

Bentley Commons

AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110

June 2017

Culinary Corner

"Smell the sea, and feel the sky. Let your soul and spirit fly." Van Morrison

Welcome to June! This month we will be introducing more of our lighter menu items to go along with the hot summer days. Join us on our culinary adventure as we will be exploring the cuisine of Greece including a Greek themed luncheon on Wednesday June 21st. Dishes like Spinach and Feta pie, Baklava and many more will be featured in the upcoming menus. Our Coffee flavor of the month will be Toasted Almond. Come down to the Bistro and give it a try! I can already smell the amazing food coming out for our Fathers Day Buffet on Sunday June 18th, including a Sliced Prime Rib station. Strawberry almond salad, BBQ Baby back ribs, hot dogs and burgers will be a staple here this summer. It will be a great summer here at Bentley Commons and we can't wait to heighten your dining experience!

A Day for Dads

Father's Day is celebrated on the third Sunday in June. It is a time to honor fathers, celebrate fatherhood and appreciate the influence of fathers in society. Let all the fathers in your life know how special they are on this day just for them.

Enhance Your H2O

Hydrate your body and delight your taste buds by adding some fresh fruit to your water. Slices of lemon, lime or orange; chunks of melon; or a few seasonal berries can turn a plain glass of ice water into a flavorful thirst quencher.



Happy Birthday

June Birthdays

Ellen McCathy	06/01
Germaine Yergeau	06/01
Betty Herrin	06/03
Thomas Lyons	06/04
Belle Michaud	06/05
Harriet Bartlett	06/07
Theresa Dusseault	06/11
Victor Petrin	06/12
Dorothy Brett	06/22
Mary Lou O'Brien	06/26

Staff Directory

Pat Schoch	Executive Director
Rose Hobson	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
Sahra Hashi	Concierge Manager

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.*

HIGHLIGHTS

- 06/06
- Resident Council
- 06/07, 06/21
- High Tea
- 06/08
- Bedford Library Theatre
- 06/12
- Lecture/Scamming
- 06/13
- Picnic
- 06/14
- Current Events
- 06/16
- Dog Show
- 06/21
- Greek Themed Luncheon
- 06/21
- Patriotic Sing A Long
- 06/22
- Lecture/Nutrition
- 06/26
- Live Play
- 06/29
- Lecture/Benefits of Stretching
- 06/30
- Auction

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>
4	5	6
<p>9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Trip to the Ice Cream Stand-Out/\$ 3:00 Trivia-BP</p>	<p>9:30 Manicures-A 10:15 T.J. Maxx-Out/\$ 10:15 Rummikub-BP 11:30 Out to Lunch/Athens-Out/\$ 1:30 Hand and Foot-BP 2:00 Straight Shooter-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>10:00 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</p>
11	12	13
<p>9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Scenic Ride-Out 3:00 Trivia-BP</p>	<p>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 Lecture/Senior Scamming-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>10:00 Drawing Class-A 11:00 Eucharistic Service-B 11:30-Picnic at the Lake With Holy Cross-Out 2:00 Jackpot Bingo-\$MR 3:00 Adult Coloring-BP 3:15 The Price Is Right-A 6:30 Rummy-BP</p>
18	19	20
<p>9:45/10:00 Catholic Church Service-Out 11:30/12:30 Father's Day BBQ-MR 1:30 Funniest Videos-A</p>	<p>10:00 Michaels Craft Store-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-MR 3:15 Jeopardy-A 6:30 Rummy-BP</p>
25	26	27
<p>9:45/10:00 Catholic Church Service-Out 12:45 Manicures-A 1:30 Target-Out/\$ 3:00 Target Practice-B</p>	<p>9:30 Manicures-A 10:15 Home Goods-Out/\$ 10:15 Rummikub-BP 1:30 Hand and Foot-BP 3:00 Pontine Theatre Presents the Story of a Bad Boy-MR 6:30 Cribbage-BP</p>	<p>10:00 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</p>

