

W E L L N E S S C O R N E R

WITH LEGACY HEALTHCARE SERVICES



Legacy Healthcare Services, a Medicare certified outpatient rehab provider, will be providing therapy services at The Village of Bedford Walk beginning July 1, 2019. We are a company committed to ensuring that any resident in need has convenient access to services designed to help them attain and maintain their highest level of function, safety

and independence. The Legacy therapy team will introduce programs such as Pain Management, Falls Prevention, Memory Care and Low Vision Care. Legacy also offers a Pulmonary Therapy program aimed at improving the lives of those who have difficulty with breathing and related side effects. The therapists are also available for traditional therapy services that are explained below.

What once was an easy task may now prove difficult. Rehabilitation is a process that helps an individual learn to do more for him- or herself. The therapy team is here to encourage, motivate and teach each person to reach and maintain his/her maximum potential.

The therapists are experts in resolving barriers that interfere with you living the lifestyle you want. From resolving issues with pain to assuring your safety behind the wheel of your car, we encourage you to learn more about how the rehabilitation team may help you.

Please take advantage of all we offer. Beginning July 1, 2019 visit us in the Fitness Room for additional information or to discuss how therapy may be able to assist you or your loved one.

**PHYSICAL THERAPY**

Physical therapy is designed to re-educate muscles to work, to retrain other parts of the body to function for those parts which cannot, and teach clients how to manage their disability with or without equipment. This education process is performed mainly through exercises and through functional skills training. Our Physical Therapy program concentrates on mobility in bed, in a wheelchair, or when walking. To accomplish this, the therapist may utilize a combination of exercises and strategies to improve strength, range of motion, balance, coordination and overall mobility. In addition to exercises, various modalities may be used, including electrical stimulation, ultrasound, biofeedback, heat and cold.

**OCCUPATIONAL THERAPY**

In Occupational Therapy the client works toward maximizing independence. The Occupational Therapy program offers training in areas of self-care, home care, community integration and exercise to restore strength and coordination in the upper extremities. The focus of Occupational Therapy is to enable the person to lead a more independent, productive and satisfying life.

**SPEECH-LANGUAGE PATHOLOGY**

Speech-Language Pathologists diagnose and treat various types of communication, swallowing and cognitive disorders. Both individual and group therapy are available to address the individual's specific needs.

**Lunch service from 11:30a.m. -1:30p.m.**

Please let Concierge Services know of any additional guests by July 1.

**Guest meal pricing applies.**

- \* Salad Bar Offerings
- \* BBQ Smoked and Grilled Pork Ribs
- \* BBQ Smoked and Grilled Chicken Thighs
- \* Creamy Cabbage Slaw
- \* Grilled Potato Salad
- \* Grilled Corn on the Cobb
- \* Grilled Asparagus
- \* Angel Food Cake with Fresh Berries
- \* Ice Cream for Dessert



THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



"Pack your bags" for five days of cruising right here at The Village of Bedford Walk!

**JULY 15 - 19**

Enjoy activities, events and meal service from a different country every day. Join the "crew" on Wednesday, July 10 at 4:00p.m. in the Piano Lounge at Passport Pick-Up for the big reveal of locations, activities, menus, sign-ups and, of course, your Passport!

**CRUISE SHIP SAVE-THE-DATES:**

**Passport Pick-Up**

Wednesday, July 10 at 4:00p.m. in Piano Lounge

**Set Sail Party**

Monday, July 15 at 4:30p.m. in Lower Level

**Special Social Hour**

Wednesday, July 17 at 4:30p.m. in Piano Lounge

**Captain's Cocktail Party at Peachtree**

Friday, July 19 at 4:30p.m.

**EARN \$1,000 WHEN YOU REFER A NEW RESIDENT!**

*\* See Concierge Services to learn more*



*Happy Birthday!*

- |              |         |
|--------------|---------|
| Josephine E. | July 1  |
| Pat E.       | July 5  |
| Laura M.     | July 7  |
| Archie B.    | July 10 |
| Carrie F.    | July 22 |
| Bob M.       | July 23 |
| Vicki M.     | July 28 |
| Judy S.      | July 30 |



