

W E L L N E S S C O R N E R

CHOOSING HEALTHY MEALS

Making healthy food choices is a smart thing to do—no matter your age! Your body changes through your 60s, 70s, 80s and beyond. Food provides important nutrients you need. Use these tips to choose foods for better health at each stage of life.

- **Drink plenty of liquids.** With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk, as well as 100 percent juice will help you to stay hydrated. Limit beverages that have a lot of added sugars or salt.
- **Make eating a social event.** Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others.
- **Plan healthy meals.** Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can choose the foods that are beneficial to your health.
- **Vary your vegetables.** Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.
- **Eat for your teeth and gums.** Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables or meats. Do not miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups or canned tuna.
- **Use herbs and spices.** Foods may seem to lose their flavor as your taste buds mature. If your favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.
- **Know how much to eat.** Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.
- **Keep food safe.** Do not take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat or poultry.
- **Read the Nutrition Facts label.** Make the right choices when buying food. Pay attention to important nutrients, as well as calories, fats, sodium and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you should limit or increase.
- **Ask your doctor about vitamins or supplements.** Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. Some can interfere with your medicines or affect your medical conditions.

THE VILLAGE OF
BEDFORD WALKJES **I** PRIME SENIOR LIVING

Easter Brunch Menu

Celebrate Easter with an elegant buffet provided by Peachtree Catering between 11:30 a.m. and 1:30 p.m. Please RSVP with Concierge Services by April 14 with your number of guests and arrival time. Guest meals for Easter Brunch will be \$20 per person.

Mixed Baby Greens with House Made Buttermilk Ranch and Italian Vinaigrette

Local Spinach Salad with Warm Bacon Dressing

Classic Waldorf Salad with Toasted Walnuts

Smoked Salmon Board with all of the Trimmings

Assorted Fresh Baked Quiches

Roasted Fingerling Potatoes with Butter and Fresh Herbs

Crispy Bacon

Sweet Potato Casserole

Grilled Chicken Breast with a Marsala Cream Sauce

Honey Glazed Carved Spiral Ham with Creamy Horseradish

Assorted Fresh Baked Pies, Cakes and Sweets

Coffee, Water, Tea, Mimosas and Bloody Marys

COMMUNITY EVENTS

Book Club. Book Club will begin to incorporate great books with their movie counterparts! The month of April kicks off with the movie *Life of Pi* on Sunday, April 14 at 3:30 p.m. in the Theater Room. Join the discussion (even if you did not get to read the book!) on Monday, April 15 at 3:00 p.m. in the Magnolia Room. If you would like a copy of the book, please see Concierge Services. May Book Club will be exploring *Fountain Head*.

NCAA National Championship Watch Party. Even if your team has blown your bracket, watch as the final teams go head-to-head in the National Championship game. Time and location will be announced in the April 4 Thursday Mailer. Light snacks and non-alcoholic beverages will be provided.

Shred Day at Providence Bank. Spring cleaning may find you with documents that need to be shredded. Shuttle Service will be provided for you to take your documents to Providence Bank. If you are unable to go, it would be our pleasure to take your documents for you. Please place them in a bag and leave with Concierge Services by Monday, April 15.

Unbound Book Festival. Nationally-recognized and bestselling authors will be in attendance for the fourth annual Unbound Book Festival to discuss their work and participate in a variety of events. There will be programs for fiction, nonfiction, poetry and children. The best part is that it is all free! See Concierge Services for more details and transportation availability.

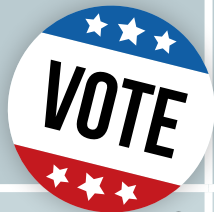

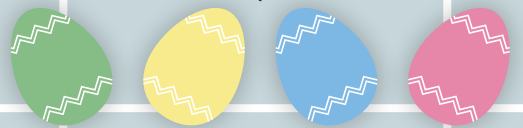
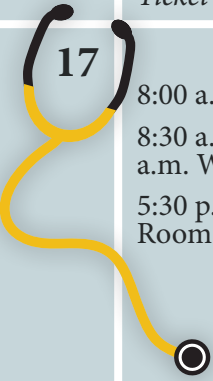


EARN \$1,000 WHEN YOU REFER A NEW RESIDENT!

