

WELLNESS CORNER

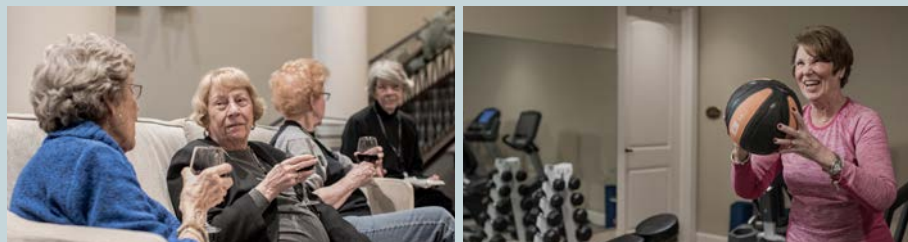
WAYS TO KEEP YOUR BRAIN SHARP AS YOU AGE

Many fear a decline in thinking skills and memory as they age. However, there are steps you can take to help keep your brain sharp.

Just like the rest of the body, the brain changes as you age. For example, blood flow may decrease, the brain can shrink and there may be less communication between nerve cells. This can cause even healthy adults to sometimes forget a word or a name, and it can make multitasking harder. But the good news is that research shows the brain remains “plastic” as you age, meaning that it is still “able to adapt to new challenges and tasks,” according to the National Institute on Aging.

To help keep your brain in top shape, consider adding these easy tips into your daily life.

- **Learn Something New.** Challenge yourself with mental exercises to activate processes that help to maintain individual brain cells and stimulate the connections between them. Pursuing a hobby or new skill can help keep you mentally active. Try reading, joining a book club, playing chess, doing a crossword puzzle, trying an art project or gardening. Make lifelong learning a priority!
- **Move It or Lose It.** Exercise can help to stimulate the growth of new cell connections, which are vital for keeping your mind and memory sharp. Increasing brain plasticity ensures that it continues to work correctly and fight off issues related to dwindling memory.
- **Stay Social.** Social interaction is key to cognitive function. Recently, there has been accumulating evidence that socializing is good for your brain health. People who connect with others generally perform better on tests of memory and other cognitive skills. Those with active social lives are less likely to develop dementia, compared to those who are more socially isolated.
- **Wine and Dine.** Drinking a glass of red wine a day, like Merlot, can protect your neurons from damage. William J. Tippet, Director of the University of Northern British Columbia’s Brain Unit says that Merlot is high in the antioxidant resveratrol, which protects your neurons.



COMMUNITY EVENTS



Learning Opportunities This Month

In the month of August, there are several opportunities to learn about topics ranging from local performances to health. See your Activity Calendar for times and locations.

August 7 | Outsmart the Scammers

Tips to spot scams and what you can do if you become a victim of a scam.

August 8 | Learn About the Lyceum

Learn about the Lyceum Theatre and upcoming shows.

August 15 | MU Health Seminar

Find out what you need to know about bladder, kidney and prostate cancer.

August 17 | MU Health Sensor Focus Group

Enjoy information regarding a motion sensor study being done right here at The Village of Bedford Walk.

Happy Birthday!

Diane N.	August 2
Garth R.	August 4
Harvey S.	August 19
Diane S.	August 23
Jane T.	August 23

Happy Birthday to you!

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



COMMUNITY REMINDERS

Community Conversations

Join Jamie and other team members for a conversation regarding your community, events and updates. This is a great time to ask questions and give feedback about your community. Attendance is highly recommend so residents receive the most updated information.

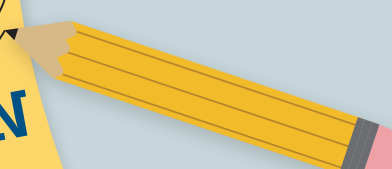
Transportation Notice

Please make requests for personal transportation with a minimum of 24-hours notice. Shuttle transportation requires a minimum of 48-hours notice. To schedule transportation, please see Concierge Services.

New Move Ins!

Delbert A.
Harvey S.
Diane S.
Jane T.

Back-to-School DONATION DRIVE



AUGUST 6 to AUGUST 9

It is August, which means the kids will all be heading back to school soon! We are partnering with Great Circle to do a back-to-school donation drive for children in sixth grade through ninth grade.

Great Circle strives to serve those in the community whose circumstances are beyond their control. They aim to equip and empower those in the community with the necessary tools to get back on their feet. Help us as we support Great Circle in their mission to champion change and create growth within our community!

Please see insert for items needed. You can drop off your donations during lunch hours from August 6 through 9 in the Wisteria Room.

