

WELLNESS CORNER

It is that time of year again: the holidays are over and the next few months seem to offer nothing to look forward to. It is no wonder why people suffer symptoms similar to those of depression, such as sadness, fatigue and irritability during these long winter months. If you do not have the luxury of escaping to a warm tropical island, there are other ways to beat the winter blues.

- **Socialize.** Instead of isolating yourself, try spending time with family and friends to lighten your mood. Try joining a weekly art class or volunteering for a local organization. You can even invite your friends over for regular game nights or TV nights if you do not want to go out.
- **Eat well.** When you are feeling down, it is natural to want to turn to comfort foods that are loaded with fats and sugars, which can cause weight gain. Stick to healthier foods that will keep your energy levels up, such as fruits and vegetables, whole grains and foods packed with protein. This will keep you healthy while giving you the energy to stay active and social.
- **Keep a regular sleep schedule.** Research has shown that lack of sleep may lead to anxiety, mood disorders and depression. To keep a regular sleep-wake cycle, go to sleep and wake up at the same time every day, even on weekends. It is important to avoid naps throughout the day, as they can throw off your sleep schedule. To help get you energized and ready for the day, try sleeping with the blinds open so you are exposed to sunlight as soon as you wake up.
- **Take vitamin D.** Our vitamin D levels naturally drop in the winter when we are less exposed to sunlight, and many studies have suggested a link between vitamin D deficiency and poor mood. Supplementing vitamin D during the winter months may boost your mood and will give you several other benefits you may be missing out on, such as enhanced calcium absorption and stronger bone health. Be sure to speak to your doctor before starting any supplements.
- **Exercise.** It is tempting to spend your winter evenings hibernating instead of being active, but remember that exercise is known to increase your levels of serotonin and endorphins. You do not even have to brave the cold! Join a gym class, walk on the treadmill while watching TV or try out a new, lively game on a Wii.



If these tips do not help lift your mood, make sure you speak with your doctor. You should also see your doctor if you experience feelings of hopelessness and helplessness, if you lose interest in things that you normally find enjoyable, if you have difficulty concentrating, have trouble sleeping or if you experience any changes in weight.

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

* See Brittany Lambiris to learn more

Happy Birthday!

- | | |
|------------|------------|
| Marcie B. | January 8 |
| Charles T. | January 9 |
| Bob R. | January 11 |
| Mary T. | January 17 |

Happy Birthday to you!



THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



COMMUNITY EVENTS

Bowling at Lazer Lanes

Grab your friends and try your luck on the lanes! \$5.00 fee includes lane, ball, shoe rental and light refreshments.

Murder Mystery Dinner

Enjoy an evening at the Victorian Country Inn in Hallsville for a Murder Mystery Dinner. \$20.00 fee includes a three-course dinner at 7:00 p.m., beverages, transportation and a mystery to solve!

Please note there is a step when entering the establishment. Details on dress will be announced once sign-up is complete. The number of guests attending will determine the storyline.

CoMo Axe Throwing

Learn how to throw an axe in a safe environment by a certified expert. No previous experience is necessary! \$5.00 fee includes all materials needed and transportation.

Breakout CoMo

Find the clues and break out of the Mark Twain-based room in record time! Winners will receive bragging rights. \$5.00 fee includes admission to room and transportation.

New Year's Day CONCIERGE HOURS

10:00 a.m. to 2:00 p.m.

Locker Special

Rent a small locker for six months and receive one month free! Begin the new year by organizing your home and storing items in a secure, dry, temperature-controlled environment. Need help with storing or retrieving items from your locker? Allow Concierge Services to assist you!

\$390.00 | Seven Month Rental

Must rent by February 1 to receive the special. First time renters only.

Transportation

Please note that beginning in January, scheduled transportation hours will be Monday through Friday from 8:30 a.m. to 5:00 p.m., with 24-hour notice for Cadillac Service and 48-hour notice for Shuttle Service. A service fee will be applied for after-hour and weekend requests.

\$25.00 | Cadillac Service Roundtrip (within city limits)

\$75.00 | Shuttle Service Roundtrip (within city limits)

Fees may be split among participating parties. Thank you for your understanding and patience as our community grows.

