



Bentley Seniors Newsletter

August 2016

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

Banking Location Change

Beginning August 1, 2016, banking will be held in The Pub Monday-Friday at 10:00am.

ALP Microwaving Class

Some residents have expressed an interest in learning to cook more things in their microwave. If you would like to learn how to prepare simple meals, snacks, and drinks attend the Pat's Easy Microwaving Class, check the calendar as times may vary in the Bistro.

Summer Beach Party

Your favorite guys will be here on Friday August 19, 2016 at 1:30 for an all-out Beach Party. Wear your beach attire and get ready to boogie away the afternoon with Ed and Keith from Folkloric Entertainment

July Flashback

The Bentley's Got Talent Show was a complete success! Thank you to all of the participants for showcasing your hidden talents. Congratulations to James Coppola on winning for his Michael Jackson Dance routine to the hit "Don't Stop til You Get Enough!" Jim didn't get enough and kept right on dancing even after the show had ended. The next talent show will be held in December so get your act together now.

AL & ALP Morning Exercising

Help to improve your overall health by exercising Monday-Friday, check your calendar for times then get out there and work up a sweat!

South America's First Olympics

The Olympic torch arrives in Rio de Janeiro on August 5 to begin the summer Olympic Games. For 17 days, over 10,000 athletes from over 200 countries will compete for Olympic gold, including in two sports that have not been part of Olympic competition for a century: golf and rugby. Even more momentous, this is the first time the Olympic Games have ever been held in South America. In many ways, tensions are running high for the games to be a success.

Rio won the bid to host the 2016 Olympics back in 2009, when it appeared that Brazil was a stable and energetic country. Since 2009, Brazil has suffered some setbacks. Its economy began to stall in 2011, eventually leading to the impeachment of Brazil's president, Dilma Rousseff, in April 2015. To complicate matters, mosquito-borne diseases are on the rise in Brazil. Dengue fever and the newly discovered Zika virus are spreading toward Rio, which may likely deter people from buying tickets to the games. And while Rio is famous for its beaches, its two main bodies of water, in which athletes will compete in events like the triathlon, rowing, and sailing, are terribly polluted.

Despite this gloomy outlook, the Olympic spirit is shining bright in Rio. American swimmer Michael Phelps has come out of retirement in an effort to add more gold to his 22 Olympic medals. South African swimmer Chad le Clos will do his best to challenge Phelps. Newcomer Simone Biles is already being called America's greatest gymnast ever, but Russian powerhouse Aliya Mustafina could defeat her if she has fully recovered from a 2011 injury. Can Jamaica's Usain Bolt, the "World's Fastest Man," win gold in the 100-meter dash? Host Brazil is favored to win gold in beach volleyball, but can they take gold in their national sport of soccer? Will Northern Irishman Rory McIlroy win gold in golf's modern Olympic debut? These questions can be answered only after the Olympic torch is lit in Rio.

AL Kitchen Kapers

Table top cooking, various dishes and drinks which you help to make then enjoy eating and drinking. Join Joel every Thursday morning at 10:30 in the ALTVR.