



What are the Benefits of Practicing Tai Chi as We Age?

This year has taught us gratitude and how to give thanks for things we would generally take for granted. From friends and family to health, Tai Chi is one of the most effective exercises for the health of mind and body. This practice is taught around the world as it is proven to help people to relax and feel better.

The benefits of Tai Chi for seniors are incredible. A low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement.

This meditative form of exercise consists of a series of 19 movements and one pose. You may have seen groups of people demonstrating its slow-moving circular forms in public parks.

Here are 12 amazing benefits of Tai Chi for seniors:

1. Relieves physical effects of stress
2. Promotes deep breathing
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps with arthritis pain
6. Reduces blood pressure
7. Requires mind and body integration through mental imagery
8. Accumulates energy by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening ankles and knees
11. Promotes faster recovery from strokes and heart attacks
12. Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's

Harvard Medical School, in its May 2009 health publication, suggests that Tai Chi, which is often called meditation in motion, might well be referred to as "medication in motion," for in addition to preventing falls and reducing the effects of arthritis. The practice of Tai Chi has been shown to be helpful for a number of medical conditions including; low bone density, breast cancer and its side effects, heart disease and failure, hypertension, Parkinson's disease, sleep problems, and stroke.

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



COMMUNITY EVENTS



Beginning FEBRUARY 16 | Line Dancing Classes

Beginning in February and continuing on into March we will have a Thursday Line Dancing Class. This will be lead by Kelly in the Fitness Center, and all who love music and dancing are encouraged to attend. It will be important that you try to attend as many of the 6 week classes as possible, so you are ready to boogie at the Spring Fling in March! These classes will begin on the 16th at 3:00 pm and will last approximately 30 minutes. Don't forget to sign up with Concierge.



FEBRUARY 22 | Mardi Gras Social Hour

We will be celebrating Mardi Gras in style this year! Not only will we be dressed in our New Orleans Best (beads, masks, gold/purple/green attire) but we will be enjoying the England tradition where this day is also known as Pancake Day. Alongside our Traditional Baby Cake, we will also be feasting on a pancake buffet with all the toppings. Don't miss this sweet, toothed event! Don't have anything to wear? Don't fret! There will be plenty of beads and masks to go around!

FEATURED: The Bedford Big Hearts



Thank you to all who donated new and used kitchen items to the City of Refuge this January. Something as small as a pot to cook in can really make a difference when you are in an unfamiliar place. A home cooked meal may be the only thing that makes their new environment feel like home, and for that, THANK YOU! This month we are reaching a new foundation called Rainbow House. Rainbow House serves 11 Mid-Missouri counties in both their Children's Emergency Shelter and Regional Child Advocacy Center every day. They are committed to helping child abuse victims and their families share their stories, begin the healing process, and create hope for the future. Your donations directly impact the lives of children and families in our local community. A detailed list of the items we are collecting can be found in your first February Gazette.



WELCOME YOUR NEW NEIGHBOR!

Gail Zuidema
Sandra Sasser
Robert Nelson
Lynn Yocks

HAPPY BIRTHDAY!

Delbert Avery February 8th
Merv Bettis February 11th
Neil Raymond February 15th
Louis Guest February 17th

SUN	MON	TUES	WED	THURS	FRI	SAT
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DETAILS

NOTES:

- *Hair stylist available by appointment every Monday*
- *RL Game Night switched to every second and fourth Friday*
- *Tai Chi added to every Friday*
- *NO Brain Games for first 3 weeks of February*