COMMUNITY UPDATES

January 2019 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	THE VILLAGE OF BEDFORD WALK
<p>Activity sign up for January will be on Wednesday, December 26.</p> 		<p>1</p> <p><i>Happy New Year!</i> Concierge Hours: 10:00 a.m. to 2:00 p.m.</p> 	<p>2</p> <p>10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge *January Birthday Celebration During Social Hour*</p> 	<p>3</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room</p>	<p>4</p> <p>9:00 a.m. Coffee Catch-up in Bistro with Laura 9:00 a.m. Introduction to Yoga in Fitness Room*** 10:30 a.m. Meditation in Fitness Room***</p>	<p>5</p> <p>10:00 a.m. Water Aerobics with Laura in Pool***</p>	<p>Book Club on the Move All are welcome to join the reboot of Book Club! Bring one or two of your favorite books to talk about at a local coffeehouse. Next month's book will be selected based on this discussion.</p> <p>Upscale Resale Spend the afternoon shopping at a local favorite.</p> <p>CoMo Axe Throwing Learn how to throw an axe in a safe environment from a certified axe thrower. \$5.00 fee applies and includes admission, snacks, beverages and transportation.</p> <p>Jewelry Making with Judi Sign up and learn how to make precious jewelry with our very own Judi! No previous skills are required!</p> <p>Odyssey Music Enjoy the lovely sounds of a flutist in the Piano Lounge.</p> <hr/> <p>** Shuttle Service Shuttle Service is provided for this activity. Please see the 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> <p><small>Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.</small></p> <p><small>All activities involving transportation are subject to cancellation due to weather.</small></p>
<p>6</p> <p>3:30 p.m. Afternoon Movie in Theater</p>	<p>7</p> <p>10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 4:00 p.m. Bowling at Lazer Lanes*** (\$5.00)</p> 	<p>8</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 4:30 p.m. Movie in Theater Room</p>	<p>9</p> <p>10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge</p>	<p>10</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 1:00 p.m. Midway Antique Mall** 5:30 p.m. Movie in Theater Room</p>	<p>11</p> <p>9:00 a.m. Coffee Catch-up in Bistro with Laura</p>	<p>12</p> <p>6:00 p.m. Murder Mystery Dinner*** (\$20.00)</p> 	
<p>13</p> <p>3:30 p.m. Afternoon Movie in Theater</p>	<p>14</p> <p>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 Booches***</p>	<p>15</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Book Club on the Move** 4:30 p.m. Movie in Theater Room</p>	<p>16</p> <p>10:30 a.m. FitCo** 2:00 p.m. Walmart** 3:30 p.m. MU Health: Vascular Surgeon Dr. Sanford*** 4:30 p.m. Social Hour in Piano Lounge 6:00 p.m. Breakout CoMo** (\$5.00)</p>	<p>17</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 1:00 p.m. Upscale Resale** 5:30 p.m. Movie in Theater Room</p>	<p>18</p> <p>9:00 a.m. Coffee Catch-up in Bistro with Laura 10:30 a.m. Meditation in Fitness Room***</p>	<p>19</p> <p>9:00 a.m. Breakfast Club at Cracker Barrel***</p>	
<p>20</p> <p>3:30 p.m. Afternoon Movie in Theater 6:15 p.m. St. Louis Symphony at Missouri Theater***\$ (See Concierge Services for extra tickets)</p>	<p>21</p> <p>Martin Luther King, Jr. Day 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 January 17</p>	<p>22</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 4:30 p.m. Movie in Theater Room 5:30 p.m. CoMo Axe Throwing** (\$5.00)</p> 	<p>23</p> <p>10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge</p>	<p>24</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room</p>	<p>25</p> <p>9:00 a.m. Coffee Catch-up in Bistro with Laura 10:30 a.m. Meditation in Fitness Room*** 5:30 p.m. Dinner Club at Park***</p>	<p>26</p> <p>10:00 a.m. Water Aerobics with Laura in Pool***</p>	
<p>27</p> <p>3:30 p.m. Afternoon Movie in Theater</p>	<p>28</p> <p>10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 4:00 p.m. Jewelry Making with Judi</p> 	<p>29</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 4:30 p.m. Movie in Theater Room</p>	<p>30</p> <p>10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge</p>	<p>31</p> <p>8:30 a.m. Water Aerobics in Pool*** 9:15 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:00 p.m. Odyssey Music Flutist in Piano Lounge 6:00 p.m. Movie in Theater Room</p>			