



February Fun Facts:

Birthstone: Amethyst (symbolizes sincerity and spiritual wisdom)

Flower: Violet and Primrose

Zodiac: Aquarius (Jan 21- Feb 19); Pisces (Feb 20 - Mar 20)

February is Black History Month, Heart Month, Cherry Month, American Pie Month, and Canned Food Month

Famous February Birthdays: 2/1 Clark Gable; 2/5 Hank Aaron; 2/6 Ronald Reagan; 2/8 James Dean; 2/11 Burt Reynolds; 2/16 John McEnroe; 2/18 Vanna White; 2/22 George Washington; 2/26 Jackie Gleason; 2/27 Elizabeth Taylor; 2/29 Dinah Shore

Residents with February Birthdays:

2/9 Mickey D; 2/13 Shirley B.

Crown Point

HAPPENINGS

February 2016

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour." - John Boswell



Welcome New BFMs:
Chandra D. -CNA;
Jackie C. -CNA

Musical Entertainment this month:

February 11th- Valentine's Party with music by J.Jay Brook at 2 pm!

February 22nd- Resident Birthday Party with music by J.T. Trimmel at 2 pm!

Take Note!
Bickford continues to host a Dementia Support Group on the second Wednesday of each month at 10 a.m. in the Family Dining Room.

Residents...your opinion matters!
We have monthly resident council and food committee meetings where your input is welcome, so that we can make positive changes!
Resident Council is usually the second Friday of the month; Food Committee takes place on the third Friday of the month. All residents are welcomed to attend! Please refer to your activity calendars for specific times.

February is National Heart Month. This month, we would like to share some information this month about heart disease and how to help decrease your risk.

Heart disease is the leading cause of death for both men and women. Heart disease can cause many serious health problems, such as heart attack and stroke. Heart disease can be caused by heredity and by lifestyle choices.

Fortunately, you can make healthy changes to lower your risk of developing heart disease.

Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:
• Watch your weight.
• Quit smoking and stay away from secondhand smoke.
• Control your cholesterol and blood pressure.
• If you drink alcohol, drink only in moderation.
• Get active and eat healthy.

Of course, it is always recommended that you speak with your physician before making any big lifestyle changes. Take the initiative to keep your heart happy and healthy!



**I Loved You Yesterday
I Love You Still
I Always Have...**

I Always Will



Happy Valentine's Day

S

Please sign up in advance for outings! Sign up sheet is in activity room.

M

10:15a Devotion & Daily Chronicles
10:30a Finish the Phrase: Things Mom Said
11a Silver Sneakers
3p Play Rummy 1

T

Groundhog Day
10:15a Devotion & Daily Chronicles
10:30a Groundhog Trivia w/Linda
11a Silver Sneakers
11:30a Lunch at Outback
3p Bunco 2

W

10a Bible Study
11a Senior Stretches
11:30a Rosary
2p Valentine's Cards w/Megan
6p Movie Night on Big Screen 3

T

10a Communion
10:15a Devotion & Daily Chronicles
10:30a Hangman
11a Silver Sneakers
1:15p Pinochle Club
2p Bingo 4

F

10:15a Devotion & Daily Chronicles
10:30a Big Word Small Word w/Linda
3p Happy Hour!
6p Friday Night Movie and Popcorn 5

S

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p Travel Video-Scenic Cruises -on Big Screen
Game Basket in Bistro 6

Super Bowl Sunday
10:30a Football Word Scramble
2p Dominoes
5:30p Superbowl on Big Screen!
Game Basket in Bistro 7

10:15a Devotion & Daily Chronicles
10:30a Spelling Bee
11a Silver Sneakers
3p Bunco 8

Mardi Gras
10:15a Devotion & Daily Chronicles
10:30a Mardi Gras Trivia w/Linda
11a Silver Sneakers
1:30p Shopping
3p Pazcki Jubilee! 9

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

10a Communion
10:15a Devotion & Daily Chronicles
10:30a Wheel of Fortune
11a Silver Sneakers
2p Valentine's Party w/J.Jay Brook! 11

10:15a Devotion & Daily Chronicles
10:30a Bingo w/Linda
2:30p Resident Council
3p Happy Hour!
6p Friday Night Movie and Popcorn 12

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p Travel Video-Ancient World- on Big Screen
Game Basket in Bistro 13

Valentine's Day
10:30a Cupid-Kissed Wafers
2p Dominoes
3p Play Rummy
Game Basket in Bistro 14

President's Day
10:30a Guess the President Worksheet
11a Silver Sneakers
2p Sing Along Video
3p Play Pinochle 15

10:15a Devotion & Daily Chronicles
10:30a Hangman w/Linda
11a Silver Sneakers
11:30a Lunch at Red Lobster
3p Penny Auction 16

10a Bible Study
11a Senior Stretches
11:30a Rosary
2p Red Hats w/Megan
6p Movie Night on Big Screen 17

9:30a Craft w/Donna
10a Communion
10:15a Devotion & Daily Chronicles
10:30a Word Search
11a Silver Sneakers
1:15p Pinochle Club
2p Bingo 18

10:15a Devotion & Daily Chronicles
10:30a Board Game w/Linda
1:15 Food Committee
2p Ice Cream Social
6p Friday Night Movie and Popcorn 19

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p Travel Video-Australia- on Big Screen
Game Basket in Bistro 20

10:30a Colored Pencil Art
2p Dominoes
3p Play Pinochle
Game Basket in Bistro 21

10:15a Devotion & Daily Chronicles
10:30a Category Game
11a Silver Sneakers
2p Resident Birthday Party w/Music by Jerry Vernon 22

10:15a Devotion & Daily Chronicles
10:30a Linda's Pick
11a Silver Sneakers
1:30p Shopping
3p Bunco 23

10a Bible Study
11a Senior Stretches
11:30a Rosary
2p Mystery Game w/Megan
6p Movie Night on Big Screen 24

10a Communion
10:15a Devotion & Daily Chronicles
10:30a Hangman
11a Silver Sneakers
1:15p Pinochle Club
2p Bingo 25

10:15a Devotion & Daily Chronicles
10:30a Linda's Pick
3p Happy Hour!
6p Friday Night Movie and Popcorn 26

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p Travel Video-Wildlife Treasures- on Big Screen
Game Basket in Bistro 27

10:30a Word Search Puzzles
2p Dominoes
3p Play Rummy
Game Basket in Bistro 28

Leap Day!
10:15a Devotion & Daily Chronicles
10:30a Leap Day Trivia
11a Silver Sneakers
3p Bunco 29

Activities subject to change.
Hair Stylists are here Thursdays and Fridays.
Sign up to get your hair done!

February

