

WHY SHOULD SENIORS BE ACTIVE?

There are many reasons for seniors to have an active lifestyle that range from preventing physical injuries to improving mental health. Here are 10 key health benefits to seniors participating in regular fitness activities and upholding an active lifestyle.

- 1 FITNESS IMPROVES SENIOR HEALTH**
On the macro level, overall health quality is higher when seniors participate in exercise programs. Individuals who exercise have reduced risks of chronic illnesses and diseases, and have improved immune and digestive systems.
- 2 EXERCISE HELPS WITH MANAGING BODY WEIGHT**
Exercise helps people of all ages maintain or lose body weight. However, our metabolism naturally slows with age, so the importance of exercise increases. Adding cardio and strength training workouts develops muscle mass, and in turn, increases metabolism and burns more calories to promote positive weight loss.
- 3 WORKING OUT INCREASES BONE HEALTH & STRENGTH**
Regular activity builds healthy bones and helps maintain bone strength in seniors. Exercise works on bones much like it works on muscles — by making them stronger. Because bone is living tissue, it changes in response to the forces placed upon it. When you exercise regularly, your bone adapts by building more cells and becomes denser.
- 4 STAYING ACTIVE PROMOTES HEART & CARDIOVASCULAR HEALTH**
Frequent physical activity reduces the risk of heart disease and enhances your cardiovascular health. Adding a mix of cardio and strength training will give you an added boost of energy that will improve your heart health overall. However, underlying heart conditions and hereditary diseases will not go away as a result of exercising, but staying active can help you maintain a higher quality of life.
- 5 EXERCISE BUILDS POSITIVE MENTAL HEALTH**
Living an active lifestyle and exercising frequently leads to a variety of mental health benefits. Exercise is shown to help fight depression when muscle generated mood boosters become active and is shown to reduce stress. Maintaining activity levels may even help slow the progression of brain disorders such as Alzheimer's disease.
- 6 BUILDING STRENGTH PREVENTS FALLS**
Falls are serious at any age, but seniors are particularly at risk of injury if bone strength and density are low. Having an active lifestyle will help you stay balanced and prevent falls by building muscle strength and improving bone health later through simple low impact exercises. It's also recommended that you test your bone density to know your risks of osteoporosis.
- 7 STAYING ACTIVE PROMOTES SLEEP**
Sedentary individuals tend to have more trouble getting quality rest, but an active lifestyle could help you fall asleep. Adding regular aerobic exercise during the day promotes deeper sleep by raising your core body temperature and encouraging rest when you start to cool down. Working out 2-3 hours before bed will help you stay asleep and leave you waking up refreshed.
- 8 AEROBIC EXERCISE REDUCES HYPERTENSION**
If you're a senior with hypertension, exercise is medically proven to help lower blood pressure. Adding 30-minutes or more of moderate aerobic exercise, five times a week will measurably reduce blood pressure, lower stress and decrease the risk of some cardiovascular problems.
- 9 EXERCISE IMPROVES SOCIAL WELLNESS**
For many seniors, having an active social life can be difficult. Some aging adults are increasing their social wellness by making exercise a fun group outing with others in their communities. Whether it's through joining a walking group or participating in an aerobics class, socializing while working out keeps people young at heart and mentally sharp.
- 10 WORKING OUT KEEPS YOU FOCUSED AND GIVES YOU MORE ENERGY**
Exercise is linked to improved cognitive function and better motor skills. Physical activity is also associated with lowering the risk of vascular dementia in seniors. Maintaining a regular fitness routine can help seniors stay focused and allow them to lead a higher-quality life with more energy.



MARCH 9

Mardi Gras Party!

Join us in the Dining room at 4:00p.m. for some Pizza and drinks! Come in your best Mardi Gras attire (beads, green purple & Gold, or your masquerade mask). Nothing to wear? No worries! We will have plenty of beads and masks to go around! Mario Manzini will be performing a comedy magic show from 4:30 – 5:00pm. Be sure to sign-up if you would like to join in the fun.

MARCH 23

SPRING FLING

Come on down to our dining room transformed. We will be starting at 5pm with some Birthday cake to celebrate our March Birthdays followed by Don & Mel live music! Put on some dancing shoes and grab a partner. All invited, dancing or not. Be sure to sign-up at concierge.

HAPPY BIRTHDAY!

Judith L. March 2
Raeann L. March 9
Sandra A. March 18

MEET YOUR NEW NEIGHBORS!

Donna P.
David & Linda G.
Alan W.

The BEDFORD Big Hearts

GIVE TODAY Help support **Our charity of the Month!**




REACH OUT TO GET INVOLVED OR LEARN MORE!

JES I PRIME SENIOR LIVING
Call 573.530.0916
Email kchamp@jesprimeseniorliving.com

REFER YOUR FRIENDS
TO **Bee** YOUR NEIGHBOR!

