

## WELLNESS CORNER

SIMPLE WAYS TO BOOST YOUR MENTAL HEALTH AND WELL-BEING

**Just Keep Moving.** Exercise is essential for both the body and mind. Go for a daily walk or sign up for an exercise class, such as Tai Chi or yoga. A study published in August 2014 in the *Journal of the American Medical Directors Association* found that just one 60-minute class a week led to significant improvements in depression symptoms.

**Call on Friends.** Stay connected with your peers. Get your hair done together, go on a shopping trip (even if it is just to the grocery store) or have them over for dinner. Social stimulation is great for everybody!

**Use Technology to Stay in Touch.** In addition to sending snail mail, emails, cards and photos, try scheduling regular phone calls to catch up with loved ones. You can also try Skype or FaceTime for a video call.

**Play Games.** Try word puzzles, crossword puzzles, jigsaw puzzles and games like Sudoku to keep your brain healthy and stimulated. A fun card game is always a good opportunity for conversation!

**Make a Difference.** Volunteering comes in all shapes and sizes. Pitch in locally or search online for ways to volunteer from the comfort of your own home. For instance, the United Nations Volunteers program has opportunities across the world. Giving back can be one of the best ways to add meaning to your life.



### New Move Ins!

Juanita M.

## COMMUNITY EVENTS



### Hobby Day

Every Friday in September at 9:00 a.m. will be dedicated to residents showcasing their hobbies for the community. Residents are encouraged to sign up in advance with Concierge Services. The showcase will be displayed in the Lobby.

### M-I-Z-Z-O-U!

Come cheer on your Tigers for the first football game of the season! Limited tickets are available and will be sold on a first come, first serve basis at sign up on Tuesday, August 28.

### Don and Mel Musical Group

Don and Mel are back for more country western music, and this time, they will be performing during Social Hour! Dust off your cowboy hats and boots and come have a good time in the Piano Lounge.

# THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



## MIZZOU VOLLEYBALL

Volleyball season is right around the corner! Get ready to sport your black and gold attire to support the Tigers, who have been ranked as third in 2018 SEC preseason coaches poll. The Village of Bedford Walk has 10 tickets available for every home game. Shuttle service will leave 30 minutes prior to the game time. Time and dates are subject to change.  
**Go Tigers!**

- September 14 at 11:00 a.m. v. Texas A&M-Corpus Christi
- September 14 at 7:00 p.m. v. Ohio
- September 15 at 2:30 p.m. v. Drake

**MIZZOU INVITATIONAL**

- September 19 at 8:00 p.m. v. Alabama
- October 5 at 6:30 p.m. v. South Carolina
- October 7 at 1:30 p.m. v. Arkansas
- October 19 at 6:30 p.m. v. Auburn
- October 26 at 8:00 p.m. v. LSU
- October 28 at 1:30 p.m. v. Texas A&M

- November 11 at 1:30 p.m. v. Georgia
- November 14 at 7:00 p.m. v. Tennessee
- November 18 at 3:00 p.m. v. Kentucky

**CONFERENCE HOME GAMES**

## COMMUNITY REMINDERS

Please be considerate in regards to the amount of water bottles taken out from the community refrigerators. Refrigerators are stocked once a day.

Suggestions and comments are always welcome. Feel free to discuss these with your resident council or place written suggestions in the mailroom box.

### Happy Birthday!

- |           |              |
|-----------|--------------|
| Marge F.  | September 4  |
| Mary H.   | September 14 |
| Vera L.   | September 20 |
| George H. | September 22 |

Happy Birthday to you!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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THE VILLAGE OF  
BEDFORD WALK

