15 Dog Therapy-A 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Fran Owens-MR	9:30 Exercise-A 10:15 Morning Walk-BP 1:30 Talbots-Out\$ 3:00 Bingo-MR
12	13	14	15
9:30 Manicures-A 10:00 Knitting Club-B 10:15 Hangman-Front Porch 1:30 Hannaford-Out\$ 2:00 High Tea-B 3:15 Guest Speaker; Telling People That You Care About Them-MR 6:30 Cribbage-BP	10:15 Chorus-A 10:30 Scrabble-BP 1:30 Fact or Fiction-Front Porch 3:00 Guest Speaker; Fiber-MR 3:15 Adult Coloring-BP 6:30 Rummy-BP	10:00 Dollar Store-Out\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/John Dambrosio-MR	9:30 Exercise-A 10:15 Target-Out/\$ 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR
19	20	21	22
9:30 Manicures-A 10:15 Hangman-Front Porch 1:30 Market Basket-Out\$ 2:30 Resident Birthday Party-MR 6:30 Cribbage-BP	10:15 Chorus-A 10:30 Scrabble-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring With Wine-BP 6:30 Rummy-BP	10:00 Walmart-Out\$ 10:30 Bedford Librarian-BP 1:30 Rosary-A 1:30 Sequence-BP 2:00 MASS-A 300 Social Hour/Mark Stanzler-MR	9:30 Exercise-A 10:15 Morning Walk-BP 1:30 Walgreens-Out\$ 3:00 Bingo-MR
26	27	28	29
9:30 Manicures-A 10:00 Knitting Club-B 10:15 Hangman-Front Porch 1:30 Hannaford-Out\$ 2:30 High Tea-B 3:00 Crossword-A 6:30 Cribbage-BP	10:15 Chorus-A 10:30 Scrabble-BP 2:00 Jackpot Bingo-\$MR 3:30 Lecture; Mike, Cholesterol-Back Patio 6:30 Rummy-BP	10:00 Dollar Store-Out\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Bill Parker-MR	9:30 Exercise-A 10:15 Shaws-Out\$ 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR

Heather Villemaire-Nurse Coordinator



On June 17, 2017 it's my pleasure to report
Heather and Joel were married at Pat's Peak Ski Resort
The bridal group was best man James, maid of honor Wendy
Bridesmaids Jen and Sabrina
Last but not least was the couple's daughter Athena
After all the dining and dancing festivities
Joel and Heather left on a honeymoon cruise to the seas
Heather is Nurse Coordinator here at Bentley if you please
But from now on she is Mrs., Ortiz
The best to Joel and Heather from all of us here.
Love you
As Ever, Bert

Resident of the Month; Kay Linehan



Kay Linehan is a New England native from Manchester New Hampshire. She was born March 9th, 1922 and went to Central High School in Manchester. She has lived in New England through out her life, working in sales in downtown Manchester and marrying John Linehan. She was married for 52 years and had two children together, Patricia and Scott, along with three grandchildren. Kay has been golfing for over 40 years and she enjoys going to Florida for trips. She also enjoys happy hour, bingo, relaxing here at Bentley Commons.