* See Brittany Lambiris to learn more

Welcome to our New Move Ins!

Maurine and Dick C. | Nancy and Youssef M. | Vicki M.

April 2019 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room***	2 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Shuttle for Voting** 4:30 p.m. Movie in Theater Room 	3 2:00 p.m. Walmart** 10:00 a.m. Shopping Trip to Upscale Resale** 4:30 p.m. Social Hour in Piano Lounge *April Birthday Celebration During Social Hour*	4 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room 5:30 p.m. Dinner Club at D Rowes**	5 9:00 a.m. Coffee Catch-up in Bistro 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room***	
7 3:30 p.m. Afternoon Movie in Theater Room 	8 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** NCAA National Champion Game Watch Party (TBA)	9 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 1:00 p.m. Shopping Trip to Jefferson City and Central Dairy** 4:30 p.m. Movie in Theater Room	10 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge	11 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 10:30 a.m. Meditation in Fitness Room*** 5:30 p.m. Movie in Theater Room St. Louis Cardinals Game (See Concierge Services for Ticket Availability)	12 9:00 a.m. Coffee Catch-up in Bistro 2:30 p.m. Tai Chi in Fitness Room*** 4:00 p.m. Egg Dying Party in Community Kitchen*** 	13 9:00 a.m. Breakfast Club at Hyvee on Nifong** 6:15 p.m. Glenn Miller Orchestra at Missouri Theater**\$
14 3:30 p.m. Afternoon Movie: <i>Life of Pi</i> in Theater Room	15 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 3:00 p.m. Book Club: <i>Life of Pi</i> in Magnolia Room Forum 8 Movie: <i>Time and Movie TBA</i> in Thursday Mailer on April 11	16 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 3:00 p.m. Shred Day at Providence Bank on Forum** 4:30 p.m. Movie in Theater Room	17 10:30 a.m. FitCo** 2:00 p.m. Walmart** 3:30 p.m. MU Health Seminar in Theater Room*** 4:30 p.m. Social Hour in Piano Lounge 	18 8:00 a.m. Men's Breakfast*** 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room	19 9:00 a.m. Coffee Catch-up in Bistro 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room***	20 10:00 a.m. Water Aerobics with Laura in Pool***
21 Easter Buffet at Lunch (RSVP Due by April 14) 3:30 p.m. Afternoon Movie in Theater Room 	22 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room***	23 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 4:30 p.m. Movie in Theater Room	24 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge	25 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 3:30 p.m. Community Meeting with Peachtree in Lower Level 5:30 p.m. Movie in Theater Room	26 9:00 a.m. Coffee Catch-up in Bistro 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room*** 5:00 p.m. Dinner Club at Wine Cellar and Bistro**	27 12:30 p.m. Morels and Microbrews Festival in Fulton, Missouri**\$ 
28 3:00 p.m. Columbia Area Earth Day Festival at Peace Park** 3:30 p.m. Afternoon Movie in Theater Room	29 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room***	30 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 9:00 a.m. May Activity Sign-up at Concierge Desk 4:30 p.m. Movie in Theater Room				

THE VILLAGE OF BEDFORD WALK

Columbia Area Earth Day at Peace Park
 Celebrate Earth Day with music, art and over 200 booths on Sunday, April 28 at 3:00 p.m.

Glenn Miller Orchestra at Missouri Theater
 A \$10 fee includes ticket and transportation to see a great jazz band that has been touring the country since 1956. The Shuttle will depart at 6:15 p.m. for a 7:00 p.m. show.

Egg Dying Party
 Join the fun and learn some new egg coloring techniques! Take them with you to decorate your home or use them in a delicious egg recipe.

MU Health Seminar
 Learn about the proper use of prescription drugs, responses to the opioid crisis and what you should know about opioid dependence.

Morels and Microbrews Festival
 Enjoy an afternoon filled with live music, food and beer. A \$10 fee includes transportation and a beer tasting glass that will allow you to try any beer.

**** Shuttle Service**
 Shuttle Service is provided for this activity. Please see the Concierge Desk to reserve your spot on the shuttle.

***** Limited Availability**
 Sign up at the Concierge Desk prior to the event if you plan to attend.

Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.

All activities involving transportation are subject to cancellation due to weather.