

WELLNESS CORNER

BY MARGARET MANNING
SIXTYANDME.COM

6 Simple Ways to Improve Your Balance After 50

One thing that I learned by starting Sixty and Me, one of the largest communities of older adults on the planet, is that older adults are redefining aging. We are no longer comfortable with the idea of “aging gracefully.” We want to get out into the world. We want to explore, dance, learn and live. But we can’t do this if we are living in fear of falls.

Try Gentle Yoga for Balance

Telling someone who doesn’t feel stable on their feet to join an aerobics class is a little bit like asking a child who is afraid of knives to take a sword-fighting class. It’s just too much! This is one of the reasons that, when I decided to improve my balance, I turned to gentle yoga. It was a fantastic “gateway activity” for me because it allowed me to improve my balance in a safe environment.

Consider Tai Chi

An alternative to gentle yoga that can also help you to improve your balance is Tai Chi. I don’t have as much direct experience with this ancient and beautiful practice, but I have been told by dozens of women that it changed their lives.

Invest in a Good Pair of Walking Shoes

For serious walking, especially off the beaten path, I like New Balance sneakers. The padding in their soles is just amazing! Comfy sneakers are a necessity for walking.

Practice Standing on One Leg – With a Chair, if Necessary

One of the small exercises that I have added to my daily routine is standing on one leg. I know that this seems like such a small thing, but it really helps. Don’t feel like you need to raise your leg all the way – just lifting your foot a few inches from the ground is a great way to start. In sports pictures, you always see people stretching by pulling their heel all the way up while gripping their foot with their hand. This may be great for stretching, but it’s not necessary when you are gently working on your balance. You can also use a chair for support. The most important thing is finding a routine that you can actually stick with every day!

Take Dancing Lessons

Improving your balance doesn’t have to be boring. It can actually be a social experience. It doesn’t really matter what kind of dancing you do: tango, ballroom, ballet – they will all help you to reconnect with your body and improve your balance.

Bonus: Build Your Muscles

While there are several things that you can do to improve your balance directly, don’t neglect your overall health and fitness. For example, spending time at the gym doing a variety of exercises will increase your strength, cardiovascular health and most importantly, confidence.

When you exercise, you feel more solid in your body. And, when you feel more stable, you will be more likely to engage in the activities that will help you to improve your balance every day.

Check your Activity Calendar for Yoga, Tai Chi and Water Aerobics classes offered here at The Village of Bedford Walk in our Fitness Room.

Happy Birthday!

