

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

BENEFITS OF READING AS YOU GROW OLDER

Source: *Sunrise Senior Living*

Most of us know physical exercise is good for our health. It helps lower the risk for health problems ranging from cancer to heart disease. Like the body, it is also important to exercise the mind to protect cognitive health.

One way to give your brain a workout is by reading. Spending time reading every day, whether it is books, magazines or the local newspaper, offers a variety of health benefits.

Ways Reading Can Promote Better Aging

- **Protects cognitive health.** People who read every day are constantly learning new things. It might be information about a city or country where the story takes place, or about a career a character in the book is pursuing. That increase in knowledge helps give the brain the workout it needs to stay healthy.
- **Maintains concentration.** Reading also helps seniors maintain or improve their ability to concentrate. In a culture obsessed with multi-tasking, attention spans seem to be decreasing. Getting absorbed in a good book can help you improve your concentration skills.
- **Provides opportunities to connect.** Older adults who enjoy reading might also find it provides an opportunity to connect with and meet new people. Area libraries and bookstores often host book clubs for readers of all ages, and of course, you can get involved in Bedford's monthly book club.



- **Reduces stress.** Another health benefit of reading that is not as obvious is stress reduction. The newest thriller by your favorite author or an interesting article in a magazine dedicated to one of your hobbies can help you forget about your troubles for a while. This is important because stress is linked to negative behaviors like overeating, smoking and excessive drinking.
- **Improves memory.** Once you retire and leave the working world behind, it can be easy to slip into a routine that includes watching television for long periods of time and engaging in too many passive activities. Reading requires you to focus and remember the details of the story. That recall helps maintain or improve memory.

THE VILLAGE OF
BEDFORD WALK

JES I PRIME SENIOR LIVING



Father's Day Brunch

Please RSVP to Concierge Services by June 7 if you plan on attending or bringing guests. Two seating times will be available, one at 11:00 a.m. and one at 12:30 p.m. Guest pricing will be \$20 for ages 12 and up, \$10 for ages 6 to 11 and free for children under 5.

Mixed Baby Greens Salad with House-Made Buttermilk Ranch or Italian Vinaigrette

Three Creeks Farm Baby Gem Salad with Bacon Vinaigrette

Creamy Broccoli Salad

Antipasto Platter with Assorted Artisan Cheeses, Cured Meats, Dried Fruits, Nuts, Dark Chocolate, Jams, Mustards and Breads

Assorted Spring-Flavored Deviled Eggs

Country Beans with Smoked Turkey Leg and Ham Hock

Creamy Parmesan and Spring Pea Risotto

Roasted Garlic Fingerling Potatoes

Smoked and Grilled Chicken Thighs

Carved Smoked Brisket with St. Louis-Style Barbeque Sauce and Honey Mustard

Dessert Display of Fresh Baked Pies, Cakes and Sweets

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

** See Brittany Lambiris to learn more*



Happy Birthday!

Jim C.	June 1
Bev S.	June 8
Donna H.	June 16
Ginger G.	June 26

Happy Birthday to you!

FEATURED EVENTS

Anniversary Celebration | June 8
Happy third anniversary to The Village of Bedford Walk! Please help us celebrate from 3:00 p.m. to 5:00 p.m. with an ice cream social. RSVP by June 1 with Concierge Service. Family and friends are welcome!

Cruise Ship Week | July 15 to 19
Save the Date! Spend five days in a different port right here at The Village of Bedford Walk. Ports, activities, sign-ups and special menus will be announced on July 10. You do not want to miss all of the fun and surprises the "crew" has in store!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THE VILLAGE OF
BEDFORD WALK

June 2019 Calendar

							1
2 3:30 p.m. Afternoon Movie in Theater Room	3 9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room*** 2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room*** 4:00 p.m. Walking Group to Shelter Gardens**	4 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 4:30 p.m. Dinner Club at Flat Branch**	5 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge *June Birthday Celebration*	6 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	7 9:00 a.m. Coffee Catch-up with Osteostrong in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room***	8 3:00 p.m. to 5:00 p.m. Ice Cream Social Anniversary Party (RSVP by June 1.)	
9 3:30 p.m. Afternoon Movie in Theater Room  	10 9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room*** 2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room*** 4:00 p.m. Walking Group to Trail** Evening Movie at Forum 8 (Movie and Time TBA in Thursday Mailer on June 6)	11 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 6:30 p.m. Visit Osteostrong**	12 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge	13 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	14 9:00 a.m. Coffee Catch-up with Laura in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30 a.m. Meditation in Fitness Room*** 2:00 p.m. Midway Antique Mall** 2:30 p.m. Tai Chi in Fitness Room***	15  Happy Anniversary!	
16  Happy Father's Day! (Enjoy a buffet during lunch service. RSVP by June 7.) 3:30 p.m. Afternoon Movie in Theater Room	17 9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room*** 2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room*** 4:00 p.m. Walking Group to Shelter Gardens** 5:30 p.m. The Price is Right in Lower Level 	18 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Book Club in Magnolia Room (Help select the next round of books.) 4:30 p.m. Movie in Theater Room	19 10:30 a.m. FitCo** 2:00 p.m. Walmart** 3:30 p.m. MU Health Seminar*** 4:30 p.m. Social Hour in Piano Lounge	20 8:00 a.m. Men's Breakfast in Magnolia Room*** 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 11:00 a.m. MU Health Luncheon: Hip and Knee Pain at Country Club of Missouri** 3:30 p.m. Community Conversation in Lower Level 5:30 p.m. Movie in Theater Room	21 9:00 a.m. Coffee Catch-up in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room*** 4:30 p.m. Music Performance by Banastre in Lower Level 	22 11:00 a.m. Lunch at The Station House**\$ 	
23 3:30 p.m. Afternoon Movie in Theater Room	24 9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room*** 1:00 p.m. Tiger Tour**\$ 2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***	25 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 9:00 a.m. July Activity Sign-up with Concierge Services 4:30 p.m. Movie in Theater Room	26 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge	27 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	28 9:00 a.m. Coffee Catch-up in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room*** 4:45 p.m. Dinner Club at Las Margaritas**	29	
30 3:30 p.m. Afternoon Movie in Theater Room							

Coffee Catch Up with Osteostrong
Learn more about an exciting system for developing your skeletal strength. Sign up to go to their new location on June 11.

MU Health Luncheon
Enjoy a catered lunch from the Country Club of Missouri while Orthopedic Surgeon James Keeney, M.D., discusses non-operative treatments and when surgery is needed for hip and knee pain. No additional fee and transportation is provided. See insert for more details.

The Station House for Lunch
Enjoy a scenic trip out to an open-air restaurant. A \$10 fee will include your choice of entrée from the menu, a nonalcoholic drink and transportation. *If the weather does not cooperate, we will reschedule for the next weekend.*

Price is Right
Come on down! You are the next contestant on the Price is Right! Try your hand at guessing the price of randomly selected items. Closest guess will win the prize!

Tiger Tour
Jump on the shuttle and enjoy the history of Columbia, Missouri, narrated by Cindy Mustard and Jolene Schulz. This tour is famous around Columbia! A \$10 fee applies at sign up and includes the tour.

**** 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.