

Cruising the Open Sea

In May everyone here at Bickford took to the open seas with a cruise to the Caribbean. We started with a luxurious buffet made by the wonderful kitchen staff. With beautiful foods including salmon, steak, and shrimp.

We talked about sitting on the beach with our toes in the sand, and shared stories of past vacations. We had a photo booth set up so we could take souvenir pictures to remember our great time. We finished off the cruise with tropical drinks in hurricane glasses.



Burlington

HAPPENINGS

Teddie's Treatment June 2015

Does an apple a day keep the doctor away? My husband and I are testing that theory. Every evening we slice an apple and each eat 1/2 with our meal. And we encourage children and grandchildren by OFFERING apples with their meals they share with us. Why? Well!!!!...according to several studies there are many health benefits. Here are a few: May help to lose weight especially if eaten just before a meal or eating it for a snack. Apples contain zero fat or cholesterol and have only 80 calories.

your bones from osteoporosis and increase bone density. Apples may decrease asthma attacks. They may prevent Alzheimer's by protecting brain cells. May prevent certain cancers such as lung, breast, colon, and liver. May lower the body's need for insulin & help in the management of diabetes. My suggestion to you is for you is to eat one small apple a day, drink 8 ounces of apple juice, or eat 1 cup of applesauce per day. Let's achieve the Best help we can. God Bless
Teddie Rinehart RNC



"Sutter's Soda's Satisfy"

We had an amazing time with Jane and her family. It was such a pleasure to meet them.

We were all fascinated to hear the stories about what it was like growing up in Burlington and working at Sutters when it was time for her to join in with the family business as a teenager. We even shared some of our personal stories of coming into the store and drinking the famous soda fountain drinks.

Jane brought a copy of her book in to share with everyone and took orders. Her book sold out a few days before at Burlington Buy a Book. She sent us a copy for the branch. Everyone is eager to read it.



Jane Sutter joined us to tell us about her new book "Sutter's Soda's Satisfy"



June

June Birthdays

6/12 Rachel Reynolds

6/19 Niotsy Nelson

6/20 Karen Peters

6/21 Teddie Rinehart

6/22 Dianne Brown

6/25 Georgene Thordsen

6/27 Mary Gillette

6/28 Theresa Kerr

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9a Sit & Get Fit
9:30a Shopping
10a Euchre Club
10:30a Ruth-Piano
12:30a Lunch Bunch
2p Ladies Chit-Chat
6p Game Time 1

9a Sit & Get Fit
10a Resident Council
11a Bowling
1:30p BINGO/Bowl
2:30p Garden club
3p Mind Strength
3:30p Trivia 2

9a Sit & Get Fit
10a Ladies Tea
10a Men's Club
1:30pBINGO/Bowl
2p BFM Meeting 3

9a Sit & Get Fit
10:15a Story Time
2p Hydration Station
2:30p Rosary
3:30p Bible Study
6:30p Tripoly Club 4

9a Sit & Get Fit
9:30a Garden Club
10:30a Mary Keybrd
1:30p BINGO/Bowl
2:30p Courtyard 5

9a Sit & Get Fit
1p Sports on TV
1p Crochet Group
2p Rummy Kube
2:30p Travelogue
5:30p Gathers 6

9a Sit & Get Fit
10a Travelogue
2p Chapel AL
3p Chapel Mary B's
6p Runny Kube 7

9a Sit & Get Fit
10a Shopping
10a Euchre Club
10:30a Ruth-Piano
1:15p Game/BOWLING
2p Ladies Chit-Chat 8

9a Sit & Get Fit
9:30 Library Outing
10a Bowling
1:30p BINGO/Bowl
2:30p Garden club
3p Mind Strength
3:30p Trivia 9

9a Sit & Get Fit
10a Ladies Tea
11a Mass
1:15p BINGO/Bowl
2:15p Luau Party 10

9a Sit & Get Fit
1:30a Margie-Piano
2p Hydration Station
2:30p Rosary
3:30p Bible Study
5:30p Hymn Fest
6:30p Tripoly Club II

9a Sit & Get Fit
9:30a Garden Club
10:30a Mary Keybrd
1:30p BINGO/Bowl
2:30p Courtyard 12

9a Sit & Get Fit
1p Sports on TV
1p Crochet Group
2p Rummy Kube
2:30p Travelogue
5:30p Gathers 13

Flag Day
9a Sit & Get Fit
10a Travelogue
2p Chapel AL
3p Chapel Mary B's
6p Runny Kube 14

9a Sit & Get Fit
10a Shopping
10a Euchre Club
10:30a Ruth-Piano
1:15p Game/BOWLING
2p Ladies Chit-Chat 15

9a Sit & Get Fit
9:30a Garden club
10a Bowling
1:30p BINGO/Bowl
2p Hydration Station
3p Mind Strength
3:30p Trivia 16

9a Sit & Get Fit
10a Ladies Tea
10a Men's Club
1:30pBINGO/Bowl
1:30 Pinterest Craft 17

9a Sit & Get Fit
11:30a FIRE DRILL
1:30p Ron-Piano
2p Hydration Station
2:30p Rosary
3:30p Bible Study
6:30p Tripoly Club 18

9a Sit & Get Fit
9:30a Garden Club
10:30a Mary Keybrd
1:30p BINGO/Bowl
2:15p Birthday Party 19

9a Sit & Get Fit
1p Sports on TV
1p Crochet Group
2p Rummy Kube
2:30p Travelogue
5:30p Gathers 20

Father's Day
9a Sit & Get Fit
10a Travelogue
2p Chapel AL
3p Chapel Mary B's
6p Runny Kube 21

9a Sit & Get Fit
10a Shopping
10a Euchre Club
10:30a Ruth-Piano
1:15p Game/BOWLING
2p Ladies Chit-Chat 22

9a Sit & Get Fit
9:30a Garden club
10a Bowling
1:30p BINGO/Bowl
2p Garden club
3p Mind Strength
3:30p Trivia 23

9a Sit & Get Fit
10a Ladies Tea
10a Men's Club
1:30pBINGO/Bowl
1:30 Pinterest Craft 24

9a Sit & Get Fit
10:15a Story Time
1:30p Ron-Piano
2p Hydration Station
2:30p Rosary
3:30p Bible Study
6:30p Tripoly Club 25

9a Sit & Get Fit
9:30a Garden Club
10:30a Mary Keybrd
1:30p BINGO/Bowl
2:30p Courtyard 26

9a Sit & Get Fit
1p Sports on TV
1p Crochet Group
2p Rummy Kube
2:30p Travelogue
5:30p Gathers 27

9a Sit & Get Fit
10a Travelogue
2p Chapel AL
3p Chapel Mary B's
6p Runny Kube 28

9a Sit & Get Fit
10a Shopping
10a Euchre Club
10:30a Ruth-Piano
1:15p Game/BOWLING
2p Ladies Chit-Chat 29

9a Sit & Get Fit
9:30a Garden club
10a Bowling
1:30p BINGO/Bowl
2p Hydration Station
3p Mind Strength
3:30p Trivia
11p FIRE DRILL 30