Refer a friend to tour
THE VILLAGE OF BEDFORD WALK
JES I PRIME SENIOR LIVING
and receive a
\$50 GIFT CARD *Chris McD's*

IF THEY MOVE IN, YOU RECEIVE A
\$1,000
REFERRAL INCENTIVE

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|---|--|---|---|---|--|
| MARCH 2022 | | 1 <i>Bedford BIG Hearts: 1st Day to Donate to LOVE Columbia</i> 10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Paper Quilts 1:00 p.m. Bible Study with Jackie 2:00p.m. Tech Tuesday: Venmo App 3:00 p.m. Fiber Arts | 2 HAPPY BIRTHDAY Judith Long! 10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Resident Council Meeting 12:30 p.m. Bridge RL 1:00p.m. Weekly Shopping- Walmart | 3 10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 3:00 p.m. Trivia Night in the Dining Room <i>No Dinner Club</i> | 4 9:00 a.m. Coffee & Conversation 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 5:00 p.m. Osar Nominated Movie Night: <i>tik, tik...BOOM!</i> | 5 |
| | | 6 3:00 p.m. Afternoon Show: <i>Virgin River</i> | 7 8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO | 8 10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: St. Patty's Wall Hanger 1:00 p.m. Bible Study with Jackie RL 2:00 p.m. Tech Tuesday: Notification Summary 3:00 p.m. Fiber Arts | 9 HAPPY BIRTHDAY Raeann Lenzini! 10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Activity Club in Magnolia Room 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 4:00 p.m. - 5:00 p.m. Social Hour: Mardi Gras and Comedy Magic Show | 10 10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 5:00 p.m. Dinner Club at 44 Stone |
| 13 3:00p.m. Afternoon Show: <i>Virgin River</i> | 14 8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO | 15 10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Tea Cup Bird Feeders 1:00 p.m. Bible Study with Jackie RL 2:00 p.m. Tech Tuesday: Screening Fraudulent Calls and Text 3:00 p.m. Fiber Arts | 16 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart | 17  Happy Saint Patrick's Day! Wear Green 10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 3:00 p.m. Saint Patrick's Day Scavenger Hunt with Prize! 5:00 p.m. Dinner Club: Bandana's Bar-B-Q | 18 HAPPY BIRTHDAY Sandra Arens! 9:00 a.m. Coffee & Conversation 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 5:00 p.m. Osar Nominated Movie Night: <i>The Lost Daughter</i> | 19 |
| 20 3:00p.m. Afternoon Show: <i>Virgin River</i> | 21 8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO | 22 10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Cray Paper Flowers 1:00 p.m. Bible Study: "Travelogue" Israel with Jackie RL 2:00 p.m. Tech Tuesday: Utilities 3:00 p.m. Fiber Arts | 23  10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 5:00 p.m. Social Hour: Spring Fling Dance with Don & Mel March Birthday Cake Celebration! | 24 10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL | 25 9:00 a.m. Coffee & Conversations 9:00a.m. Harry S. Truman Presidential Library and Museum Trip – Brunch at 'First Watch' 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 5:00 p.m. Oscar Nominated Movie Night: <i>Don't Look Up</i> | 26  |
| 27 3:00p.m. Afternoon Show: <i>Virgin River</i> | 28 <i>No Water Aerobics</i> <i>No Chair Yoga</i> 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO 4:00 p.m. Book Club | 29 10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Spring Cleaning Lazy Susan 1:00 p.m. Bible Study with Jackie RL 2:00 p.m. Tech Tuesday: Screening Snapchat 3:00 p.m. Fiber Arts | 30 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 3:00 p.m. All Resident Meeting | 31 <i>No Chair Yoga</i> 12:30 p.m. Dominoes RL 5:00 p.m. Dinner Club: Addison's | | |

RL = Resident Led Event

DETAILS

Macon Trip

Join us on a, Bedford led, field trip to Macon, Missouri on Friday March 11th. Our first stop will be lunch at the highly recommended Pear Tree restaurant followed by a short shuttle ride to the Benjamin Franklin Store. Bring your pocketbooks because they have something for everyone!

Bob Putnam

Did you miss him?! Bob is back and will be performing live music in the Piano Lounge on Saturday the 12th at 4:00p.m.

Saint Patrick's Day

Meet me in the lobby for a fun filled Leprechaun Scavenger hunt. Try to find his pot of gold and win the prize!

Bible Study: "Travelogue"-Israel

Join Jackie as she brings us on a journey beyond our usual Bible Study. Meet her in the Theater for presentation and narration.

Independence Trip

The first stop will be a local's favorite brunch destination, First Watch, followed by a visit to the Harry S. Truman Presidential Library and Museum. You may have seen it before, but it has undergone some extensive renovations and is better than ever! Friday March 25th.

Oscar Watch Party

Be sure to watch our Oscar nominated movies every Friday leading up to our Oscars watch party. Meet us in the theater for popcorn and beverages while we enjoy some of the most captivating films of 2021. Sunday March 27th.

All Resident Meeting

In a community of 80 plus residents it can be difficult to feel 'heard'. The management team encourages you to use the suggestion box. All topics will be discussed prior to the All-Resident Meeting. We look forward to hearing all your great ideas to improve your experience here at Bedford.