Wednesday	Thursday	Friday	Saturday
<p>This Month's Destination is Greece. Calendar is subject to change. Remember that any activity in bold is a sign-up activity.</p>	<p>1</p> <p>10:15 Chorus-A 10:30 Scrabble-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring-BP 4:00 Handball-B 6:30 Rummy-BP</p>	<p>2</p> <p>10:00 Dollar Store-Out/\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Joe McDonald-MR</p>	<p>3</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>7</p> <p>9:30 Manicures-A 10:15 Crossword-A 1:30 Market Basket-Out/\$ 2:30 High Tea-B 3:30 Balloon Volley-BP 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>8</p> <p>10:15 Chorus-A 10:30 Adult Coloring-BP 1:30 Bedford Library Theatre-Out 2:00 Jackpot Bingo-\$MR 3:15 Craft Class-A 4:00 Handball-B 6:30 Rummy-BP</p>	<p>9</p> <p>10:00 Walmart-Out/\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/Sands of Time-MR</p>	<p>10</p> <p>9:30 Exercise-A 10:15 Morning Walk-BP 12:30 Manicures-A 1:30 Target Practice-B 3:00 Bingo-MR</p>
<p>14</p> <p>9:30 Manicures-A 10:00 Knitting Club-B 10:15 Current Events-BP 1:30 Hannaford-Out/\$ 2:30 Resident Birthday Party-MR 3:15 Target Practice-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>15</p> <p>10:15 Chorus-A 10:30 Scrabble-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring-BP 4:00 Handball-B 6:30 Rummy-BP</p>	<p>16</p> <p>10:00 Dollar Store-Out/\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 2:00 Dog Show-Back Patio 6:30 Cordials-B</p>	<p>17</p> <p>9:30 Exercise-A 10:30 Morning Walk-BP 12:30 Manicures-A 1:30 Sing A Long With Stacy-B 3:00 Bingo-MR</p>
<p>21</p> <p>9:30 Manicures-A 10:15 Crossword-A 11:30/12:30 Greek Themed Luncheon-MR 1:30 Market Basket-Out/\$ 2:00 High Tea-B 3:00 Patriotic Sing A Long-MR 4:00 Horoscopes-B 6:30 Cribbage-BP</p>	<p>22</p> <p>10:15 Chorus-A 10:30 Scrabble-BP 2:00 Jackpot Bingo-\$MR 3:00 Lecture/Nutrition-MR 3:15 Adult Coloring-BP 4:00 Handball-B 6:30 Rummy-BP</p>	<p>23</p> <p>10:00 Walmart-Out/\$ 10:15 Coffee/Trivia-B 1:30 Rosary-A 1:30 Sequence-BP 3:00 Social Hour/William Ogmunfond-MR</p>	<p>24</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>28</p> <p>9:30 Manicures-A 10:00 Knitting Club-B 10:15 Hangman-MR 1:30 Hannaford-Out/\$ 3:00 Crossword-A 6:30 Cribbage-BP</p>	<p>29</p> <p>10:15 Chorus-A 10:30 Scrabble-BP 2:00 Jackpot Bingo-\$MR 3:15 Adult Coloring-BP 3:30 Lecture; Benefits of Stretching-MR 4:00 Handball-B 6:30 Rummy-BP</p>	<p>30</p> <p>10:30 Auction-MR 1:30 Rosary-A 1:30 Sequence-BP 1:30 Dollar Store-Out/\$ 3:00 Social Hour/Bill Parker-MR</p>	<p>I  DAD Happy Father's Day</p>

Kendra Baker



Kendra will take time off in June from her duties here
She is having "Baby Claudia" so dear
Claudia will join Briana 15 and Connor 10
Kendra said I haven't been this happy since I don't know when
They arrived here three years ago to make a new start
I hope we can all do our part
She loves N.H. and her job here at Bentley
We wish her the best and say it very intently.
As Ever,
Bert

Resident of the Month, Edna Dubury



Please give a big Bentley Commons welcome to Edna Dubury!
Edna was born in London England and moved to the United States
in 1952. Before moving to the United States, she originally immigrated
to Canada.

She has two children, Jane and Michael. She moved to NH 8 years
ago to live closer to her daughter Jane. Michael lives way over on the
pacific coast near Seattle, Washington.

Edna loves music of all kinds. For many years she was a music
teacher and taught piano, voice and guitar lessons. In her younger
years, she worked as a legal secretary.

Before moving to Bentley, Edna was our neighbor and lived just
across the street at Riverwalk. She says she is enjoying the warm and
friendly atmosphere here at Bentley.