

WELLNESS CORNER

Seniors In the Summer



TIPS TO PREVENT HEAT RELATED ILLNESSES FOR SENIORS

Stay Hydrated!

Don't wait until you're thirsty. Drink a lot of fluids during the day especially water, regardless of how active you are. Avoid alcohol and sugary drinks.



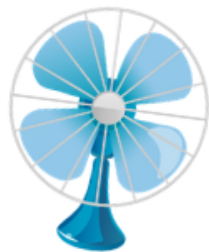
Wear Appropriate Clothing.

Clothing should be lightweight, light-colored, and loose fitting. Don't forget your sunscreen!



Stay Cool!

Stay in an air conditioned area as much as possible. Schedule outdoor activities carefully. Try planning your outdoor activities for the coolest parts of the day.



COMMUNITY EVENTS



Great Circle School Supply Drive

Donated supplies will go to students in the educational programs at Great Circle Academy. At Great Circle Academy, children who feel out of place in other schools are welcomed and made to feel at home. Diversity is celebrated, from ethnic to behavioral, with a warm smile and open arms.

Academically, the highly trained and experienced teachers, therapists and staff work collaboratively to ensure support and success for youth ages 5-21 with significant emotional and behavioral challenges, communication disorders, cognitive delays or an autism spectrum disorder diagnosis. Great Circle is a school for any student who struggles greatly in other educational settings because of factors beyond their control.

Pot Luck Party with Keeping Good Company



Sign up or donate money for a Pot Luck Party with Keeping Good Company, who will be providing dessert and raffle items. Keeping Good Company will be available to answer questions about services they provide such as: housekeeping, errands and transportation, light personal care or medication reminders.



Music at The Village of Bedford Walk

Enjoy the Spirited Singers on Monday August, 5 at 2:00p.m. and Country Music during Social Hour on Wednesday, August 14. Performances will be located in the Piano Lounge and do not require sign up.

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



From the Desk of...



Mason Neff

MARKETING SPECIALIST

My name is Mason Neff, and you may have been seeing me walking around and visiting with many of you. My first day was July 8, and I have been welcomed by so many of you. I really appreciate the warm reception and I cannot wait until I meet everyone!

I am from Columbia, and I am married to my beautiful wife Amanda of seven years and have 2 beautiful daughters. Leah is 11 and loves soccer and playing violin, and Nora is 18 months and is a feisty toddler! I love them so much! We also have 2 cats at home: a one-eyed cat named Skittles, and a rescue named Peanut.

I went to high school at Hickman here in Columbia, and I'm still a proud Kewpie! I also went to Mizzou and Columbia College. In my professional career I spent time in Radio and TV for the last 19 years as a Radio DJ, talk show host and an advertising sales rep and manager. I am involved in the Chamber Ambassadors and I am a big supporter of blood donation with the American Red Cross. I look forward to working with and getting to know everyone.

In my free time I enjoy cooking, playing guitar, video and board games and playing with the kids.

Happy Birthday!

- | | |
|-----------|-----------|
| Diane N. | August 2 |
| Regina D. | August 23 |
| Jerry G. | August 23 |



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

* See Concierge Services to learn more

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THE VILLAGE OF BEDFORD WALK

August 2019 Calendar

1
8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
5:30 p.m. Movie in Theater Room



2
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***
11:30 a.m. - 1:30 p.m. **National Water Balloon Day:** Enjoy a special activity during lunch!
2:30 p.m. Tai Chi in Fitness Room***



SCHOOL SUPPLY DRIVE

3

SCHOOL SUPPLY DRIVE

No Yoga on Friday, August 16 or Monday, August 19

Jeopardy

Test your knowledge and play Jeopardy with Will, a Rock Bridge High School Senior who is excited to get to know the residents!

Wenwood Winery Farm to Table Dinner

RSVPs were due on July 1 but check with Concierge for available tickets. Departure for event will be 4:00p.m. with dinner and music from 6:00p.m. – 8:00p.m.

Ask A Nurse Program

Join Beth Ann from BrightStar every third Tuesday of the month to ask medical questions in the Magnolia Room.

National College Colors Day

Proudly wear your college colors on Friday, August 30, and have your picture taken for our social media accounts.

** 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.

4

3:30 p.m. Afternoon Movie in Theater Room

5

9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***
2:00 p.m. Spirited Singers in Piano Lounge
2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***
4:30 p.m. Jeopardy with Will in Wisteria Room

6

8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
4:30 p.m. Movie in Theater Room
5:30 p.m. Dinner Club at Barred Owl**

7

10:30 a.m. FitCo**
2:00 p.m. Walmart**
4:30 p.m. Social Hour in Piano Lounge

August Birthday Celebration

8

8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***
Make Scents Party
5:30 p.m. Movie in Theater Room

9

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***

10

Wenwood Winery Farm to Table Dinner – See Concierge for extra Tickets

11

3:30 p.m. Afternoon movie in Theater Room

12

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***

13

8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
4:30 p.m. Movie in Theater Room

14

10:30 a.m. FitCo**
2:00 p.m. Walmart**
4:30 p.m. Social Hour in Piano Lounge
Country Music provided during Social Hour

15

8:00 a.m. Men’s Breakfast in Magnolia Room***
8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
5:30 p.m. Movie in Theater Room

16

9:00 a.m. Coffee Catch Up in Bistro
No Yoga Today
11:00 a.m. – 1:30 p.m. OSHER Early Registration in Wisteria Room
2:30 p.m. Tai Chi in Fitness Room***

17

9:00 a.m. Breakfast Club: Truman’s**

18

3:30 p.m. Afternoon movie in Theater Room

19

No Yoga Today
2:00 p.m. and 2:45p.m. Fitness with Kelly in Fitness Room***
4:30 p.m. Movie Night in Theater Room
Forum 8 Movie: *Where'd You Go, Bernadette*

20

8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
12:30 p.m. – 2:30 p.m. Ask a Nurse Program in Magnolia Room
5:00 p.m. Pot Luck Party with Keeping Good Company***

21

National Senior Citizen Day!
10:30 a.m. FitCo**
2:00 p.m. Walmart**
3:30 p.m. MU Health Seminar: *Keeping Arteries Healthy* in Theater Room
4:30 p.m. Social Hour in Piano Lounge

22

8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
5:30 p.m. Movie in Theater Room

23

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***
5:00 p.m. Dinner Club: Glenn’s Cafe**

24



30

National College Colors Day
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***

25

3:30 p.m. Afternoon movie in Theater Room

26

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***

27

8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
9:00 a.m. September Activity Sign-Up at Concierge Desk
4:30 p.m. Movie in Theater Room

28

10:30 a.m. FitCo**
2:00 p.m. Walmart**
3:30 p.m. Big Cedar Trip Discussion in Theater Room
4:30 p.m. Social Hour in Piano Lounge

29

8:30 a.m., 9:15 a.m. 10:00 a.m. Water Aerobics in Pool***
5:30 p.m. Movie in Theater Room

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