



Check out our March Musical Entertainment Schedule...
Wednesday, March 11th: J. Jay Brook at 2pm in the Bistro, with a Happy Hour hosted by Tristen!
Monday, March 16th: St. Patrick's Party w/Bagpiper Craig entertaining at 2 p.m. in the Bistro!

Resident Council: All residents are encouraged to attend and give input and suggestions about our branch. Update from last month: Residents voted on hanging a clock near the bistro area, and we now have a beautiful clock there! Your input and suggestions really matter!
Next Resident Council Meeting: Friday, March 27th at 10:30 a.m. Coffee cake will be served too!

Pictured to the left: Branch buddies Kelly and Harley, with their proud owners Gen and Donna.



March comes in like a lion and goes out like a lamb!

New Faces!!
We are pleased to welcome our **Newest Residents:** Rose Bova, Shirley and Bud Broomhead, and Marcella Dub. We are also happy to introduce our **new volunteers:** Welcome to Katelyn, Linda, and Megan! They are a big help with activities and one on one social visits.

Our new BFM's are Christine Harris, Nicole Green, Tierra Simmons, and Amanda Schultz. Welcome to our family!
February Resident Birthdays: Shirley Broomhead 2/13
Pictured Below: Timothy Ball Glee Club singing for us.

Thank you to the **Andrean National Honor Society** for visiting us on Valentine's Day and passing out personalized Valentines to all of our residents! You really made our residents feel special and loved!

March St. Patty's Word Scramble:

- a c h m r
- a c h k m o r s
- a d e i l n r
- a b i n o r w
- d g l o
- c k l y u
- e n e r g
- s i r i h

Bickford of Crown Point continues to host the **Alzheimer's & Dementia Support Group** on the second Wednesday of each month at 10 a.m. The next meeting will be March 11th.
Our spiritual support team is growing! We offer **Rosary/Communion** every Monday at 11:30 a.m., **Bible Study** every Wednesday at 10 a.m., **Communion with Charles** on Thursdays at 10 a.m., and **Worship Service** on Saturdays at 9:30 a.m. Let us know if you have any other spiritual needs, we will be happy to help!



March 2015

March is **National Nutrition Month!** Let's start it out right with some tips on how to maintain nutritional health! Please check with your doctor before changing your diet.

1. Switch to fat-free or low fat milk. They have the same amount of calcium and nutrients.
2. Make half of your grains 'whole grains' (brown rice, whole wheat bread).
3. Foods to eat less often: solid fats, added sugars, and salt. (ex: candy, ice cream, pizza, hot dogs) Use these foods as occasional treats.
4. Eat low sodium foods, or no salt added.

5. Drink water instead of sugary drinks.
6. Balance calories. Find out how many calories you need. Visit "www.choosemyplate.gov" to help calculate your calorie level.
7. Enjoy your food; taking your time when eating will help you eat less.
8. Use small plates, bowls and glasses to help avoid oversized portions.
9. Foods to eat more often: vegetables, fruit, whole grains, low fat dairy.
10. Make half of your plate veggies and fruits.

Let's all try to make smart food choices!





10a Chit Chat*
2p Dominos*

Word Game Basket in Bistro- complete and turn into Slavica for a treat!

1



10:15a Devotion & Daily Chronicles
10:30a Bunco
11a Senior Stretches
11:30a Rosary
2p Create a Card w/Megan
3p Katelyn's Choice

2



10a Devotion & Daily Chronicles
10:30a Decorating Flower Pots w/Linda
11a Silver Sneakers
2p Residents Lead Trivia*

3



Casino Fun
10a Bible Study w/Rick
11a Senior Stretches
2p Casino Games
6p Movie Night

4



10a Devotion & Daily Chronicles
10:30a Resident's Pick
11a Senior Stretches
2p Bingo
Buzzcuts & Beehives
Salon Stylist Here

5



10:15a Devotion & Daily Chronicles
10:30a Dominos
2p Singing Club
6p Friday Night Movie and Popcorn

6



9:30a Worship Service in Bistro Area
10:30a Silver Sneakers
1:30p Play a Table Game with Volunteers
Game Basket in Bistro

7

Daylight Savings Time Begins
10a Small Talk*
2p Resident Choice*
Word Game Basket in Bistro- complete and turn into Slavica for a treat!

