



Bentley Manor

Assisted Living Community

Enjoying Life - Enriching Lives - Living Well

3344 Forest Ln. • Dallas, TX 75234 • P: (972) 247-2266 • F: (972) 620-0514

www.seniorlivinginstyle.com



BENTLEY MANOR

Robin Payne Administrator
Keosha Jones Assistant Administrator
Daniel Jingwa Dir. of Health Services
Nikki Paxton Asst. Dir. of Health Svcs.
Juan Gonzales Facility Chef
Enrique Hernandez Maintenance
Ervina Maytubby Activity Coordinator
Robert Bennett Community Relations
Melissa Meyers Head Housekeeper
Transportation
MY FAIR LADY BEAUTY SALON
Mon - Wed 972-620-1934
Cosmetologist Jennie Davis

Mission Statement

At Bentley Manor Assisted Living, our caring concern for our residents is the foundation that leads to outstanding resident services.

As contributing members of this community, what is most important is that:

We love our residents.

October 2009



“Bittersweet October.
The *mellow*, *messy*,
leaf-kicking, perfect pause
between the opposing miseries
of **SUMMER** and **WINTER**.”
-Carol Bishop Higgs



Bake Club

We have our bake club meeting every Thursday, and we would like to invite you out and your best recipes. If you have any ideas for future bake clubs, please feel free to drop by the activity room and let Ervina know.

Halloween Contest

On Thursday, Oct. 29, we will be celebrating Halloween by having two special contests. The first will be a Halloween door decorating contest that will be held and judged at 10 a.m., and the winner will be revealed at lunch time. The second contest will be our annual Halloween dress up contest that will be held and judged at lunch time.

Please come out and participate. There will be very special prizes given away.



Working Women



Sprinkles, anyone?



Enjoying Their Hard Work



Wit & Wisdom

“October is not only a beautiful month but marks the precious—yet fleeting—overlap of hockey, baseball, basketball and football.”

—Jason Love

“The fewer rules a coach has, the fewer rules there are for players to break.”

—John Madden

“There isn’t a single professional sports season now that doesn’t go on at least a month too long. Baseball starts in football weather, and football in baseball weather, and basketball overlaps them both.”

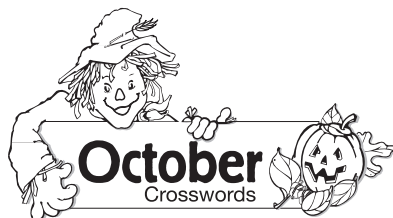
—James Reston

“The trouble with referees is that they just don’t care which side wins.”

—Tom Canterbury

“We didn’t lose the game; we just ran out of time.”

—Vince Lombardi

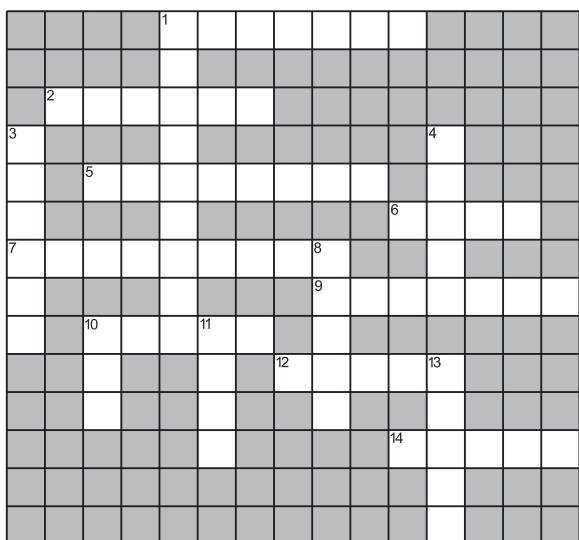
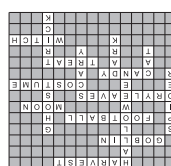


Across:

1. Gathering of crops
2. Dwarflike creature
5. Oval ball game
6. Satellite of Earth
7. Flattened structures without moisture
9. Unique attire
10. Sweet food
12. Present
14. Woman with magic powers

Down:

1. Night of Oct. 31
3. Eight-legged arachnid
4. Nebulous image
8. Frightening
10. Feline
11. With little or no light
13. Skillful act



Every Wednesday and Thursday the Van Will Be Available for Doctors' Appointments

- Oct. 6 Walmart
- Oct. 13 Red, Hot & Blue
- Oct. 20 Family Dollar Store
- Oct. 27 Sweet Tomatoes

Sign Up for a Pharmacy, Vision Center or Bank Run on Wednesday or Thursday

Indoor Events

- Oct. 1 Texas State Fair
- Oct. 2 Singing w/ Diana
- Oct. 9 Frank Smith
- Oct. 13 Keosha's Baby Shower
- Oct. 23 Ron Stein
- Oct. 29 Patsy Cline Music
- Oct. 30 Men's Friday



State Fair of Texas

We will be going to the State Fair of Texas on Oct. 1 at 10:30 a.m. It will be free to get inside, so you will only need money for food, games and souvenirs.



