



OCTOBER 2016

Bentley Newsletter

You can't be expected to be old and wise if you weren't young and crazy!

Bentley Senior Living 7999 North Route 130 Pennsauken, NJ 08110 856-488-5557



Folk Dancing

Looking for a fun time well look no further than the Bistro on some Monday afternoons as resident Tom French-Corbett teaches a Folk Dancing class. We need more dancers to form a regular group and also our onlookers as judges. The next class is Monday

October 17, 2016 at 1:00pm, get out and try something new!



National Pet Peeve Week

The week of October 10th-14th, 2016 is National Pet Peeve Week. There are activities scheduled throughout the week to help you express yourselves.

October is Anti-Bullying Month

Bullying Definition

Bullying is unwanted, aggressive behavior among more and more seniors in communities that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Monday October 3, 2016 is Resident Anti-Bullying Day

Please wear blue to show your support.

A Matter of Balance Class

It may be fall but there is never a good time for falls especially for seniors. The Camden County Senior Corps/RSVP is taking a stand to prevent falls in older adults. They have partnered with the National Council on Aging (NCOA) and the Falls Free Coalition to raise awareness about how to prevent fall-related injuries among seniors. The theme this year is, Ready, Steady, Balance: Prevent Falls in 2016. Bentley Senior Living will be hosting RSVP of Pennsauken for an 8 week workshop called, "A Matter of Balance" please plan to attend and educate yourself on ways to gain strength, improve balance, build confidence and more. Remember the dates; October 18 & 25, November 1, 15, 22 and 29; December 6 and 13.



Faith & Fellowship

Every Tuesday evening at 6:00pm in the Media Room residents will be gathering to host a Faith & Fellowship activity. If you would like to participate please come as you are and share in the spirit of fellowship.

Happy October Birthdays

Happy Birthday to all you Libras and Scorpios



Welcome Committee

The Welcome Committee is always looking for new members to help new resident transition to the community. If you would like to participate please attend the monthly meetings as scheduled on the calendar.

Culture Club

We have different clubs throughout the month the newest one is, The Culture Club, meets the first Monday at 1:00pm in the Media Room (MR). We hope to see you at the October meeting.