



### Fun Facts About September....

- Birthstone: Sapphire
  - Zodiac: Virgo (Aug 23- Sept 22) and Libra (Sept 23- Oct 22)
  - Birth Flower: Morning Glory
  - September is National Chicken, Rice, and Potato Month
  - Labor Day is always the First Monday of the Month
  - At least 6 movies have had 'September' in the title, which is more than any other month
  - More people are born in September than any other month!
- Famous September Birthdays:** Barry Gibb 9/1, Lily Tomlin 9/1, Buddy Holly 9/7, Harry Connick Jr. 9/11, Jesse Owens 9/12, Hank Williams 9/17, Sophia Loren 9/20, Barbara Walters 9/25, Samuel Adams 9/27, Jerry Lee Lewis 9/29
- Happy September Birthdays to our residents:**  
Delores K. 9/7 ; Caryl L. 9/16 ; Josephine B. 9/23



*"By all these lovely tokens September days are here, with summer's best of weather autumn's best of cheer"*

*- Helen Hunt Jackson*



Below: It's a full house for the band!



Pictured above: Residents are all smiles on the Cracker Barrel lunch outing! Join us on our next trip!



**New Residents:**  
Wilbur H., Jim L., Florence M., Mary M., Barb and Frank M., Marie H., Josephine B., Phyllis N., Marie E., and Sue and George Y. **Welcome to our Bickford family!!**

We are blessed to have a variety of religious services here at Bickford. Here's a quick overview:  
Wednesday @ 10 am- Bible Study (all denominations)  
Wednesday @ 11:30 a.m.- Rosary  
Thursday @10 a.m.- Communion  
Saturday @ 9:30 a.m.-Worship Service (all denominations)

Below: Our Wild West Day Outfit Winners...



Join us here for our Alzheimer's and Dementia Support Group on the Second Wednesday of each month, at 10 a.m.



### September 2015



Also, memory, reasoning and speed of processing are cognitive abilities that are important for activities of daily living, and there is evidence they decline with age. Research has shown that older adults who receive mental training show long lasting improvements in reasoning and speed of processing skills for many years. Throughout this special week, and always, we will nourish the minds of our residents and focus on providing activities that will help them attain the highest functioning possible. Happy Assisted Living Week!

Engaging the mind along the journey of aging is critically important to maintain cognitive function and well-being. The goal of providing person-centered care depends on us understanding each resident's cognitive function and tailoring services and activities to meet their needs. Almost 40% of assisted living residents are living with some form of dementia, including Alzheimer's disease.



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# Assisted Living Week is September 13-19!!!

M

All Activities subject to change. Please sign up for outings in advance-sign up sheet in Activity Room

T

10:15a Devotion & Daily Chronicles  
10:30a Chat w/Linda  
11a Silver Sneakers  
11:30a Lunch at Culver's-sign up prior  
3p Bunco

W

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

T

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

F

10:15a Devotion & Daily Chronicles  
10:30a Residents Pick w/Linda  
2p Happy Hour!  
6p Friday Night Movie and Popcorn

S

9:30a Worship Service  
10:30a Silver Sneakers  
1:20p Cubs Game on Big Screen-CSN  
2p Residents Lead Game  
Game Basket in Bistro

10:15a Lawrence Welk Video  
1:20p Cubs Game on Big Screen- CSN  
2p Residents Lead Bunco  
-Game Basket in Bistro

Labor Day  
10:15p Residents Lead Dominoes  
1:15p Cubs Game on Big Screen- WGN  
Game Basket in Bistro  
6p Movie Night on Big Screen

10:15a Devotion & Daily Chronicles  
10:30a Brain Stretch w/Linda  
11a Silver Sneakers  
11:30a Lunch at Golden Apple-sign up prior  
3p Dominoes

10a Bible Study  
10a Dementia Support Group  
11a Senior Stretches  
11:30a Rosary  
2p Resident Choice w/Megan  
6p Movie Night on Big Screen

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Wheel of Fortune  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bingo

10:15a Devotion & Daily Chronicles  
10:30a Linda's Pick  
2p Resident Council  
2:30 Dominoes  
6p Friday Night Movie and Popcorn

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

Grandparent's Day  
10:15a Residents lead Bunco  
12p Bears Game-FOX  
2p Residents Lead Group Crossword  
-Game Basket in Bistro

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

10:15a Devotion & Daily Chronicles  
10:30a Trivia w/Linda  
11a Silver Sneakers  
11:30a Lunch at Fahrenheit- sign up prior  
**2:30p J. Jay Brook Entertains for Assisted Living Week!**  
6p Movie Night on Big Screen

50's Day  
10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
2p Rootbeer Floats and 50's Costumes  
2:30 Fifties Trivia  
6p Movie Night on Big Screen

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

10:15a Devotion & Daily Chronicles  
10:30a Ball Toss w/Linda  
1:15p Food Committee  
2pm 'Celebrate Assisted Living' Happy Hour!  
6p Friday Night Movie and Popcorn

9:30a Worship Service  
10:30a Silver Sneakers  
12p Cubs Game on Big Screen- FOX  
2p Residents Lead Game  
Game Basket in Bistro

10:15a Travel to China Video  
12p Bears Game-FOX  
2p Residents Lead Dominoes  
-Game Basket in Bistro

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

10:15a Devotion & Daily Chronicles  
10:30a Brain Stretch  
11a Silver Sneakers  
11:30a Lunch at Applebees-sign up prior  
3p Shake Loose a Memory

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

10a Communion  
10:15a Devotion & Daily Chronicles  
10:30a Wheel of Fortune  
11a Senior Stretches  
1:15p Pinochle Club  
2p Bingo

10:15a Devotion & Daily Chronicles  
10:30a Outdoor Kickball  
2p Bunco  
6p Friday Night Movie and Popcorn

9:30a Worship Service  
10:30a Silver Sneakers  
2p Residents Lead Game  
Game Basket in Bistro

10:15a Travel to Alaska Video  
2p Residents Lead Pinochle  
3:25p Bears Game-CBS  
-Game Basket in Bistro

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

10:15a Devotion & Daily Chronicles  
10:30a Brain Teasers w/Linda  
11a Silver Sneakers  
11:30a Lunch at La Carreta-sign up prior  
3p Bunco

10a Bible Study  
11a Senior Stretches  
11:30a Rosary  
**2p Resident Birthday Party w/Music by Ken and Mark!**  
6p Movie Night on Big Screen

We really love spontaneous activities too! Ask any BFM to assist you with finding activity materials so that you and your friends can get a game going!

# September

