

Red Hat Ladies Lunch is around the corner yet again! October 14th, at 11am. Bring your red hats, and enjoy a few hours out and about!

Remember those cars back in 1940's-1950's? Those cars today are called classics! Sunday, October 5th from 1pm-3pm we will be hosting a Cruise-In Car show, right here at Bickford! You will be able to enjoy 40's and 50's music, and enjoy a stroll outside to view and touch, these classic cars. We hope this brings back many good memories to share amongst your friends and family. Everyone is invited!



Muscatine

HAPPENINGS

October 2014

Brrrrrr.. It's nearing the end of the year! Grab something warm to drink sit down, and see what we have in store for this month!

We're starting this month off with a BANG! Don't miss our Classic Cruise-In Car show. We will invite our community, friends and family to view the classic cars from the past, and present.

Enjoy past time music, hot cider, coffee, and hot chocolate, and grab a goodie bag from our bake sale. Don't miss this event, Sunday, October 5th 1pm-3pm

October 7th we will be celebrating Germanys Octoberfest here in America! We will be doing a variety of Beer tastings, and indulging in some of germanys treats, and pretzels.

We will also be enjoying past time music from Retro Ron, and our piano man Harry E. And ladies, don't forget it's Red Hat Luncheon! If you have any questions, suggestions, or comments, don't hesitate to ask!



Nurse's Nook

FLU

The dreaded 3 letter word we hear so much about this time of year. Flu seasons are very hard to predict, but there are a few things we can all do to help prevent the spread of the flu. The flu season typically peaks in January or February but can begin as early as October and happen as late as May. Contrary to what many believe the flu is not vomiting and diarrhea. Influenza, commonly known as "THE FLU", can be mild or severe and usually starts suddenly without warning. Symptoms usually start 1 to 4 days after exposure to the virus and include:

-fever 100 degrees or higher
-headache -muscle aches
-chills -tiredness -cough
A simple way to remember these is to remember FACTS. F= Fever A= Aches C= Chills T= Tiredness S= Sudden Onset
The first and most important step in protecting ourselves and loved ones against the flu is by getting the flu vaccine every year. If you are ill, please stay home and do not come to visit. Frequently wash your hands, cover your cough and sneeze, and routinely clean frequently touched surfaces like door knobs, bathroom surfaces, and countertops. Flu shots will be offered to Bickford residents and will be given on October 21 to those who wish to receive it.





Resident Birthdays:

Bob Gann 10/2
Virgil Paper 10/3
Howard Smith 10/27

Staff Birthdays:

Leann B (CNA) 10/7
Diana L (CMA) 10/19
Debbie F (CNA) 10/23
Jamie S (RN) 10/23

NEW ERA OUTTING!
11AM-6PM
Crafts, Food, and
Raffles! Oct 1st.

October

9am Exercise & Current Events
10am Farkle
1:30pm Quarter Bingo
3pm Scrabble
6pm Movie & Popcorn

1

9am Exercise & Current Events
10am Bible Study
1:30pm Cards
2:30pm Family Counsel Meeting
6pm Movie & Popcorn
7:35pm Vikings vs Packers

2

9am Exercise & Current Events
10am Bunco
1:30pm Household Bingo
3pm Dominos
6pm Movie & Popcorn

3

9am Wellness Center
10am Current Events -N- Coffee
1:30pm Bingo
3:00pm Billiards
6pm Movie and Popcorn

4

9am Wellness Center
10am Cards of Choice
12pm Bears vs Panthers (FOX)
1pm-3pm Classic Cruise-In Car Show
6pm Bangles vs Patriots NBC

5

9am Exercise & Current Events
10am Trivia w/ Jenny
1:30pm Birthday Bingo sponsored by BOH
2:30pm Uno
7:30pm SeaHawks vs Redskins

6

Oktoberfest
9am Exercise YMCA
10am Manicures
1:30pm German Themed Event
2:30pm Pretzles and Beer Tastings
6pm Movie & Popcorn

7

9am Exercise & Current Events
10am Scrabble
1:30pm Quarter Bingo
3pm Music with Harry E (MB's + AL)
6pm Movie & Popcorn

8

9am Exercise & Current Events
10am Bible Study
1:30pm Discovery Center Presentation
3pm LRC
6pm Movie & Popcorn

9

9am Exercise & Current Events
10am Sequence
1:30pm Bingo Sponsored by HBH
3pm Golf
6pm Movie & Popcorn

10

9am Wellness Center
10am Current Events -N- Coffee
1:30pm Canvas Painting
3pm Beading
6pm Movie and Popcorn

11

9am Wellness Center
10am Chess
1:30pm Checkers
3pm Movie Marathon
7:30pm Giants vs Eagles NBC

12

9am Exercise & Current Events
10am Memories and Massages
12pm Lunch Bunch
1:30pm Snack Bingo
3pm Farkle
6pm Movie & Popcorn

13

9am Exercise & Current Events
10am Dominos
11am RedHat Ladies Lunch Outting
1:30pm Manicures
3pm

14

9am Exercise & Current Events
10am Make Pumpkin Cookies
1:30pm Quarter Bingo
3pm Painting
6pm Movie & Popcorn

15

9am Exercise & Current Events
10am Bible Study
1:30p Chili Cook off
3:30p Thirsty Thursday
6pm Movie & Popcorn

16

9am Exercise & Current Events
10am Hot Dice
1:30pm Household Bingo
3pm Bean Bag Toss
6pm Movie & Popcorn

17

9am Wellness Center
10am Current Events -N- Coffee
1:30pm Bingo
3pm Dominos
6pm Movie and popcorn

18

9am Wellness Center
10am Bunco
1:30pm Golf
3pm Halloween Movie
7:30pm 49ers vs Broncos NBC

19

9am Exercise & Current Events
10am Scrabble
1:30pm Snack Bingo
3pm Checkers
6pm Movie & Popcorn

20

FLU SHOTS
9am Exercise YMCA
10am Bunco
1:30pm Manicures
2:30pm Retro Ron
6pm Movie & Popcorn

21

9am Exercise & Current Events
10am Memories and Massages
1:30pm Quarter Bingo
3pm LRC
6pm Movie & Popcorn

22

9am Exercise & Current Events
10am Bible Study
1:30pm Fall Craft
3pm Cards of Choice
6pm Movie & Popcorn

23

9am Exercise & Current Events
10am Coffee & Wordsearches
1:30pm Household Bingo
3pm Dominos
6pm Movie & Popcorn

24

9am Wellness Center
10am Current Events -N- Coffee
1:30pm LRC
3pm Fall Art Painting
6pm Movie and Popcorn

25

9am Wellness Center
10am Cards of Choice
1:30pm Chess
3pm Halloween Movie
7:30pm Packers vs Saints NBC

26

9am Exercise & Current Events
10am Halloween Trivia -n-Coffee
1:30pm Snack Bingo
2:30pm Ghostie Pops for the Kids
6pm Movie & Popcorn

27

9am Exercise & Current Events
10am Stepping Stones Costume Parade w/ cookies-N-punch
1:30pm Manicures
3pm Golf
5:30p Dementia Support Group

28

9am Exercise & Current Events
10am Goodie Bags for Mulberry Costume Parade
1:30pm Quarter Bingo
3pm Uno
6pm Movie & Popcorn

29

9am Exercise & Current Events
10am Bible Study
1:30pm Cards of Choice
2:30pm LRC
6pm Movie & Popcorn

30

Halloween
9am Exercise
10am Pumpkin Bingo
1:30pm Mulberry Costume Parade
2:30pm Punch-n-Cookies
6pm Movie & Popcorn

31

October 2014

