



### Fun Facts about August:

- Birthstones: Peridot and Sardonyx
- Zodiac: Leo July 23-Aug 22; Virgo (Aug 23- Sept 22)
- Birth Flowers: Gladiolus and Poppy
- The month of August was named after Julius Caesar's grandnephew "Augustus"; August used to be the sixth month on the calendar, until January and February were added to the calendar, making August the eighth month.
- Famous August Birthdays: Francis Scott Key (8/1); Tony Bennet (8/3); Loni Anderson (8/5); Lucille Ball (8/6); Alfred Hitchcock (8/13); Steve Martin (8/14); Madonna (8/16); Don King (8/20); Kenny Rogers (8/21); Regis Philbin (8/25); Mother Theresa (8/27) Richard Gere (8/31)



*A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.*  
~James Dent

The ladies in the Craft Group are making beautiful bead bracelets!



Exercise is in session! Join us 5 days a week and maintain your strength and flexibility with our Silver Sneakers Program!



#### Riddles and Brainteasers...

- Q: Where do fish keep their money?  
A: In a Riverbank.
- Q: What is full of holes but still holds water?  
A: A sponge
- Q: What word in the English language is always spelled incorrectly?  
A: Incorrectly
- Q: What two things can you never eat for breakfast?  
A: Lunch and Dinner
- Q: What do frogs wear on their feet?  
A: Open toad shoes
- Q: Why did the jelly roll?  
A: It saw the apple turnover

#### New Faces...

Welcome to our new BFM's...  
Mikell- Interim RNC; Christine- CNA; Paula - CNA; Jessika- cook; Kristen- CNA; Jazzmyne- CNA; Kim -Marketing  
Congratulations to Jay- he is our new Kitchen Manager!  
**Welcome New Residents:** Josephine B. and Marian W.  
**Special Events in August...**  
**August 6th-** Western Day-dust off your cowboy boots!  
**August 13-**Musical Entertainment by Ken and Mark @2pm  
**August 26-** Musical Entertainment by Harley Hehr & Resident Birthday Party@2pm



### August 2015

Hello from all of us at Bickford! We hope you are having a great summer!

This month, we are providing telemarketing fraud safety tips to our residents, families and friends. If you are a senior, you may have noticed increased phone calls from telemarketers offering opportunities and services for 'unbelievably' low prices. There has been an increase in telemarketer fraud aimed at seniors, perhaps thinking that seniors are an 'easy target'. Let's prove them wrong and be prepared when they call. Here are some tips to remember:

1. Never give personal information over the phone unless you initiated the call to a legitimate business.
2. If the caller wants to give you something for 'free', but wants you to pay for handling charges/taxes, hang up. You shouldn't send money for something that's free.
3. 'Limited Time offers should not require an immediate decision. You should talk to someone trusted before agreeing to anything.
4. Ask for info to be mailed/ emailed, to make sure you read the fine print.

Please be aware and keep your personal information secure!







10:15a "To America With Love" - Lawrence Welk- on Big Screen  
2p Residents Lead Bunco\*  
Game Basket in Bistro  
30

10:15a Devotion & Daily Chronicles  
10:30a Trivia  
11a Senior Stretches  
2p Game w/Megan  
3:15p Afternoon Movie on Big Screen  
31

Activities subject to change.  
Please sign up for bus outings ahead of time- sign up sheet is in the Activity Room

\*= resident lead activity



# August



9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Game Basket in Bistro  
6:10p Cubs Game on Big Screen-ABC7  
1

10:15a Game Time with Lexi  
1:10p Cubs Game on Big Screen-ABC7  
2p Residents Lead Pinochle\*  
Game Basket in Bistro  
2

10:15a Devotion & Daily Chronicles  
10:30a Trivia w/Jessica  
11a Senior Stretches  
2p Game w/Megan  
3:15p Afternoon Movie on Big Screen  
3

