

Believing in Happier Aging

Believing in Happier Aging, means reconnecting seniors with interests, hobbies, and passions that might have gotten lost amid busy schedules, health concerns, or other distractions. Aging is worth celebrating and happiness is about rediscovering the fun in life!

Here are some summer activities that are perfect for seniors. Take advantage of the sun while it's out! Not only does it feel good to get outside, but social engagement has been shown to improve mental and physical well-being and even prolong your life.

Whether you're happily aging, or you're a friend or relative of a senior, here are ten summer activities to try—no matter the level of mobility.

GO FOR A WALK, JOG OR STROLL

Whether these legs still love to run or a walker is the safest bet, just getting outside and moving around is a great way to keep the body and mind in shape.

SOAK UP THE SUN AT A PARK

Enjoying the sun doesn't just make us feel better—Vitamin D is necessary for bone and muscle function. Without enough sun, seniors are at a greater risk of fracture and other side effects of a Vitamin D deficiency. Wear sunscreen, and make sure you're able to easily access cool shade by wearing a hat, bringing an umbrella, or sitting beside a tree.

GO SWIMMING OR WADING

If you have access to a pool, summer is a great time to splash around! Because of the buoyancy, swimming is easier on the joints than many other forms of exercise, and can be relaxing as well. Try out the pool at Bedford Walk for a change of pace.

HAVE A PICNIC

Bring snacks, drinks, a blanket, and maybe some music to the local park (or courtyard here at Bedford Walk). Enjoy a sandwich, and even lie back and watch the clouds.

CREATE OR TEND TO A GARDEN

If you have access to an outdoor space (a patio or deck will do just fine) planting flowers or vegetables and herbs can be especially beneficial. Not only does planting bring joy, but tending to any type of gardening will help provide a daily routine while repping the benefits of all the beauty.

GO TO A FARMER'S MARKET OR FAIR

Summer is the season for farmer's markets, craft fairs, flea markets and more. Walk around the booths, browse for deals, and go for lunch afterward.

VOLUNTEER

Keep your mind sharp and give back to the community by volunteering. Talk to your local Rotary club, or non-profits and charitable organizations that resonate with you. Volunteering with friends and family can also bring you closer together. If you are unable to physically volunteer finding a worthy charitable organization to support in other facets can be equally as rewarding.

TRY TAI CHI OR YOGA

Join a Tai chi or Yoga group for a low-impact activity. Tai chi and Yoga can help prevent falls in seniors and is a great way to improve and maintain mental agility. You'll feel great afterwards!

Regular activity and socialization can help seniors improve physical and mental well-being. While this list includes options for people of all abilities, be mindful of your own capabilities. If you aren't confident that you'll be able to handle an activity, check in with your family doctor. After all, you'll have more fun if you're feeling good!

HAPPY BIRTHDAY!

Gary Nickels	1st	Dale Klausman	16th	Rob Larkin	23rd
Barbara Barner	9th	Danielle Blanck	21st		

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING

JULY 2023

Why is the Fourth of July Important for The United States of America?

July 4, more commonly known as the fourth of July in the United States of America has been a federal holiday in the country since 1941. In several movies you might have heard about the fourth of July, fireworks show, all this is connected to the day being very important in US history and tradition.

The fourth of July is celebrated in the US as Independence Day, much like we, Indians, have our own on August 15. The tradition of Independence Day goes back to 18th century when the Continental Congress in the US voted in favor of independence on July 2.

Two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Did you know? John Adams, one of the founding fathers and the second US President, believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826—the 50th anniversary of the adoption of the Declaration of Independence.

FOURTH OF JULY FIREWORKS

The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4 of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies. The Pennsylvania Evening Post reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty set off fireworks over Boston Common.

Whether you choose to celebrate with family, fireworks or watching festivities from the comfort of your own home, we wish you a very Happy Independence Day!

FEATURED: The Bedford Big Hearts















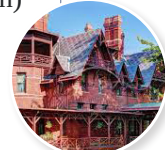




Throughout the month of July, Bedford Walk continues to Support our local Ronald McDonald House Organization benefiting families in need. Since 1983, Ronald McDonald House Charities® of Mid-Missouri has been keeping families close while their child receives medical care in the Columbia area.




The Ronald McDonald House gives:

- Children a place to play after a long day at the hospital
- Parents a home near the hospital for a warm meal and a good night's sleep
- Families relief from the financial and emotional burdens of traveling for their child's medical care

To do this, we rely on the love, sharing and caring of hundreds of generous donors and volunteers from across the region. Thank you for supporting their mission of keeping families close, Bedford Big Hearts thanks you as well for your continued support!

