

WELLNESS CORNER



Senior health experts say that a sedentary lifestyle can rob seniors of much of their health and enjoyment of life. Still, many older adults might be concerned about the safety of activities like bicycling, jogging, swimming, dancing or tennis. The following health tips from Nutrition & Fitness Expert Ewing Garber can help ease those concerns:

- **Pay attention to your body.** "Exercise at a level where you feel like you're working a bit, but it shouldn't feel extremely hard," Ewing Garber says.
- **Pay attention to your surroundings.** "The hard part as people are getting older is they don't notice that they don't see as well, react as quickly or have the same balance," says Ewing Garber.
- **Watch out for the weather.** Seniors can be more vulnerable than others to extreme cold or heat. Be sure to dress appropriately and move inside to exercise when the weather is not cooperating.
- **Use the proper equipment.** Wear a helmet when bicycling and comfortable shoes when running, for example. The right equipment can keep you safe and prevent injury.
- **Warm up and cool down.** It is important that seniors warm up to help prepare the body for the workout to come, and they should also bring down their heart rate during a cool-down phase at the end of an exercise session.
- **Drink plenty of fluids.** Do not forget your fluids—even when you may not feel thirsty. Staying hydrated is always important, but especially on hot days.
- **Be prepared to change activities if you need to.** Runners may develop knee problems and have to switch to another sport, warns Ewing Garber, acknowledging "that can be pretty traumatic for some people." But if you can find something else you like quickly, you will not lose your fitness level.

Happy Birthday!

Delbert A. February 8
 Donna M. February 14
 Connie M. February 17

Happy Birthday to you!

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

* See Brittany Lambiris to learn more

THE VILLAGE OF BEDFORD WALK

JES **II** PRIME SENIOR LIVING



COMMUNITY EVENTS

Super Bowl Potluck Party | Sunday, February 3

Bring your favorite dish to share and root for your pick for the Super Bowl winner. The Village of Bedford Walk will be serving beverages and pulled pork sliders. If you prefer to donate money instead of bringing a dish, we will be more than happy to do the shopping for you! Please RSVP by January 28 with Concierge Services if you would like to attend.

Boys & Girls Club Chili Cookoff | Saturday, February 16

The Village of Bedford Walk is proud to announce a partnership with JES Holdings for the 2019 Boys & Girls Club Chili Cookoff! Stay tuned for more details regarding booth theme, special events and work days! Complimentary tickets will be available for anyone interested in attending with Shuttle Service running back and forth from 2:00 p.m. to 4:00 p.m. that day. You do not want to miss out on this fun event!

Oscar Party | Sunday, February 24

Enjoy an evening with the stars! There will be a \$5.00 fee at the time of sign up, which will include food, beverages and entertaining games during the broadcast! Please RSVP by February 14 if you would like to attend.

Back to Basics Cooking Class | Monday, February 25

Learn how to make fun, easy and fast meals! This class can accommodate any dietary needs or meal plans and will count for your Stay Fit Challenge.

Stay Fit Challenge. It is not too late to start! This challenge is not just about losing weight, but about total body wellness. This includes environmental, emotional, intellectual, physical, spiritual and social wellness (that means you can earn points for going to Social Hour!). Booklets are available with Concierge Services to provide further details and help you on this journey. Join Beth Ann from BrightStar every Friday at 10:00 a.m. or 12:30 p.m. in the Magnolia Room for more information, motivation and points!


Super Bowl Squares. Try your luck and select a square to win big money during the game! Pick any square and place your name on it. Each square costs \$1.00 (paid to Concierge Services). Before the game, numbers will be pulled at random for the columns and rows. A winner will be determined after each quarter of the game based on the last number in each team's score. Those numbers will be matched on the grid to see which square intersects those two numbers. The best part about this game is that no knowledge of football is required to win! The board will be available on January 30 at Concierge Services.

Welcome to our New Move Ins!

Josephine E.

Sam & Sue A.