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 9:25a.m. and 10:30a.m. Chair Yoga in Fitness Room*** 2:00p.m. and 2:45p.m. Fitness with Kelly in Fitness Room***	2 8:30a.m., 9:15a.m. and 10:00a.m. Water Aerobics in Pool*** 4:30p.m. Movie in Theater Room	3 10:30a.m. FitCo** 2:00pm Walmart** 4:30p.m. Social Hour in Piano Lounge *July Birthday Celebration*	4  Enjoy a BBQ with Peachtree from 11:30 – 1:30p.m.	5 9:00a.m. Coffee Catch –Up with Paige in Bistro 9:25a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30a.m. Meditation in Fitness Room*** 2:30p.m. Tai Chi in Fitness Room*** 4:00p.m. Dinner Club to Sammy D's in Clark **	6	
7 3:30p.m. Afternoon Movie in Theater Room	8 9:25a.m. and 10:30a.m. Chair Yoga in Fitness Room*** 2:00p.m. and 2:45p.m. Fitness with Kelly in Fitness Room*** 4:00p.m. Seminar about CBD Oils in Theater Room *** Forum 8 Movie: <i>Movie and Time to be announced in July 5th Mailer</i>	9 8:30a.m., 9:15a.m. and 10:00a.m. Water Aerobics in Pool*** 4:30p.m. Movie in Theater Room	10 10:30a.m. FitCo** 2:00pm Walmart** 4:00p.m. <b>Passport Pick-Up in Piano Lounge</b> 4:30p.m. Social Hour in Piano Lounge	11 8:00a.m. Men's Breakfast in Magnolia Room *** 8:30a.m., 9:15a.m. and 10:00a.m. Water Aerobics in Pool*** 5:30p.m. Movie in Theater Room	12 9:00a.m. Coffee Catch –Up with Mason in Bistro 9:25a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30a.m. Meditation in Fitness Room*** 2:30p.m. Tai Chi in Fitness Room***	13 2:00p.m. Les Bourgeois Wine Release Party and Art Show**	
14 3:30p.m. Afternoon Movie in Theater Room	15 <b>CRUISE SHIP WEEK:</b> See Passport for Activities 	16 <b>CRUISE SHIP WEEK:</b> See Passport for Activities	17 <b>CRUISE SHIP WEEK:</b> See Passport for Activities	18 <b>CRUISE SHIP WEEK:</b> See Passport for Activities 	19 <b>CRUISE SHIP WEEK:</b> See Passport for Activities	20 50th Anniversary of Apollo 11 <i>Enjoy a themed lunch!</i> 3:30p.m. Special Movie: <i>First Man</i> in Theater Room	
21 3:30p.m. Afternoon Movie in Theater Room	22 9:25a.m. and 10:30a.m. Chair Yoga in Fitness Room*** 2:00p.m. and 2:45p.m. Fitness with Kelly in Fitness Room***	23 8:30a.m., 9:15a.m. and 10:00a.m. Water Aerobics in Pool*** 2:00p.m. Small Art Big Stories at Boone County History & Culture Center** 4:30p.m. Movie in Theater Room	24 10:30a.m. FitCo** 2:00pm Walmart** 4:30p.m. Social Hour in Piano Lounge	25 8:30a.m., 9:15a.m. and 10:00a.m. Water Aerobics in Pool*** 5:30p.m. Movie in Theater Room	26 9:00a.m. Coffee Catch –Up with Rick in Bistro 9:25a.m. Gentle Vinyasa Flow yoga in Fitness Room*** 10:30a.m. Meditation in Fitness Room*** 1:00p.m. Dog Days of Summer Sale in The District ** 2:30p.m. Tai Chi in Fitness Room***	27 9:00a.m. Breakfast Club at Cracker Barrel **	
28 3:30p.m. Afternoon Movie in Theater Room	29 9:25a.m. and 10:30a.m. Chair Yoga in Fitness Room*** 2:00p.m. and 2:45p.m. Fitness with Kelly in Fitness Room*** 5:30p.m. Dinner Club at The Pasta Factory **	30 8:30a.m., 9:15a.m. and 10:00a.m. Water Aerobics in Pool*** 4:30p.m. Movie in Theater Room	31 10:30a.m. FitCo** 2:00pm Walmart** 4:30p.m. Social Hour in Piano Lounge				

**THE VILLAGE OF BEDFORD WALK**

**CBD Oil Seminar**  
Join Marge F's granddaughter and learn more about CBD Oils and the benefits for all ages!

**Les Bourgeois Wine Tasting and Art Show**  
Be among the first to sample and purchase the latest release of the 2019 Collector's Series wines. Guests will be treated to tastings of the new vintages crafted by Les Bourgeois winemakers, a selection of delicious appetizers to pair perfectly with the wines and live music. In addition, the winning artists featured on the labels will have collections of their artwork for show and sale. This event is free and open to the public. Shuttle service is provided.

**50th Anniversary of Apollo 11**  
Join us on Saturday, July 20 for the remarkable celebration of Apollo 11 with a themed lunch service and a movie!

**Small Art Big Stories**  
17 miniature exhibitions inspired by the power of artwork, regardless of its size, and the stories it tells. Each piece of artwork is smaller than 8x10 and includes an artist narrative.

**Dog Days of Summer Sale in The District**  
Shuttle Service provided to The District for the best sale of the season at all the local stores and boutiques.

**\*\* 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.

Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.  
All activities involving transportation are subject to cancellation due to weather.