8

10:15a Devotion & Daily Chronicles
10:30a Women's History Trivia
11a Senior Stretches
11:30a Rosary
2p Creative Writing
3p Game Time

9

10a Devotion & Daily Chronicles
10:30a Indoor Gardening w/Linda
11a Silver Sneakers
1:30 Afternoon Ride
3p Shake Loose a Memory

10

10a Bible Study w/Rick
10a Alzheimer's & Dementia Support Group
11a Senior Stretches
2p Music by J. Jay Brook & Happy Hour w/Tristen!!!
6p Movie Night

11

10a Devotion & Daily Chronicles
10:30a Chit Chat
11a Senior Stretches
2p Bunco
Buzzcuts & Beehives
Salon Stylist Here

12

10:15a Devotion & Daily Chronicles
10:30a Bingo
2p Guess the Noodle
6p Friday Night Movie and Popcorn

13

9:30a Worship Service in Bistro Area
10:30a Silver Sneakers
1:30p Play a Table Game with Volunteers
Game Basket in Bistro

14

10a Chit Chat*
2p Group Word Search*

Word Game Basket in Bistro- complete and turn into Slavica for a treat!

15

10:15a Devotion & Daily Chronicles
10:30a Trivia
11a Senior Stretches
11:30a Rosary
2p St. Pat's Party w/a Bagpiper Entertaining!!!

16

St. Patrick's Day
10a Devotion & Daily Chronicles
10:30a Shamrock Craft
11a Silver Sneakers
1:30 Afternoon Ride
3p Shamrock Shakes and St. Pat's Trivia

17

10a Bible Study w/Rick
11a Senior Stretches
2p Stories for Seniors-Mary B's
3p Cookies-Mary B's
6p Movie Night

18

10a Devotion & Daily Chronicles
10:30a Men's Club:Veterans Meet
11a Senior Stretches
2p Bunco
Buzzcuts & Beehives
Salon Stylist here

19

Spring Begins!
10:15a Devotion & Daily Chronicles
10:30a Dominos
2p Singing Club
6p Friday Night Movie and Popcorn

20

9:30a Worship Service in Bistro Area
10:30a Silver Sneakers
1:30p Play a Table Game with Volunteers
Game Basket in Bistro

21

10a Small Talk*
2p Bunco*

Word Game Basket in Bistro- complete and turn into Slavica for a treat!

22

10a Tristen Brings an Activity!
11a Senior Stretches
11:30a Rosary
2p Megan's Pick
3p Pokeno

23

10a Devotion & Daily Chronicles
10:30a Chit Chat w/Linda
11a Silver Sneakers
1:30 Afternoon Ride
3p Bunco

24

10a Bible Study w/Rick
11a Senior Stretches
2p Red Hat Society (all ladies welcomed!)
6p Movie Night

25

10a Devotion & Daily Chronicles
10:30a Resident's Pick
11a Senior Stretches
2p Bingo
Buzzcuts & Beehives
Salon Stylist Here

26

10:15a Devotion & Daily Chronicles
10:30a Resident Council and Coffee Cake
2p March Jeopardy!
6p Friday Night Movie and Popcorn

27

9:30a Worship Service in Bistro Area
10:30a Silver Sneakers
1:30p Play a Table Game with Volunteers
Game Basket in Bistro

28

Palm Sunday
10a Chit Chat*
2p Group Word Puzzle*
Word Game Basket in Bistro- complete and turn into Slavica for a treat!

29

10:15a Devotion & Daily Chronicles
10:30a Trivia
11a Senior Stretches
11:30a Rosary
2p Create Greeting Cards
3p Bingo

30

10a Devotion & Daily Chronicles
10:30a Coffee Talk w/Linda
11a Silver Sneakers
1:30 Afternoon Ride
3p Card Game

31

March is Shamrock Month, Women's History Month, Optimism Month, Noodle Month, and Nutrition Month!

Please remember!! Communion provided by Charles, Eucharistic Minister, Thursdays at 10 a.m.

Additional outings to be added and posted... where do you want to take our bus, "HOWIE"?

Key: * = Residents Lead the Activity

All Activities subject to change, see daily schedule for details