Daily Activities

Please refer to pages 4 and 5 for all other regularly scheduled activities. But no matter what, don't forget about the newly formed bake club that meets every Thursday at 11 a.m. in the 2nd floor activity room.



Encompass donates a beautiful and delicious birthday cake every month, not to mention all of the help they offer throughout the month.

Carol at the Piano



Birthday Pianist



Resident Birthdays

- 9 Margaret Brown
- 16 Bobbie Crane
- 11 Roselie Goepfert
- 15 Elizabeth Grayson
- 12 Barbara Hook
- 4 Joseph Keefner
- 25 Dorothy Langkop

Employee Birthdays

- 22 Misrak Yohannes
- 24 Gidey Mengiatu



Sunday	Monday	Tuesday
	2nd Monday—Resident Council Meeting 4th Monday—Food Service Meeting Both meetings will be held in the 2nd floor activity room at 2 p.m.	
4	5	6
9:45 Church Service, TV 10:45 Puzzle Place, AR2 1:30 Ice Cream Social, AR2 1:45 Activity Updates, AR2 2:30 Bingo w/ Tonya, AR2 2:45 Chicken Foot, Library 4:00 Playing the Hits, AR2 4:30 Listening Ear Room Visits 6:30 Blockbuster Night, TV	9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 10:45 What's in a Word, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, L 2:00 Player Piano 3:30 Weight & Thera-Band 6:30 Blockbuster Night, TV	9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 10:30 Skip Bo, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Walk & Talk 6:30 Blockbuster Night, TV
11	12	13
9:45 Church Service, TV 10:45 Puzzle Place, AR2 1:30 Ice Cream Social, AR2 1:45 Activity Updates, AR2 2:30 Bingo w/Ervina, AR2 2:45 Chicken Foot, Library 4:00 Playing the Hits, AR2 4:30 Listening Ear Room Visits 6:30 Blockbuster Night, TV	9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 10:45 What's in a Word, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, L 2:00 Player Piano 3:30 Weight & Thera-Band 6:30 Blockbuster Night, TV	9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 10:30 Skip Bo, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Walk & Talk 6:30 Blockbuster Night, TV
18	19	20
9:45 Church Service, TV 10:45 Puzzle Place, AR2 1:30 Ice Cream Social, AR2 1:45 Activity Updates, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Fire Dogs, AR2 2:45 Chicken Foot, Library 4:00 Playing the Hits, AR2 4:30 Listening Ear Room Visits 6:30 Blockbuster Night, TV	9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 10:45 What's in a Word, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, L 2:00 Player Piano 3:30 Weight & Thera-Band 6:30 Blockbuster Night, TV	9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 10:30 Skip Bo, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Walk & Talk 6:30 Blockbuster Night, TV
25	26	27
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Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> 9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV	<p style="text-align: right;">2</p> 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Bible Study, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Bible Discussion, TV 3:00 Current Events 5:00 Listening to the Oldies	<p style="text-align: right;">3</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Wheel of Fortune/PC-L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies
<p style="text-align: right;">7</p> 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 11:00 You Be the Judge, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, Library 2:00 Wii, TV 3:30 Weight & Thera-Band 7:00 Bible Study, TV	<p style="text-align: right;">8</p> 9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV	<p style="text-align: right;">9</p> 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Bible Study, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Bible Discussion, TV 3:00 Current Events 5:00 Listening to the Oldies	<p style="text-align: right;">10</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Wheel of Fortune/PC-L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies
<p style="text-align: right;">14</p> 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 11:00 You Be the Judge, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, Library 2:00 Wii, TV 3:30 Weight & Thera-Band 7:00 Bible Study, TV	<p style="text-align: right;">15</p> 9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV	<p style="text-align: right;">16</p> 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Bible Study, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Bible Discussion, TV 3:00 Current Events 5:00 Listening to the Oldies	<p style="text-align: right;">17</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Wheel of Fortune/PC-L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies
<p style="text-align: right;">21</p> 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 11:00 You Be the Judge, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, Library 2:00 Wii, TV 3:30 Weight & Thera-Band 7:00 Bible Study, TV	<p style="text-align: right;">22</p> 9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV	<p style="text-align: right;">23</p> 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Bible Study, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Bible Discussion, TV 3:00 Current Events 5:00 Listening to the Oldies	<p style="text-align: right;">24</p> 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Bible Study, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Bible Discussion, TV 3:00 Current Events 5:00 Listening to the Oldies
<p style="text-align: right;">28</p> 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 11:00 You Be the Judge, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, Library 2:00 Wii, TV 3:30 Weight & Thera-Band 7:00 Bible Study, TV	<p style="text-align: right;">29</p> 9:00 Puzzle & Morning Chat, 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, AR2 12:30 Halloween Contest 200 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV	<p style="text-align: right;">30</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Wheel Fortune/PC-L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies	<p style="text-align: right;">31</p> <div style="text-align: center;">  </div>

What's Popping

Transportation

Wednesdays

Transportation

Begins at 9:30 a.m.

For doctors' appointments, bank runs, pharmacy and cleaners.

Thursdays

Transportation

Begins at 9:30 a.m.