RL = Resident Led Event

= Trash Day

= Recycle Day

<p>5</p> <p>3:00 p.m. Afternoon Show: <i>The Two Popes</i></p>	<p>6</p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 11:00 a.m. EmpowerMe Wellness Corner 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p>	<p>7</p> <p>10:00 a.m. Crafts with Kelly: Gumball Machine 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Tips App 3:00 p.m. Fiber Arts</p>	<p>8</p> <p>HAPPY BIRTHDAY Delbert Avery! 10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Activity Club 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 4:00 p.m. Social Hour: SUBS + SINGING!</p>	<p>9</p> <p>10:00 a.m. Chair Yoga 12:30 p.m. Euchre & Dominoes RL 3:00 p.m. Neuropathy seminar with Dr. Chelsey</p>	<p>10</p> <p>8:30 a.m. Men's Breakfast 9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. Introduction to Tai Chi 12:30 p.m. Hand & Foot RL 7:00 p.m. Game Night RL</p>	<p>11</p> <p>HAPPY BIRTHDAY Merv Bettis! 3:00 p.m. Non-Denominational Worship Service RL</p>
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<p>12</p> <p>3:00 p.m. Afternoon Show: <i>Our Souls at Night</i> 5:30 p.m. Super Bowl airing in Theatre</p>	<p>13</p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p>	<p>14</p> <p><i>Happy Valentine's Day!</i> 10:00 a.m. Crafts with Kelly: Kissing Booth 10:30 a.m. Rainbow House Carnation Sale 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Notification Summary 3:00 p.m. Fiber Arts</p>	<p>15</p> <p>HAPPY BIRTHDAY Neil Raymond! 10:00 a.m. Introduction to Fitness Class 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: COLUMBIA MALL 3:00 p.m. Charades 4:00 p.m. Social Hour RL</p>	<p>16</p> <p>Columbia Foot Available by Appt 10:00 a.m. Chair Yoga 12:30 p.m. Euchre & Dominoes RL 3:00 p.m. Line Dancing Class 5:00 p.m. Dinner Club: Red Lobster</p>	<p>17</p> <p>HAPPY BIRTHDAY Louis Guest! 9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL</p>	<p>18</p>
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<p>19</p> <p>3:00 p.m. Afternoon Show: <i>Glass Onions Kinves Out</i></p>	<p>20</p> <p>PRESIDENTS DAY 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 11:00 a.m. Presidential Trivia in Lobby 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO</p>	<p>21</p> <p>10:00 a.m. Crafts with Kelly: Mascara Mask 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Contacts 3:00 p.m. BUNCO Night 3:00 p.m. Fiber Arts</p>	<p>22</p> <p>10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: eatwell 4:00 p.m. Birthday Celebration 4:00 p.m. Social Hour: Mardi Gras</p>	<p>23</p> <p>Massage Therapist Available by Appt 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Euchre & Dominoes RL 3:00 p.m. Kindway Club 3:00 p.m. Line Dancing Class</p>	<p>24</p> <p>9:00 a.m. Arabian Steamboat Museum Day Trip 9:00 a.m. Coffee & Conversation 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 7:00 p.m. Game Night RL</p>	<p>25</p> <p>3:00 p.m. Non-Denominational Worship Service RL</p>
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<p>26</p> <p>3:00 p.m. Afternoon Show: <i>All Quiet On The Western Front</i> 3:00 p.m. Carrie Conklin Children's Piano Performance</p>	<p>27</p> <p>8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO 3:30 p.m. Library Outreach Talk with Stephanie 4:00 p.m. Book Club</p>	<p>28</p> <p>10:00 a.m. Crafts with Kelly: Mod Podge Glass 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday: Screening Fraudulent Calls & Texts 3:00 p.m. All Residents Meeting 3:00 p.m. Fiber Arts</p>	<h1>February 2023</h1>			
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Planetarium Trip: The shuttle will be departing from the main entrance at 10:15 a.m. Please convene in the main lobby at least 5 minutes prior to boarding. We should arrive at the Rock Bridge Planetarium at 10:25 a.m. for our private showing of "The Apollo Story" and Hubble view. The entrance fee to the planetarium will be covered by Bedford. The show will last 45 minutes to an hour. Directly following the Planetarium, the shuttle will be heading to 44 Stone for lunch. Residents will be financially responsible for their meal. After lunch we will return to Bedford. Estimated return time is 1:00 p.m.

Arabian Steamboat Museum Trip: The shuttle will depart from the main entrance at 9:00 a.m. Please convene in the main lobby a minimum of 5 minutes prior to boarding. The drive will take approximately 2 hours. The tour is \$13.50 plus tax per person. We will be greeted by a tour guide that will take us on a trip through history. The museum is all one level, handicap accessible and will take a total of around an hour and a half to complete. Following our tour we will be enjoying lunch at The City Diner located just across the way from the museum. Following lunch, the shuttle will head back to Bedford with an estimated arrival time of 4:30 p.m.

Introduction to Tai Chi: Those of you who have been missing our Tai Chi class or residents who have been curious about its benefits are in luck! Tai Chi is BACK! Beginning in February, Tai Chi classes will resume every Friday at 10:00 a.m. in the Fitness Center. See this month's Wellness article to read up on the impact that this class can have on your everyday life. Be sure to sign up with Concierge.

Introduction to Fitness: With numbers rising to almost capacity here at Bedford, our fitness instructors would like to bring us back to basics and welcome all newcomers, whether you are new to Bedford or just new to Fitness Class. On February 15th join Jen and your neighbors in her introduction to fitness class. All are welcome and encouraged to try it out. If you already enjoy the benefits of Jen's class, we would like you to still come and help show us how it's done. This Class focuses on Strengthening and mobility, crucial to enjoying your independence.