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 HAPPY BIRTHDAY Gary Nickels!
2 3:00 p.m. Movie Showing: <i>Born on the Fourth of July</i>	3 Hair Stylist Available by Appt 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 RL	4  12:30 p.m. Euchre RL 3:00 p.m. Fiber Arts 4:30 p.m. 4th of July Social RL 5:00 p.m. 4th of July Potluck RL	5 8:45 a.m. Walkabout with Sarah 10:00 a.m. Fitness Class with EmpowerMe 10:30 a.m. Resident Council Meeting 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip:  	6 8:45 a.m. Chair Yoga (Session 1) 10:00 a.m. Chair Yoga (Session 2) 12:30 p.m. Euchre & Dominoes RL 12:30 p.m. Brain Games RL 2:00 p.m. Line Dancing Class 3:00 p.m. Resolution Meeting 4:00 p.m. Live Music - Bob Putnam 5:00 p.m. Dinner Club:  	7 Nail Care Available by Appt 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 1:00 p.m. Day Trip: Isle of Capri Casino (Boonville) & A&W for snack 3:00 p.m. Documentary Movie Showing: <i>Mystery of Marilyn Monroe</i> 	8 3:00 p.m. Non-Denominational Worship Service RL
9 HAPPY BIRTHDAY Barbara Barner! 3:00 p.m. Hymn Sing in Piano Lounge 3:00 p.m. Movie Showing: <i>Julie & Julia</i>	10 Hair Stylist Available by Appt 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 RL	11 10:00 a.m. Crafts with Sarah: Scrapbook Flowers 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday 3:00 p.m. Fiber Arts	12 8:45 a.m. Walkabout with Sarah 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip:  4:00 p.m. Social Hour: Bedford County Fair 	13 8:45 a.m. Chair Yoga (Session 1) 10:00 a.m. Chair Yoga (Session 2) 12:30 p.m. Brain Games RL 12:30 p.m. Euchre & Dominoes RL 	14 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 3:00 p.m. Charades Resident Challenge	15
16 HAPPY BIRTHDAY Dale Klausman! 3:00 p.m. Movie Showing: <i>A Man Called Otto</i>	17 Hair Stylist Available by Appt 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO RL	18 10:00 a.m. Crafts with Sarah: Guest Artist Terrill Fisher - Blind Drawings Pt. 1 12:30 p.m. Euchre RL 2:00 p.m. Trivia Tuesday 3:00 p.m. Fiber Arts	19 8:45 a.m. Walkabout with Sarah 9:00 a.m. Crafts with Sarah: Guest Artist Terrill Fisher - Blind Drawings Pt. 2 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip:  4:00 p.m. Social Hour: Birthdays!  	20 Columbia Foot Care in Salon 12:30 p.m. Euchre & Dominoes RL 12:30 p.m. Brain Games RL 2:00 p.m. Line Dancing Class 5:00 p.m. Dinner Club:  	21 HAPPY BIRTHDAY Danielle Blanck! 9:00 a.m. Coffee & Conversation 9:00 a.m. Day Trip: Hannibal (Mark Twain Museum Downtown Walkabout Lunch) 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 3:00 p.m. Documentary Movie Showing: <i>D.B. Cooper Where Are You?</i> 	22 3:00 p.m. Non-Denominational Worship Service RL
23 HAPPY BIRTHDAY Rob Larkin! 3:00 p.m. Movie Showing: <i>The Mule</i>	24 Hair Stylist Available by Appt 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 RL	25 10:00 a.m. Crafts With Sarah 12:30 p.m. Euchre RL 2:00 p.m. Tech Tuesday 3:00 p.m. Fiber Arts 4:00 p.m. BUNKO	26 8:45 a.m. Walkabout with Sarah 10:00 a.m. Fitness Class with EmpowerMe 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip:  3:00 p.m. All Residents Meeting 4:00 p.m. Social Hour: Pizza and Beer 	27 Massage Therapist Available by Appt 8:45 a.m. Chair Yoga (Session 1) 10:00 a.m. Chair Yoga (Session 2) 12:30 p.m. Brain Games RL 12:30 p.m. Euchre & Dominoes RL 	28 9:00 a.m. Coffee & Conversation 9:15 a.m. Walking Club: Bethel Park 9:15 a.m. Water Aerobics 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 1:00 p.m. Day Trip: Midway Antique Mall & Andy's Frozen Custard 3:00 p.m. Movie Showing: <i>Barbra: The Music, The Memories, The Magic</i> 	29

30 3:00 p.m. Movie Showing: <i>Bruce Almighty</i>	31  Hair Stylist Available by Appt 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 RL 3:30 p.m. Audio Interview with the Author 4:00 p.m. Book club
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RL = Resident Led Event

 = Trash Day

 = Recycle Day