

Thank you to the families that attended our Father's Day Breakfast!

Everyone enjoyed the fresh fruit and the delicious cinnamon rolls from Trefzger's Bakery along with bacon, eggs, and biscuits and gravy!

It was fun to meet new friends and say hello to all the folks that came out to share the morning with the great Bickford Dads!

I hope you're already looking forward to next year; I know I am.



~A Look At What Happened in June~

Happynings at The House!

Fun at The Cottage!



The Cottage! The House!

Bruce Brown, LEC at Mary B's Cottage reminds us:

Exercise offers many benefits for people with Alzheimer's Disease. The major benefits include improved strength, endurance, and heart fitness. It can also increase energy, improve mood and sleep. Exercise helps preserve motor skills and improve balance. Mary B's offers a range of motion program that let's the residents exercise at their own pace which, in turn, can help prevent serious injury and improve mental functioning.

...And speaking of exercise....

Get ready for fishing, folks! Our annual trip to the Dixon Ponds is on the calendar! For those of you who have never been, rods, reels, and bait are provided at the handicapped accessible, catch-and-release park. This year, we'll be taking advantage of their pavilion and having a picnic lunch before we get down to the business of fishing. Also this month: The return of Janet & Lorraine Kaizer--the outstanding mother/daughter music duo!



-Highlights for July at The Cottage-

July

S M T W T F S

- The Peoria Senior Citizen's Band
- July Birthday Party
- Painting
- Scenic Drives
- Daily Exercise
- Gardening
- Music

				<p>9a Communion 9:30 Coffee Clatch 10a Craft 11a Strollers Club 12n Appointments 2p Movie & Popcorn</p> <p>1</p>	<p>9a Shopping 11a Current Events 1:30 Exercise 2p Dime Bingo 3p Music & Memories 6:15p Card Game</p> <p>2</p>	<p>9a Current Events 10:30a Scenic Drive 1:30p Exercise 2p Independence Day Trivia 6:15p Board Games</p> <p>3</p>	<p>Independence Day 9a PARADE! 1:30p Bingo 2:30 Exercise 3p Current Events 7p The Lawrence Welk Show</p> <p>4</p>
<p>9:30a Current Events 1:15p Chaplain Services 2:15p Iced Tea on Patio 3p Manicures</p> <p>5</p>	<p>9a Appointments 11a Current Events 1:30 Exercise 2p Onyx Visits 6p Senior Citizen's Band</p> <p>6</p>	<p>9a Current Events 10a Bingo 11:15a Crosswords 1:30 Exercise 2p Wheel of Fortune 6:15p Bible Study</p> <p>7</p>	<p>9a Communion 9:30 Coffee Clatch 10a Logan & Janet 12n Appointments 2p Chaplain Movie</p> <p>8</p>	<p>9a Shopping 11a Current Events 1:30 Exercise 2p Dime Bingo 3p Savannah Says 6:15p Card Game</p> <p>9</p>	<p>10:30a Current Events 11:15 Rummy 1:30p Exercise 2p July Birthday Party! 6:15p Board Games</p> <p>10</p>	<p>1:30p Bingo 2:30 Exercise 3p Current Events 4p Password 7p The Lawrence Welk Show</p> <p>11</p>	
<p>9:30a Current Events 1:15p Chaplain Services 2:15p Ice Cream Cones 3p Manicures</p> <p>12</p>	<p>9a Appointments 10:30a Asta Care Bingo 1:30 Exercise 2p Movie & Popcorn 6p Cards</p> <p>13</p>	<p>9a Current Events 10a Bingo 11:15a Crosswords 1:30 Exercise 2p Sweety & Kim 6:15p Bible Study</p> <p>14</p>	<p>9a Mass 9:30 Coffee Clatch 10a Michelle/Transitions 11a Strollers Club 12n Appointments 2p Movie & Popcorn</p> <p>15</p>	<p>9a Shopping 11a Current Events 1:30 Exercise 2p Dime Bingo 3p Trivia 6:15p Card Game</p> <p>16</p>	<p>10:00a Music-Kathy Proffit/CS 11:15 Current Events 1:30p Exercise 2p Strollers Club 6:15p Board Games</p> <p>17</p>	<p>1:30p Bingo 2:30 Exercise 3p Current Events 4p Yahtzee 7p The Lawrence Welk Show</p> <p>18</p>	
<p>9:30a Current Events 1:15p Chaplain Services 2:15p Floats! 3p Manicures</p> <p>19</p>	<p>9a Appointments 11a Current Events 1:30 Exercise 2p Man Bites Dog 3p Refreshments on the Patio 6p Accordion Club</p> <p>20</p>	<p>10a Bingo 11:15a Crosswords 1:30 Exercise 2p Music-Lorraine & Janet Kaizer 6:15p Family Council</p> <p>21</p>	<p>Italian Theme 9a Communion 10a Logan & Janet 12n Appointments 2p The Godfather & Popcorn</p> <p>22</p>	<p>9a Shopping 11a Current Events 12:00 Hooked on Fishing- Picnic & Fishing 6:15p Card Game</p> <p>23</p>	<p>9a Current Events 10:30a Brunch Club 1:30p Exercise 2p Strollers Club 6:15p Board Games</p> <p>24</p>	<p>1:30p Bingo 2:30 Exercise 3p Current Events 4p You Be The Judge 7p The Lawrence Welk Show</p> <p>25</p>	
<p>9:30a Current Events 1:15p Chaplain Services 2:15p Fruit & Yogurt 3p Manicures</p> <p>26</p>	<p>9a Appointments 11a Current Events 1:30 Exercise TBA Matinee @ Willow Knolls Theater 6p Cards</p> <p>27</p>	<p>BFM FUN DAY 9a Current Events 10a Bingo 11:15a Crosswords 1:30 Exercise 2p Sweety & Kim 6:15p Bible Study</p> <p>28</p>	<p>9a Communion 9:30 Coffee Clatch 10a Craft 11a Strollers Club 12n Appointments 4p Dinner@Gils</p> <p>29</p>	<p>9a Shopping 11a Current Events 1:30 Exercise 2p Dime Bingo 6:15p Card Game</p> <p>30</p>	<p>9a Current Events 10:30a Old Peoria 1:30p Exercise 2p Ladder Ball 6:15p Board Games</p> <p>31</p>		