		<b>Activity sign up for September will be on Tuesday, August 28 at 9:00 a.m.</b>				<b>1</b> Mizzou Football Game: Transportation for the Suite Leaves at 1:30 p.m.**\$
<b>2</b> 3:30 p.m. Afternoon Movie in Theater Room	<b>3</b> <b>Labor Day</b> 10:00 a.m. to 2:00 p.m. Concierge Hours 11:30 a.m. to 1:30 p.m. Labor Day Lunch Bash	<b>4</b> 10:00 a.m. Walking Group** 1:00 p.m. Artful Bra Meeting in Magnolia Room 3:30 p.m. Meet and Greet: Room 38 in Lower Level*** 4:30 p.m. Movie in Theater Room	<b>5</b> 8:30 a.m. Sunken City Tour at St. Louis Art Museum**\$ 10:30 a.m. Fitness Company** 4:30 p.m. Social Hour in Piano Lounge *September Birthday Celebration*	<b>6</b> 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Shuttle Service to Walmart** 5:30 p.m. Movie in Theater Room	<b>7</b> 9:00 a.m. Coffee Catch-up in Bistro 9:00 a.m. Hobby Showcase in Lobby 9:30 a.m. Meditation and Relaxing in Fitness Room*** 2:30 p.m. Tai Chi In Fitness Room***	<b>8</b> 10:00 a.m. Water Aerobics in Pool***
<b>9</b> 3:30 p.m. Afternoon Movie in Theater Room	<b>10</b> 10:30 a.m. Yoga in Fitness Room*** 2:30 p.m. Fitness with Kelly in Fitness Room*** 4:30 p.m. Dinner Club Bambino's**	<b>11</b> 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 10:00 a.m. Water Aerobics in Pool*** 1:00 p.m. Bedford Babes: Knitting Ideas in Magnolia Room 4:30 p.m. Movie in Theater Room	<b>12</b> 10:30 a.m. Fitness Company** 2:00 p.m. Shuttle Service to Walmart** 4:30 p.m. Social Hour in Piano Lounge	<b>13</b> 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room	<b>14</b> 9:00 a.m. Coffee Catch-up in Bistro 9:00 a.m. Hobby Showcase in Lobby 9:30 a.m. Meditation and Relaxing in Fitness Room*** 2:30 p.m. Tai Chi In Fitness Room***	<b>15</b> 10:00 a.m. Heritage Festival**
 <b>16</b> 10:30 a.m. Isle of Capri Casino and Brunch**\$ 3:30 p.m. Afternoon Movie in Theater Room	<b>17</b> 10:30 a.m. Yoga in Fitness Room*** 2:30 p.m. Fitness with Kelly in Fitness Room*** Afternoon at Forum 8*** (Time and Movie TBA in Thursday Mailer)	<b>18</b> 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 10:00 a.m. Water Aerobics in Pool*** 2:00 p.m. Book Club: Beneath a Scarlet Sky in Magnolia Room 4:30 p.m. Movie in Theater Room	<b>19</b> 10:30 a.m. Fitness Company** 2:00 p.m. Shuttle Service to Walmart** 3:30 p.m. MU Health Seminar: Treatment of Chronic Pain in Theater Room 4:30 p.m. Social Hour in Piano Lounge	<b>20</b> 8:00 a.m. Men's Breakfast in Wisteria Room*** 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 3:30 p.m. Community Conversation in Lower Level 5:30 p.m. Movie in Theater Room	<b>21</b> 9:00 a.m. Coffee Catch-up in Bistro 9:00 a.m. Hobby Showcase in Lobby 9:30 a.m. Meditation and Relaxing in Fitness Room*** 2:30 p.m. Tai Chi In Fitness Room***	 <b>22</b> 9:00 a.m. Breakfast Club at Denny's** 10:00 a.m. Water Aerobics in Pool***
<b>23</b> 3:30 p.m. Afternoon Movie in Theater Room	<b>24</b> 10:30 a.m. Yoga in Fitness Room*** 2:30 p.m. Fitness with Kelly in Fitness Room*** 5:00 p.m. Game Night in Wisteria Room: Charades	<b>25</b> 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Walking Group** 10:00 a.m. Water Aerobics in Pool*** 4:30 p.m. Movie in Theater Room	<b>26</b> 10:30 a.m. Fitness Company** 2:00 p.m. Shuttle Service to Walmart** 4:30 p.m. Don and Mel's Music in Piano Lounge 4:30 p.m. Social Hour in Piano Lounge	<b>27</b> 8:00 a.m. Water Aerobics in Pool*** 9:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room	<b>28</b> 9:00 a.m. Coffee Catch-up in Bistro 9:00 a.m. Hobby Showcase in Lobby 9:30 a.m. Meditation and Relaxing in Fitness Room*** 2:30 p.m. Tai Chi In Fitness Room*** 5:30 p.m. Dinner Club at Madison's**	<b>29</b>
<b>30</b> 3:30 p.m. Afternoon Movie in Theater Room						

# September 2018 Calendar

**Mizzou v. Tennessee-Martin:**  
Limited tickets available. \$20 fee applies at time of sign up and includes transportation, food, beverages and a ticket to the JES Suite. Shuttle will leave at 1:30 p.m. for the 3:00 p.m. game.

**Sunken City Tour at St. Louis Art Museum:**  
Explore a Sunken City of Egypt. Tickets are limited. \$25 fee applies at time of sign up and includes shuttle service, entrance fee to exhibit and a late lunch on the Hill.

**Boone County Historical Society Heritage Festival:**  
Shuttle service provided for this free event spotlighting historic homes, exhibits and crafts.

**Isle of Capri Casino and Brunch in Boonville:**  
Enjoy a Sunday afternoon with brunch at the Farmer's Pick, which partners with local farmers and regional growers to provide the freshest meals around. After brunch, enjoy a few hours of slots, cards or other games. \$10 fee applies at time of sign up and includes brunch and transportation.

**\*\* 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.*