10:15a Devotion & Daily Chronicles  
10:30a Wild West Boot Decorating w/Linda  
11a Silver Sneakers  
11:30a Lunch Outing to Golden Apple-sign up prior  
3p Dominoes  
4

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Megan's Pick  
6p Movie Night on Big Screen  
5

Western Day  
10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Cowboy Themed Wheel of Fortune  
11a Senior Stretches  
1:15p Pinochle Club  
2p Wild West Shootout  
6

10:15a Devotion & Daily Chronicles  
10:30a Chat In the Courtyard w/Linda  
2p Bingo  
3p Shopping Outing  
6p Friday Night Movie and Popcorn  
7

9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Game Basket in Bistro  
3p Cubs Game on Big Screen-ABC7  
8

10:15a Game Time with Lexi  
2p Residents Lead Bunco\*  
Game Basket in Bistro  
9

10:15a Devotion & Daily Chronicles  
10:30a Jessica's Pick  
11a Senior Stretches  
2p Game Time w/Megan  
3:15p Afternoon Movie on Big Screen  
10

10:15a Devotion & Daily Chronicles  
10:30a Linda's Pick  
11a Silver Sneakers  
11:30a Lunch Outing to Cracker Barrell-sign prior  
3p Shake Loose a Memory  
11

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Fun and Games w/Megan  
6p Movie Night on Big Screen  
12

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Hangman  
11a Senior Stretches  
1:15p Pinochle Club  
2p Ken and Mark-Musical Entertainment  
13

10:15a Devotion & Daily Chronicles  
10:30a Outdoors w/Linda  
2p Resident Council  
2:30p Dominoes  
6p Friday Night Movie and Popcorn  
14

9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Game Basket in Bistro  
6p Cubs Vs. White Sox on Big Screen-ABC7  
15

10:15a "Songs That Make You Smile" Sing Along Video on Big Screen  
1p Cubs vs. White Sox on Big Screen-CSN  
2p Residents Lead Pinochle\*  
Game Basket in Bistro  
16

10:15a Devotion & Daily Chronicles  
10:30a Mind Stretch  
11a Senior Stretches  
2p Resident Choice w/Megan  
3:15p Afternoon Movie on Big Screen  
17

10:15a Devotion & Daily Chronicles  
10:30a Reminisce w/Linda  
11a Silver Sneakers  
2p Bunco  
3:30p Dinner Outing to Lighthouse Restaurant  
18

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Red Hats w/Megan  
6p Movie Night on Big Screen  
19

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Wheel of Fortune  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bingo w/Cindy  
3p Shopping Outing  
20

10:15a Devotion & Daily Chronicles  
10:30a Fresh Air w/Linda  
1:15p Food Committee  
2p Resident Choice  
6p Friday Night Movie and Popcorn  
21

9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Game Basket in Bistro  
3p Cubs Game on Big Screen-ABC7  
22

10:15a Group Crossword Puzzle\*  
1:20p Cubs Game on Big Screen-WGN  
2p Residents Lead Dominoes\*  
Game Basket in Bistro  
23

10:15a Devotion & Daily Chronicles  
10:30a Trivia Time  
11a Senior Stretches  
2p Fun and Games w/Megan  
3:15p Afternoon Movie on Big Screen  
24

10:15a Devotion & Daily Chronicles  
10:30a Linda Picks  
11a Silver Sneakers  
11:30a Sack Lunch at Lemon Lake Park-sign up prior  
3p Bingo  
25

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Harley Hehr- Musical Entertainment and August Birthday Party!  
6p Movie Night on Big Screen  
26

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Hangman  
11a Senior Stretches  
1:15p Pinochle Club  
2p Paint a Picture  
27

10:15a Devotion & Daily Chronicles  
10:30a Outside Chit Chat w/Linda  
2p Dominoes  
6p Friday Night Movie and Popcorn  
28

9:30a Worship Service in Bistro  
10:30a Silver Sneakers  
2p Residents Lead Game Basket in Bistro  
8p Cubs Game on Big Screen-WGN  
29