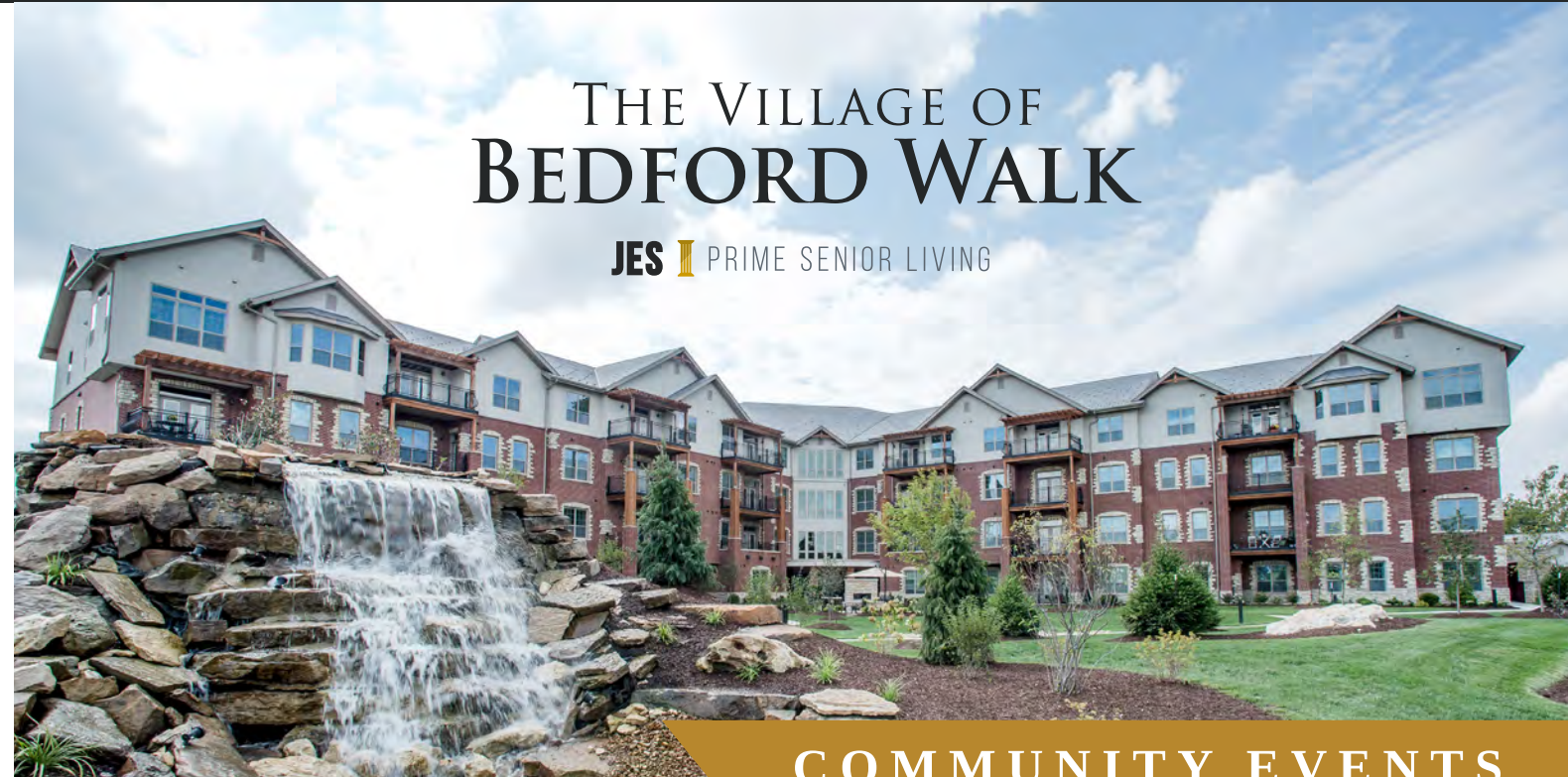


United Way Wine Tasting Event – Enjoy a complimentary wine tasting with Eric Winters from PRP Wine on Thursday, October 24. Taste a variety of wine styles accompanied by a paired cheese, carefully selected by Peachtree. Appreciate an old favorite or find a new preferred selection. A portion of the wine purchases will benefit the United Way. See Concierge to reserve your spot by October 18.

Marge F.	Oct 4
Mary H.	Oct 14
Marian H.	Oct 16
George H.	Oct 22
Jane T.	Oct 31

THE VILLAGE OF
BEDFORD WALK

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COMMUNITY EVENTS



Walk to End Alzheimer's – Join The Village of Bedford Walk as we support this great cause on Sunday, October 20. Sign up to attend the event where you can walk, assist at a water station or cheer on the participants. The event begins at 1:00p.m. with transportation to Cosmo Park beginning at 12:15p.m. See Concierge to sign up or donate! Your donation will provide assistance for the projected 14 million Americans living with Alzheimer’s by 2020.



MU Volleyball for Golden Tigers – Be sure to check the activity calendar for selected dates when Bedford Walk can accommodate transportation. Concierge will have limited tickets available for the rest of the home games, which will be given out first come, first served.



Halloween Activities



Costume-Shopping Trip to Spirit Halloween – Take the shuttle to Spirit Halloween, and shop for the perfect Halloween costume on Tuesday, October 1 at 10:00a.m. Keep in mind that we will be voting on Best Duo, Most Original and Creepiest Costume at the Halloween Party!

Safe Treat Bag-Making for Boys & Girls Clubs – Bring a bag of candy and help stuff over 100 bags of safe candy for Boys & Girls Clubs of Columbia in the Magnolia Room on Monday, October 21 at 12:30p.m. These bags are given to children who may not have a safe neighborhood to trick-or-treat in. Bedford will provide some candy and the candy bags to fill. If you cannot help stuff bags but want to donate candy, feel free to drop off with Concierge.

Pumpkin Painting – Create your very own painted pumpkin on Tuesday, October 29 at 2:00p.m., and enter it in the Painted Pumpkin Contest at the Halloween Party if you wish. \$2 fee includes pumpkin and paint supplies.

Halloween Party – RSVP with Concierge Services by Thursday, October 24 for the Halloween Party. Costumes are not required but if you desire to dress up, keep the Costume Contest in mind! Enter your painted pumpkin as well to be voted on by your peers. Enjoy food, beverage and other spooky surprises! Fee of \$10 applies at time of sign up.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