February 2019 Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | THE VILLAGE OF BEDFORD WALK |
|--|--|--|---|---|--|--|---|
| | | | | | <p>1 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*** 10:00 a.m. and 12:30 p.m. Stay Fit Challenge Check-in Meeting in Magnolia Room 2:00 p.m. Tai Chi in Fitness Room***</p> | <p>2 10:00 a.m. Water Aerobics with Laura in Pool***</p> | <p>February Birthday Social Hour Celebrate your fellow residents with February birthdays during social hour with a fantastic cake made by Joy.</p> <p>"Let it Go" Conversation Learn tips and tricks on how to better organize your home. This is worth one point for your Stay Fit Challenge!</p> <p>Queen of Hearts Breakfast All of the lovely ladies of Bedford are welcome to an early breakfast prepared by Rick! Sign up is required to ensure sufficient food preparation.</p> <p>King of Hearts Breakfast Calling all Kings of Bedford! Please join Rick for a special Men's Breakfast.</p> <p>Sweetheart Social Enjoy a special Social Hour filled with extra treats and love!</p> <p>Book Club on the Move Love to read and want to share your favorite books? Jump on the Shuttle to participate in a book conversation! Coffee and snacks will be provided at It's A Grind.</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><i>Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.</i></p> <p><i>All activities involving transportation are subject to cancelation due to weather.</i></p> |
| <p>3  3:30 p.m. Afternoon Movie in Theater 5:30 p.m. Super Bowl Potluck Party in Lower Level***</p> | <p>4 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 4:30 p.m. Dinner Club to Flat Branch**</p> | <p>5 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 1:00 p.m. HomeGoods and TJ Maxx in Jefferson City** 4:30 p.m. Movie in Theater Room</p> | <p>6 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge *February Birthday Celebration*</p> | <p>7 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 11:00 a.m. "Let it Go" Conversation in Magnolia Room 5:30 p.m. Movie in Theater Room</p> | <p>8 9:00 a.m. Coffee Catch-up in Bistro with Laura 10:30 a.m. Meditation in Fitness Room*** 10:00 a.m. and 12:30 p.m. Stay Fit Challenge Check-in Meeting in Magnolia Room 2:00 p.m. Tai Chi in Fitness Room***</p> | <p>9 </p> | |
| <p>10 3:30 p.m. Afternoon Movie in Theater</p> | <p>11 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room***</p> | <p>12 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</p> | <p>13 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Sweetheart Social Hour in Piano Lounge</p> | <p>14 Happy Valentine's Day! 8:00 a.m. Queen of Hearts Breakfast in Wisteria Room*** 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</p> | <p>15 9:00 a.m. Coffee Catch-up in Bistro with Laura 10:30 a.m. Meditation in Fitness Room*** 10:00 a.m. and 12:30 p.m. Stay Fit Challenge Check-in Meeting in Magnolia Room 2:00 p.m. Tai Chi in Fitness Room***</p> | <p>16 9:00 a.m. Breakfast Club at JJ's Café*** 2:00 p.m. to 4:00 p.m. Boys & Girls Club Chili Cookoff at Holiday Expo Center**</p> | |
| <p>17 3:30 p.m. Afternoon Movie in Theater</p> | <p>18 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 February 14</p> | <p>19 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Book Club on the Move at It's A Grind** 4:30 p.m. Movie in Theater Room</p> | <p>20 10:30 a.m. FitCo** 2:00 p.m. Walmart** 3:30 p.m. MU Health Seminar: Thoracic Surgeon in Theater Room*** 4:30 p.m. Social Hour in Piano Lounge</p> | <p>21 8:00 a.m. King of Hearts Breakfast in Wisteria Room*** 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</p> | <p>22 9:00 a.m. Coffee Catch-up in Bistro with Laura 10:30 a.m. Meditation in Fitness Room*** 10:00 a.m. and 12:30 p.m. Stay Fit Challenge Check-in Meeting in Magnolia Room 2:00 p.m. Tai Chi in Fitness Room*** 5:30 p.m. Dinner Club at HuHot**</p> | <p>23 10:00 a.m. Water Aerobics with Laura in Pool*** 2:00 p.m. Country Music Performance in Piano Lounge</p> | |
| <p>24  3:30 p.m. Afternoon Movie in Theater 6:30 p.m. Oscar Party in Wisteria Room*** (\$5.00)</p> | <p>25 10:30 a.m. Yoga in Fitness Room*** 2:00 p.m. Fitness with Kelly in Fitness Room*** 4:30 p.m. Back to Basics Cooking Class** (\$5.00)</p> | <p>26 8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Sign up for March activities at Concierge Desk 4:30 p.m. Movie in Theater Room</p> | <p>27 10:30 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge</p> | <p>28 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</p> | | | |