



Vitamins For The Elderly



All B vitamins are essential, however B12 (cobalamin) is one of the most important and helps in the normal functioning of the brain and nervous system, and for the formation of blood. A deficiency in Vitamin B12 can display symptoms similar to that of dementia. B12 can help with retaining a good mental health, it can also help with memory and health for people living with dementia.

B12 deficiency is most common in older adults and vegetarians (due to the fact that this vitamin is only usually found in animal protein). B12 can be found in shellfish, beef liver and fish such as mackerel.

Vitamin B1 (thiamin) – keeps nerves and muscles healthy and is found in vegetables, eggs, fruit, peas, liver, wholegrain breads.

Vitamin B2 (riboflavin) – keeps the skin, eyes and nervous system healthy and is found in dairy products and rice.

Vitamin B3 (Niacin) – keeps the nervous and digestive systems healthy and is found in dairy, meat, fish and wheat flour.

Vitamin B6 (pyridoxine) – helps our body to store and use energy, helps form haemoglobin. B6 is found in lots of foods such as bread, pork, fish, eggs, peanuts, potatoes, milk.

Folic acid – works together with B12 to form healthy red blood cells and reduces the risk of central nervous system defects. It's found in broccoli, Brussels sprouts, spinach, chickpeas, liver, brown rice.

Ensuring your loved one is getting the right minerals, vitamins and nutrients is stressful and emotionally draining for a lot of people.

Article By: CarewatchMay



THE RESIDENCE at Selleck's Woods

Vitamins For The Elderly



Ensure good health by making sure that you are getting your vitamin D and vitamin B levels right for older age...

Many people use a new year as a time for making resolutions and improvements to their life or their health. These are usually things like losing weight, drinking less, or

stopping smoking. All are really good things to do. Not many people however decide to increase their intake of vital vitamins to ensure good physical and mental health.

Among other vitamins and minerals, vitamin D and B vitamins are essential for health, especially in older age. These vitamins support healthy blood, bones, brain, immune system and the body's ability to use energy, so it's important you ensure that healthy levels are retained throughout your life. However, vitamin D and vitamin B deficiency is more common in older people and can increase chances of developing osteoporosis and other age-related diseases.

Vitamin D is essential for good bone health, fighting depression and protecting against colds. A lack of vitamin D can increase your risk of developing dementia. Deficiency is very common; more than half of adults in the UK do not have enough vitamin D.

THE RESIDENCE AT SELLECK'S WOODS *Associates*

Lidia Ayala

Executive Director

Danielle Marques

Business Office Director

Sheryl Bilyard RN

Resident Care Director

Stan Poburian

Maintenance Director

David Hart

Culinary Services Director

Mavel Jones

Engagement Director

TBA

Reflections Director

Jennifer Miller

Sales & Marketing Director

Brianna & Jill

Business Development



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Book of the Month

Anxious People
by Fredrik
Bachmann

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social



- 7**
- 10:00 ■ Scenic Drive
 - 10:15 ■ St Patrick's Cathedral
 - 11:00 ■ St John's Hosting Eucharist
 - 11:45 ■ Presbyterian Service
 - 1:00 ■ Creative Colors
 - 1:30 ■ Name That Tune!
 - 1:30 ■ Strength, Tone & Balance
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Power Walking

- 1**
- 10:00 ■ Chair Dance Exercise
 - 11:00 ■ Netflix Series
 - 11:00 ■ Crafter's Corner
 - 1:30 ■ World Now Current Events
 - 2:00 ■ Watercolor Painting with Bella
 - 3:00 ■ Group Crossword Puzzle
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 8**
- 10:00 ■ Chair Dance Exercise
 - 11:00 ■ Netflix Series
 - 1:30 ■ World Now Current Events
 - 2:00 ■ Watercolor Painting with Bella
 - 3:00 ■ Group Crossword Puzzle
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 14**
- 10:00 ■ Scenic Drive
 - 10:15 ■ St Patrick's Cathedral
 - 11:00 ■ St John's Hosting Eucharist
 - 11:45 ■ Presbyterian Service
 - 12:30 ■ Creative Color
 - 1:30 ■ Name That Tune!
 - 1:30 ■ Strength, Tone & Balance
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Power Walking