For doctors' appointments only.

The Bentley Manor Bus



Card Games



Canasta, Skip Bo, Pinochle Groups

If you would like to learn or join, please come by the library on Tuesday and Thursday at 10:30 a.m.



Pastor Boyer and Wife

They have services on Sunday at 10 a.m., and Wednesday at 7 p.m.

Mary Lucido

Leads Communion every Tuesday.



We Play Bingo Tuesday, Thursday and Sunday at 2 p.m.



Every Sunday at 1:45 p.m. in the Activity Room on the 2nd Floor

IN NORTH AMERICA, I AM USUALLY A PUMPKIN,
THOUGH IN OTHER PARTS OF THE WORLD, I COULD BE A TURNIP.

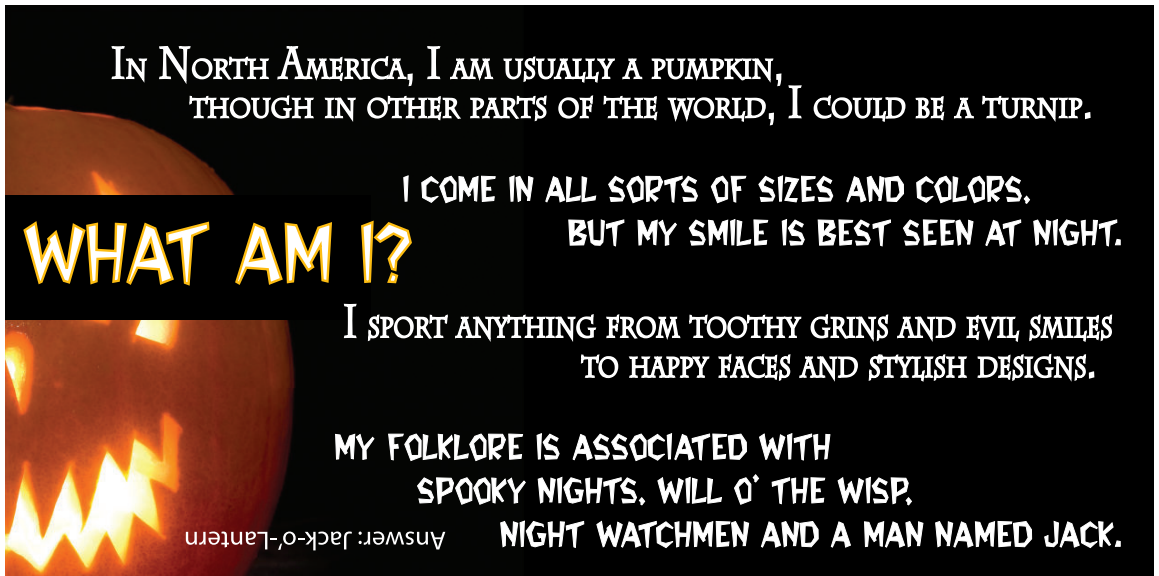
I COME IN ALL SORTS OF SIZES AND COLORS,
BUT MY SMILE IS BEST SEEN AT NIGHT.

WHAT AM I?

I SPORT ANYTHING FROM TOOTHY GRINS AND EVIL SMILES
TO HAPPY FACES AND STYLISH DESIGNS.

MY FOLKLORE IS ASSOCIATED WITH
SPOOKY NIGHTS, WILL O' THE WISP,
NIGHT WATCHMEN AND A MAN NAMED JACK.

Answer: Jack-o'-Lantern





Please Join Us on Mondays and Wednesdays at 2 p.m. for a Game of Wii



Come on Out to the Wellness Center Every Monday and Wednesday for Weight and Thera Band Training at 3 p.m.



If you have any ideas for any crafts you would like to do, feel free to let Ervina know.

- Knitting
- Potting plants
- Painting
- Scrapbooking
- Drawing



Wii for Seniors? Oui!

Video games aren't kid stuff anymore. Wii—a game console that makes you stand, move and be active instead of sitting around and pushing buttons—is making stars out of seniors and prompting many to get moving and have fun exercising. About 13 million retired folks now play video games, according to the research firm Packaged Facts. Assisted living centers and retirement communities across the country are reporting the popularity of Wii in their facilities—especially bowling. In fact, four senior centers in Maryland held a joint Wii bowling tournament in March 2009.

Andrew Carle, director of the Assisted Living and Senior Housing Administration program at George Mason University, dubs Wii as a “Nana Technology,” meaning technology that your Nana (grandmother) uses.

Because Wii closely mimics real-life sports, it has become an enjoyable prescription for encouraging exercise that increases heart rates and burns calories.



Announcements

Heart of Texas Dogs

The Heart of Texas dogs come in and visit every third Sunday of the month. These dogs are lovable and very fun to be around.

So remember, all you BINGO players, we will always break for the Heart of Texas dogs.

“There is no psychiatrist in the world like a puppy licking your face.”

—Bern Williams

Anyone Need Help?

If you have any questions about your rent, need help understanding your statement or just want assistance filling out your check, Marion Howard, our administrative assistant, is located in the front office, and he is always glad to help.



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