August 2018 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>Activity sign up for August will be on Monday, July 30 at 9:00 a.m.</p>					
						
5	6	7	8	9	10	11
3:30 p.m. Afternoon Movie in Theater Room	10:00 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 4:30 p.m. Dinner Club at Fuzzy's Taco** Great Circle Back to School Drive During Lunch Service	9:00 a.m. Walking Group** 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Shuttle Service to Walmart for Back-to-School Drive 3:00 p.m. Water Aerobics in Pool*** 4:30 p.m. Outsmart the Scammer in Theater Room*** 5:30 p.m. Movie Night in Theater Room Great Circle Back to School Drive During Lunch Service	10:30 a.m. Fitness Company** 2:00 p.m. Schnuck's** 4:00 p.m. Learn about the Lyceum in Theater Room 4:30 p.m. Social Hour in Piano Lounge Great Circle Back to School Drive During Lunch Service	10:00 a.m. Water Aerobics in Pool*** 3:00 p.m. Water Aerobics in Pool*** 5:30 p.m. Movie Night in Theater Room Great Circle Back to School Drive During Lunch Service	9:00 a.m. Coffee Catch-up in Bistro with Brittany 9:30 a.m. Meditation and Relaxation in Fitness Room*** 2:30 p.m. Tai Chi in Fitness Room***	
12	13	14	15	16	17	18
3:30 p.m. Afternoon Movie in Theater Room	10:00 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 3:00 p.m. Massage 101 with Kelly in Fitness Room	9:00 a.m. Walking Group** 10:00 a.m. Water Aerobics in Pool*** 1:00 p.m. Bedford Babe: Jewelry Making with Judi** 2:00 p.m. Trip to Midway Antique Mall** 3:00 p.m. Water Aerobics in Pool*** 4:30 p.m. Movie Night in Theater Room	10:30 a.m. Fitness Company** 2:00 p.m. Walmart** 3:30 p.m. MU Health Seminar in Theater Room: Bladder and Kidney Cancer Information*** 4:30 p.m. Social Hour in Piano Lounge	8:00 a.m. Men's Breakfast in Wisteria Room *** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 3:30 p.m. Community Conversation in Wisteria Room 5:30 p.m. Movie Night in Theater Room	9:00 a.m. Coffee Catch-up in Bistro Jamie 9:30 a.m. Meditation and Relaxation in Fitness Room*** 1:00 p.m. MU Health Sensor Focus Group in Magnolia Room 2:30 p.m. Tai Chi in Fitness Room***	4:30 p.m. Moberly Wine Stroll**\$ 
19	20	21	22	23	24	25
3:30 p.m. Afternoon Movie in Theater Room	10:00 a.m. Yoga in Fitness Room*** Afternoon at Forum 8*** (Time and Movie TBA in Thursday Mailer on August 16) 2:00 p.m. Fitness with Kelly in Fitness Room*** 	9:00 a.m. Walking Group** 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Book Club in Magnolia Room 3:00 p.m. Water Aerobics in Pool*** 4:30 p.m. Movie Night in Theater Room	10:30 a.m. Fitness Company** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge	9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 4:00 p.m. Comedy Show in Piano Lounge 5:30 p.m. Movie Night in Theater Room	9:00 a.m. Coffee Catch-up in Bistro with Rick 10:45 a.m. Barbara S. Lake Trip**\$ 2:30 p.m. Tai Chi in Fitness Room***	
26	27	28	29	30	31	
3:30 p.m. Afternoon Movie in Theater Room	10:00 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 4:30 p.m. Game Night: Pictionary in Wisteria Room	9:00 a.m. Walking Group** 10:00 a.m. Water Aerobics in Pool*** 3:00 p.m. Water Aerobics in Pool*** 4:30 p.m. Movie Night in Theater Room	10:30 a.m. Fitness Company** 9:00 a.m. New Theater Trip for Mama Mia! 4:30 p.m. Social Hour in Piano Lounge	10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Hy-Vee** 3:00 p.m. Water Aerobics in Pool*** 5:30 p.m. Movie Night in Theater Room	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*** 5:30 p.m. Dinner Club at 1851 Taphouse in Fulton**	

THE VILLAGE OF BEDFORD WALK

Comedy Show
Join Jeffrey Love for his "Laughter IS the Best Medicine" in the Piano Lounge

Greater Circle Back-to-School Drive
Drop off school supplies between August 6 and August 9 in Wisteria Room. See supply insert for desired donations..

New Theater Trip
Tickets were purchased in April. Please see Concierge Service for extra tickets.

Barbara S. Lake House
Enjoy a narrative cruise of the Lake of the Ozarks and then Social Hour at Barbara S.'s lake condo. \$25 price includes transportation, cruise and Social Hour. Box lunches will be provided on the shuttle. If you were able to go last year, please put your name on the waitlist and allow newer residents to enjoy the trip.

Moberly Wine Stroll
All are welcome to participate! \$20 fee includes tasting of 20 different wines, meal, music and transportation. All proceeds for silent auction and ticket sales benefit Safe Passage: A Domestic Violence and Crisis Intervention Center.

**** 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.

To avoid activity fees, please sign up or cancel activities with asterisks in appropriate amount of time with Concierge Services.