

WELLNESS CORNER

TRY TAI CHI TO IMPROVE BALANCE AND REDUCE THE RISK OF FALLS: NEW MOVEMENTS BEGIN IN OCTOBER!

While watching the graceful practice of Tai Chi, it can be hard to believe this ancient Chinese practice burns any calories or strengthens muscles. However, this exercise is actually way more effective than it appears!

"As a resistance training routine, some studies have found it similar to forms of weight training," said Dr. Peter Wayne, Research Director of the Osher Center for Integrative Medicine at Brigham and Women's Hospital and Harvard Medical School.

Tai Chi both strengthens the body and focuses the mind. The approach can address a multitude of issues, including bone strength, joint stability, cardiovascular health, immunity and emotional well-being. Among many of the biggest benefits of Tai Chi are improving your balance and reducing your risk of falling.

"Studies have shown that Tai Chi reduces falls in seniors by up to 45 percent," Dr. Wayne said. It helps improve balance because it targets physical components like leg strength, flexibility, range of motion and reflexes—all of which tend to decline with age.

However, one of Tai Chi's biggest benefits is actually emotional rather than physical.

"Anyone who has had a fall or who has instability has what we call a 'fear of falling,'" said Dr. Wayne. "Ironically, a fear of falling is one of the biggest predictors of a fall." By taking away your fear of falling, Tai Chi makes you feel firmer on your feet. This can give you a better sense of your internal body as well as the external world, making you less likely to fall if you are busy talking to a friend or navigating a bumpy sidewalk.

See Concierge Services to sign up for a Tai Chi class today and join Sandy on October 12 for a Fall Prevention Seminar in the Theater Room.



New Move Ins!

Ann M.
Juanita M.
Charles and Mary T.

COMMUNITY REMINDERS



Guest Meals

Guest are always welcome to dine with you! Please let Concierge Services know if you plan on having guests 24 hours prior to ensure proper planning with Room 38.

Monday through Saturday Meals: \$12.00 per person

Sunday Brunch Buffet: \$15.00 per person

Packed Meal or Meal Delivery

If you require that a lunch be saved or delivered, please have your request in by the end of the previous business day. Day-of requests will be evaluated and accommodated on a case-by-case basis.

Monday through Friday by 7:00 p.m.

Saturday and Sunday by 4:00 p.m.

Monster Mash Halloween Party

Celebrate Halloween on Wednesday, October 31 at 4:30 p.m. on the Lower Level. Dress up as your favorite monster (or any costume of your choice). If you do not have a monster costume, join Ann on Tuesday, October 9 to create your own monster t-shirt and headband. On Monday, October 8, come and make a monster wreath for your door at 10:00 a.m. See Concierge Services to sign up for all three events!

Happy Birthday!

Marge F.	October 4
Mary H.	October 14
Vera L.	October 20
George H.	October 22
Jane T.	October 31

Happy Birthday to you!

THE VILLAGE OF BEDFORD WALK

JES  PRIME SENIOR LIVING



From the Desk of....

RACHEL GRANT, Concierge Service

I am so excited to be here! By now, you have probably met me at the front desk or while I am running around with Lisa. I appreciate everyone making me feel welcome and promise to memorize all of your names as soon as possible!

My family has been in Boone County since the 1800s and I have lived all over mid-Missouri, so you could say I know the area well. I attended the University of Missouri and graduated with a degree in Parks, Recreation and Tourism in December 2012. I have spent the past five and a half years at the City of Columbia Convention & Visitors Bureau, where I focused on marketing Columbia as a tourist destination. I loved my job, but decided I needed a change, and the opportunity to work here at The Village of Bedford Walk seemed too perfect to pass up. If you ever have any questions about Columbia restaurants, events, hotels or directions, I can help!

When I am not working, you can probably find me with my three-year-old golden retriever, Boone, or my family. I have seven nieces and nephews and try to see them whenever I can. My boyfriend is an Air Force Officer currently stationed in Guam, so I am thankful for all of you keeping me busy while I get used to his absence. I am looking forward to getting to know each of you and assisting you however I can. Thank you for welcoming me into your community!

EARN \$1,000 WHEN YOU REFER A NEW RESIDENT!

** See Brittany Lambiris to learn more*

COMMUNITY EVENTS

Complimentary Chair Massage with Kelly

Enjoy a 15-minute chair massage. Sign up will be on Thursday, October 18 beginning at 2:00 p.m.

Mizzou Homecoming

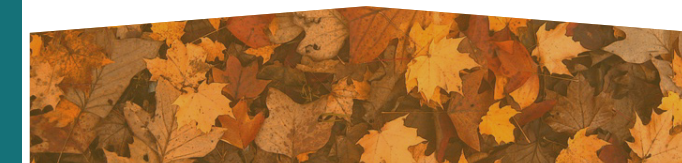
Details to come. Find out more information in your Thursday Mailer!

Safe Trick or Treat Bags for Boys and Girls Club

Help make and/or donate a bag of candy for Safe Trick-or-Treat Bags. The Village of Bedford Walk has pledged to donate over 300 bags this year. Any and all help for this amazing organization is greatly appreciated. Candy donations may be dropped off with Concierge Services.

Fall Color Tour

Hop on our Shuttle to enjoy the beautiful leaves changing by the river. An ice cream stop after the tour will be courtesy of The Village of Bedford Walk. Tour date is subject to change depending on when the leaves begin to turn. Concierge Services will keep those signed up updated with any changes.



