

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.



Teddie's Treatment June 2015

"Sutter's Soda's Satisfy"



Jane Sutter joined us

to tell us about her

new book "Sutter's

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

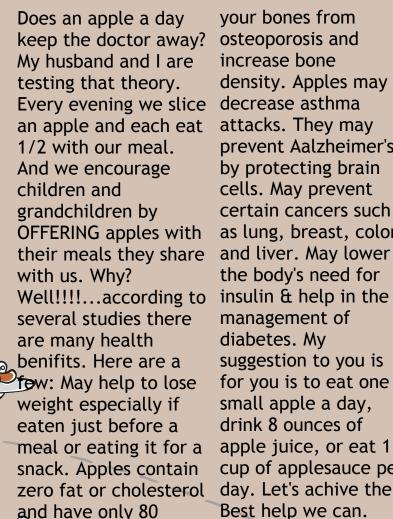




Jane brought a copy of her book in to share with everyone and took orders. Her book sold out a few days before at Burlington Buy a Book. She sent us a copy for the branch. Everyone is eager read it.

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





colories.

Apples may protect

prevent Aalzheimer's by protecting brain cells. May prevent certain cancers such as lung, breast, colon, the body's need for management of diabetes. My suggestion to you is for you is to eat one small apple a day, drink 8 ounces of cup of applesauce per/ day. Let's achive the Best help we can. God Bless Teddie Rinehart RNC

your bones from

osteoporosis and

density. Apples may

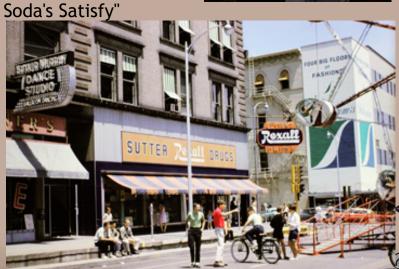
increase bone











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















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

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

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

9a Sit & Get Fit

1:15p BINGO/Bowl

2:15p Luau Party

10a Ladies Tea

11a Mass

3

2:30p Rosary 3:30p Bible Study 6:30p Tripoly Club

9a Sit & Get Fit

2:30p Rosary

1:30a Margie-Piano

2p Hydration Station

3:30p Bible Study

5:30p Hymn Fest

6:30p Tripoly Club II

9a Sit & Get Fit

10:15a Story Time

2p Hydration Station

9:30a Garden Club 10:30a Mary Keybrd 1:30p BINGO/Bowl 2:30p Courtyard

9a Sit & Get Fit

5

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

9a Sit & Get Fit

9:30a Garden Club 10:30a Mary Keybrd 1:30p BINGO/Bowl

2:30p Courtyard

9a Sit & Get Fit

9:30a Garden Club

12

19

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

13

6

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

9a Sit & Get Fit

10a Travelogue

3p Chapel Mary B's

2p Chapel AL

6p Runny Kube

Father's Day 9a Sit & Get Fit 10a Travelogue

2p Chapel AL 3p Chapel Mary B's 6p Runny Kube

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

28

14

7

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

10a Euchre Club

10:30a Ruth-Piano

2p Ladies Chit-Chat

1:15p Game/BOWLING

15

10a Shopping

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

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

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

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 Clubs

9a Sit & Get Fit

10:15a Story Time

2p Hydration Station

3:30p Bible Study

6:30p Tripoly Clubs

1:30p Ron-Piano

2:30p Rosary

10:30a Mary Keybrd 1:30p BINGO/Bowl 2:15p Birthday Party

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

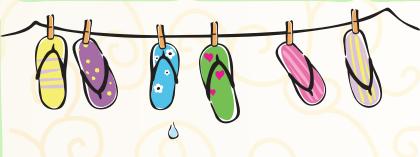
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9a Sit & Get Fit 1p Sports on TV 1p Crochet Group 2p Rummy Kube 2:30p Travelogue 5:30p Gathers

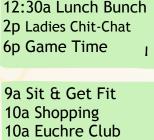
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9a Sit & Get Fit 1p Sports on TV 1p Crochet Group 2p Rummy Kube 2:30p Travelogue 5:30p Gathers

27







9a Sit & Get Fit 9:30 Library Outing 10a Bowling 1:30p BINGO/Bowl 10:30a Ruth-Piano 2:30p Garden club 1:15p Game/BOWLING 3p Mind Strength 2p Ladies Chit-Chat 3:30p Trivia

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

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