THE VILLAGE OF BEDFORD WALK



<p>6</p> <p>12:30 p.m. MU Volleyball for Golden Tigers**\$</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p> 	<p>7</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p>	<p>8</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>9</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p> <p>6:30 p.m. MU Volleyball for Golden Tigers**\$</p>	<p>10</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>1:00 p.m. Homecoming Paper Mums in Magnolia Room***\$</p> <p>2:30 p.m. TEE Time: Social Media in Theater Room***</p> <p>5:30 p.m. Movie in Theater Room</p>	<p>11</p> <p>FRIDAY NIGHT LIGHTS SOCIAL HOUR</p> <p>9:00 a.m. Coffee Catch Up in Bistro</p> <p>9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room***</p> <p>10:30 a.m. Meditation in Fitness Room***</p> <p>2:30 p.m. Tai Chi In Fitness Room***</p> <p>4:30 p.m. Friday Night Lights: Homecoming in Piano Lounge</p> 	<p>12</p>  <p>Enjoy a special lunch with Peachtree!</p>	<p><i>No Water Aerobics first week of October while the pool is closed for routine maintenance.</i></p> <p>TEE Time Workshops Join the MU Center for Eldercare and Rehabilitation Technology for these Technology, Education and Empowerment workshops.</p> <p>Homecoming Paper Mum Corsage-Making Make your own Mizzou Homecoming Mum! The tradition began in the 1950s with Tiger fans wearing large gold mums with black ribbon to the Homecoming game. \$2 fee includes supplies and assistance in creation.</p> <p>New Theatre Trip to Overland Park RSVPs were due August 7; please see Concierge for available tickets or to be added to a waitlist.</p> <p>Branford Marsalis at Missouri Theatre RSVPs were due September 20; please see Concierge for available tickets or to be added to a waitlist.</p> <p>Katy Trail Fall Color Tram Tour Limited tickets available. Enjoy a two-hour tram tour on the Katy Trail! Take in the colors of fall while interpretive guides explain the natural history and cultural features of the trail along the way. \$7 fee includes ticket and transportation.</p>
<p>13</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p>	<p>14</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p> <p>Forum 8 Movie – Movie and Time TBA in October 10 Mailer</p>	<p>15</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>12:30 p.m. - 2:30 p.m. Ask a Nurse Program in Magnolia Room</p> <p>4:30 p.m. Movie in Theater Room</p> <p>4:30 p.m. Dinner Club at The Heidelberg**</p>	<p>16</p> <p>9:30 a.m. New Theatre Trip to Overland Park**\$</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>3:30 p.m. MU Health Seminar in Theater Room***</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>17</p> <p>8:00 a.m. Men's Breakfast in Magnolia Room***</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>2:30 p.m. TEE Time: Online Shopping in the Theater Room***</p> <p>5:30 p.m. Movie in Theater Room</p> <p>6:00 p.m. Branford Marsalis at Missouri Theatre**\$</p>	<p>18</p> <p>9:00 a.m. Coffee Catch Up in Bistro</p> <p>9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room***</p> <p>10:30 a.m. Meditation in Fitness Room***</p> <p>2:30 p.m. Tai Chi In Fitness Room***</p>	<p>19</p> <p>9:00 a.m. Breakfast Club at Hy-Vee Market Grille</p>	<p>** Shuttle Service Shuttle Service is provided for this activity. Please see the Concierge Desk to reserve your spot on the shuttle.</p> <p>*** Limited Availability Sign up at the Concierge Desk prior to the event if you plan to attend.</p> <p>Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.</p> <p>All activities involving transportation are subject to cancellation due to weather.</p>
<p>20</p> <p>12:15 p.m. Walk to End Alzheimer's at Cosmo Park**</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p> 	<p>21</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>12:30 p.m. - 1:30 p.m. Safe Treat Bag-Making for Boys & Girls Clubs in Magnolia Room</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p>	<p>22</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>23</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>24</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>9:15 a.m. Katy Trail Fall Color Tram Tour in Rocheport**\$</p>  <p>4:00 p.m. United Way Wine Tasting Event in Lower Level***</p> <p>5:30 p.m. Movie in Theater Room</p>	<p>25</p> <p>9:00 a.m. Coffee Catch Up in Bistro</p> <p>9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room***</p> <p>10:30 a.m. Meditation in Fitness Room***</p> <p>2:30 p.m. Tai Chi In Fitness Room***</p>	<p>26</p>	
<p>27</p> <p>12:30 p.m. MU Volleyball for Golden Tigers**\$</p> <p>3:30 p.m. Afternoon Movie in Theater Room</p>	<p>28</p> <p>9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room***</p> <p>2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***</p> <p>5:30 p.m. Dinner Club at Buckingham Smokehouse**</p>	<p>29</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>9:00 a.m. November Activity Sign-Up Day</p> <p>2:00 p.m. Pumpkin Painting***\$</p> <p>4:30 p.m. Movie in Theater Room</p>	<p>30</p> <p>10:20 a.m. FitCo**</p> <p>10:50 a.m. FitCo**</p> <p>2:00 p.m. Walmart**</p> <p>4:30 p.m. Social Hour in Piano Lounge</p>	<p>31</p> <p>8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool***</p> <p>4:30 p.m. Halloween Party***\$</p> <p>Happy Halloween! </p> <p>6:00 p.m. Movie in Theater Room</p>			