October 2018 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	THE VILLAGE OF BEDFORD WALK
	1 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 4:30 p.m. Dinner Club at Coley's***	2 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 4:30 p.m. Movie in Theater Room	3 10:30 a.m. FitCo** 1:30 p.m. Young Frankstein at Forum 8** 2:00 p.m. Shuttle Service to Walmart** 4:30 p.m. Social Hour in Piano Lounge *October Birthday Celebration*	4 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room	5 9:00 a.m. Coffee Catch-up in Bistro 9:30 a.m. Meditation and Relaxation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room*** 6:00 p.m. MU Volleyball***	6 12:30 p.m. Fall Color Tour and Ice Cream Stop at Andy's** 	<p>Mel Brooks' Young Frankenstein at Forum 8 Show begins at 2:00 p.m. \$5.00 fee applies at time of sign up and includes transportation and ticket.</p> <p>Artful Bra Shuttle Service provided to the event. Donation of your choice accepted at the time of sign up to reserve your spot on the shuttle.</p> <p>Monster Wreath Making Make a festive Monster Wreath for your door with Ann. \$5.00 fee applies at time of sign up and includes all supplies.</p> <p>Monster Costume Making Make a t-shirt and head piece for the Monster Mash Party later this month. \$10.00 fee applies at time of sign up and includes all supplies.</p> <p>Monster Mash Party Dress up like a monster or create your own costume and join the party! \$10.00 fee applies at time of sign up and includes food and beverages.</p> <p>Bedford Babes Ornament Kit Making Help put ornament kits together for the Boys and Girls Club Holiday Party in December.</p> <hr/> <p>** Shuttle Service Shuttle Service is provided for this activity. Please see Concierge Desk to reserve your spot on the shuttle.</p> <p>*** Limited Availability Sign up at the Concierge Desk prior to the event if you plan to attend.</p>
7 1:00 p.m. MU Volleyball** 3:30 p.m. Afternoon Movie in Theater 	8 10:00 a.m. Monster Wreath Making in Magnolia Room***\$ <i>No Yoga Today</i> 2:00 p.m. Fitness with Kelly in Fitness Room***	9 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 2:00 p.m. Bedford Babes: Ornament Kits in Magnolia Room 3:30 p.m. Costume Making in Magnolia Room ***\$ 4:30 p.m. Movie in Theater Room	10 10:30 a.m. FitCo** 2:00 p.m. Shuttle Service to Walmart** 4:30 p.m. Social Hour in Piano Lounge 	11 8:00 a.m. Water Aerobics in Pool*** 8:00 a.m. Men's Breakfast*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:15 p.m. Artful Bra at Ellis Fiscal**\$ 5:30 p.m. Movie in Theater Room	12 9:00 a.m. Coffee Catch-up in Bistro 9:00 a.m. Hobby Showcase in Lobby 9:30 a.m. Meditation and Relaxation in Fitness Room*** 1:30 p.m. Fall Prevention with Sandy in Theater Room 2:30 p.m. Tai Chi in Fitness Room***	13 8:30 a.m. Breakfast Club at Oscar's in Jefferson City*** 10:00 a.m. Water Aerobics in Pool*** 	
14 2:00 p.m. Music by the Conklin Group in Piano Lounge 3:30 p.m. Afternoon Movie in Theater	15 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room***	16 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 2:00 p.m. Book Club in Magnolia Room: Little Old Lady who Broke All the Rules 4:30 p.m. Movie in Theater Room	17 10:30 a.m. FitCo** 12:30 p.m. Boys and Girls Safe Treat Bag Making in Magnolia Room 2:00 p.m. Shuttle Service to Walmart** 3:30 p.m. MU Health Seminar: Breast Cancer Awareness*** 4:30 p.m. Social Hour in Piano Lounge	18 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Chair Massage with Kelly*** 3:30 p.m. Community Conversation in Lower Level 5:30 p.m. Movie in Theater Room	19 9:00 a.m. Coffee Catch-up in Lower Level with Deb Harmon: Information About Wills and Trusts 9:30 a.m. Meditation and Relaxation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room*** 4:30 p.m. Friday Night Lights in Piano Lounge 6:00 p.m. MU Volleyball**	20 10:00 a.m. Water Aerobics in Pool*** Mizzou Homecoming Watch Party: Time TBA 	
21 3:30 p.m. Afternoon Movie in Theater	22 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** Forum 8 Movie: Time and Movie TBA in Thursday Mailer on the 18th	23 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 4:30 p.m. Movie in Theater Room	24 10:30 a.m. FitCo** 2:00 p.m. Shuttle Service to Walmart** 4:30 p.m. Social Hour in Piano Lounge	25 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room	26 9:00 a.m. Coffee Catch-up in Bistro 9:00 a.m. Hobby Showcase in Lobby 9:30 a.m. Meditation and Relaxation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room*** 4:30 p.m. Dinner Club at Hotel Frederick in Booneville** 7:30 p.m. MU Volleyball**	27	
28 1:00 p.m. MU Volleyball** 3:30 p.m. Afternoon Movie in Theater	29 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room***	30 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. November Sign-up with Concierge Services 10:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 4:30 p.m. Movie in Theater Room	31 10:30 a.m. FitCo** 2:00 p.m. Shuttle Service to Walmart** 4:30 p.m. Monster Mash Party in Lower Level***\$ 	<p>Activity sign up for October will be on Tuesday, September 25 at 9:00 a.m. with Concierge Services. Spots will be filled on a first come, first serve basis.</p>			