- 15**
- 10:00 ■ Chair Dance Exercise
 - 11:00 ■ Netflix Series
 - 11:00 ■ Crafter's Corner
 - 1:30 ■ World Now Current Events
 - 2:00 ■ Watercolor Painting with Bella
 - 3:00 ■ Group Crossword Puzzle
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 21**
- 10:00 ■ Scenic Drive
 - 10:15 ■ St Patrick's Cathedral
 - 11:00 ■ St John's Hosting Eucharist
 - 11:45 ■ Presbyterian Service
 - 12:30 ■ Creative Colors
 - 1:30 ■ Name That Tune!
 - 1:30 ■ Strength, Tone & Balance
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Power Walking

- 22**
- 10:00 ■ Chair Dance Exercise
 - 11:00 ■ Netflix Series
 - 1:30 ■ World Now Current Events
 - 2:00 ■ Watercolor Painting with Bella
 - 3:00 ■ Group Crossword Puzzle
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 28**
- 10:00 ■ Scenic Drive
 - 10:15 ■ St Patrick's Cathedral
 - 11:00 ■ St John's Hosting Eucharist
 - 11:45 ■ Presbyterian Service
 - 12:30 ■ Creative Colors
 - 1:30 ■ Name That Tune!
 - 1:30 ■ Strength, Tone & Balance
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Power Walking

- 29**
- 10:00 ■ Chair Dance Exercise
 - 11:00 ■ Netflix Series
 - 11:00 ■ Crafter's Corner
 - 1:30 ■ World Now Current Events
 - 2:00 ■ Watercolor Painting with Bella
 - 3:00 ■ Group Crossword Puzzle
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 2**
- 11:00 ■ Barre Balance
 - 11:00 ■ Needle pointing with Rose
 - 12:00 ■ NYC in the Bistro
 - 1:30 ■ Short Story
 - 2:30 ■ Ice Cream Social with James
 - 3:00 ■ Brain Games
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Exploring Famous Artists
 - 7:00 ■ Evening Movie

- 9**
- 11:00 ■ Barre Balance
 - 11:00 ■ Needle pointing with Rose
 - 12:00 ■ NYC in the Bistro
 - 1:30 ■ Short Story
 - 2:30 ■ Ice Cream Social with James
 - 3:00 ■ Brain Games
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Exploring Famous Artists
 - 7:00 ■ Evening Movie

- 16**
- 11:00 ■ Barre Balance
 - 11:00 ■ Needle pointing with Rose
 - 12:00 ■ NYC in the Bistro
 - 1:30 ■ Short Story
 - 2:30 ■ Ice Cream Social with James
 - 3:00 ■ Brain Games
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Exploring Famous Artists
 - 7:00 ■ Evening Movie

- 23**
- 11:00 ■ Barre Balance
 - 11:00 ■ Needle pointing with Rose
 - 12:00 ■ NYC in the Bistro
 - 1:30 ■ Short Story
 - 2:30 ■ Ice Cream Social with James
 - 3:00 ■ Brain Games
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Exploring Famous Artists
 - 7:00 ■ Evening Movie

- 30**
- 11:00 ■ Barre Balance
 - 11:00 ■ Needle pointing with Rose
 - 12:00 ■ NYC in the Bistro
 - 1:30 ■ Short Story
 - 2:30 ■ Ice Cream Social with James
 - 3:00 ■ Brain Games
 - 3:00 ■ Afternoon Movie
 - 4:00 ■ Exploring Famous Artists
 - 7:00 ■ Evening Movie

- 3**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ American Trivia
 - 11:00 ■ World History
 - 1:30 ■ Knitting for Charity
 - 3:00 ■ Classic Movie
 - 3:30 ■ Opera Talk
 - 4:00 ■ Happy Hour
 - 7:00 ■ Classic Movie

- 10**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ American Trivia
 - 11:00 ■ World History
 - 1:30 ■ Knitting for Charity
 - 3:00 ■ Classic Movie
 - 4:00 ■ Happy Hour
 - 7:00 ■ Classic Movie

- 17**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ American Trivia
 - 11:00 ■ World History
 - 1:30 ■ Knitting for Charity
 - 3:00 ■ Classic Movie
 - 3:30 ■ Opera Talk
 - 4:00 ■ Happy Hour
 - 7:00 ■ Classic Movie

- 24**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ American Trivia
 - 11:00 ■ World History
 - 1:30 ■ Knitting for Charity
 - 3:00 ■ Classic Movie
 - 4:00 ■ Happy Hour
 - 7:00 ■ Classic Movie

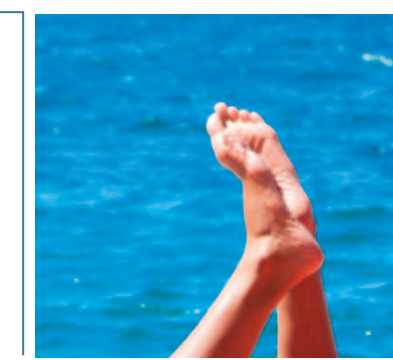
- 31**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ American Trivia
 - 11:00 ■ World History
 - 1:30 ■ Knitting for Charity
 - 3:00 ■ Classic Movie
 - 3:30 ■ Opera Talk
 - 4:00 ■ Happy Hour
 - 7:00 ■ Classic Movie

- 4**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ Resident Baking Club
 - 1:30 ■ Tai chi & Mindfulness
 - 1:30 ■ Short Story
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Poetry & Words
 - 7:00 ■ Evening Movie

- 11**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ Resident Baking Club
 - 1:30 ■ Tai chi & Mindfulness
 - 1:30 ■ Short Story
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Poetry & Words
 - 7:00 ■ Evening Movie

- 18**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ Resident Baking Club
 - 1:30 ■ Tai chi & Mindfulness
 - 1:30 ■ Short Story
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Poetry & Words
 - 7:00 ■ Evening Movie

- 25**
- 10:00 ■ Good Moring Workout
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ Crafter's Corner
 - 11:00 ■ Resident Baking Club
 - 1:30 ■ Tai chi & Mindfulness
 - 1:30 ■ Short Story
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Poetry & Words
 - 7:00 ■ Evening Movie



- 5**
- 9:30 ■ Fireside Chat
 - 10:00 ■ Good Moring Workout
 - 11:00 ■ American History Talk
 - 2:00 ■ Knitting for Charity
 - 2:00 ■ Indoor Volleyball
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Chef Showcase
 - 3:00 ■ Selleck's Woods Book Club
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 12**
- 9:30 ■ Fireside Chat
 - 10:00 ■ Good Moring Workout
 - 11:00 ■ American History Talk
 - 2:00 ■ Knitting for Charity
 - 2:00 ■ Indoor Volleyball
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Chef Showcase
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 19**
- 9:30 ■ Fireside Chat
 - 10:00 ■ Good Moring Workout
 - 11:00 ■ American History Talk
 - 2:00 ■ Knitting for Charity
 - 2:00 ■ Indoor Volleyball
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Chef Showcase
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie

- 26**
- 9:30 ■ Fireside Chat
 - 10:00 ■ Good Moring Workout
 - 11:00 ■ American History Talk
 - 2:00 ■ Knitting for Charity
 - 2:00 ■ Indoor Volleyball
 - 3:00 ■ Afternoon Movie
 - 3:00 ■ Chef Showcase
 - 4:00 ■ Happy Hour
 - 7:00 ■ Evening Movie



- 6**
- 10:00 ■ Shopping Trip
 - 11:00 ■ National Geographic
 - 11:15 ■ Claudia's Dance & Move Class
 - 12:30 ■ Bingo
 - 2:00 ■ Tai chi & Mindfulness
 - 2:30 ■ Tea & Sweets
 - 3:00 ■ Afternoon Movie
 - 7:00 ■ Evening Movie

- 13**
- 10:00 ■ Shopping Trip
 - 11:00 ■ National Geographic
 - 11:15 ■ Claudia's Dance & Move Class
 - 12:30 ■ Bingo
 - 2:00 ■ Tai chi & Mindfulness
 - 2:30 ■ Tea & Sweets
 - 3:00 ■ Afternoon Movie
 - 7:00 ■ Evening Movie

- 20**
- 10:00 ■ Shopping Trip
 - 11:00 ■ National Geographic
 - 11:15 ■ Claudia's Dance & Move Class
 - 12:30 ■ Bingo
 - 2:00 ■ Tai chi & Mindfulness
 - 2:30 ■ Tea & Sweets
 - 3:00 ■ Afternoon Movie
 - 7:00 ■ Evening Movie

- 27**
- 10:00 ■ Shopping Trip
 - 11:00 ■ National Geographic
 - 11:15 ■ Claudia's Dance & Move Class
 - 12:30 ■ Bingo
 - 2:00 ■ Tai chi & Mindfulness
 - 2:30 ■ Tea & Sweets
 - 3:00 ■ Afternoon Movie
 - 7:00 ■ Evening Movie