

CALLING...ALL MASTER GARDNER'S TO VOLUNTEER

Hello Spring! With spring comes beautiful sunshine, buds on the trees...green grass, birds singing...dandelions blooming...(a welcome sight after a stark, cold and dreary winter) sitting on the patio before it's too hot and having a coffee & chat time!!! We are so blessed to have made it through another unpredictable Iowa winter!~ Oh and lets not forget...soon we will be "springing forward" our clocks and actually get to sit on the patio, pull weeds in our garden and play croquet till 9pm in the evening!! Are you excited yet? Please join us in any capacity you wish, to be involved in our Garden Club! Stop in and see Cindy's sign-up sheet if interested in helping with gardening projects!

Muscatine

HAPPENINGS

MARCH 2016 HAPPY ST. PATTY DAY

The first day of spring is March 20th and we at Bickford Senior Living are frankly counting the days...To say we feel a little bit of "cabin fever" is an understatement!

This month we have a lot of great events we want you to join us for!! CASINO DAY March 9th & ST. PATTY'S DAY are the two huge events that we will be having special entertainment, yummy appetizers and prizes and drawings for all who enter! Please join us for lunch bunch BINGO the first Mon. of each mth. as well!

BEACON OF HOPE HOSPICE

Huge shout out to Ashley from Beacon of Hope. Once a mth. she comes and calls BINGO for "BIRTHDAY BINGO" sponsored in full by Beacon of Hope Hospice. Why? Because that is part of their support to us here at Bickford and the surrounding community. It is the first Monday of each month and they provide a cake to celebrate all the birthdays of any given month. She brings prizes and a gift for all who have a birthday! Thank-you Ashley!



INGREDIENTS FOR HEALTHY SHAMROCK

SHAKES

1 CUP VANILLA COCONUT MILK

1-6 OUNCE CONTAINER GREEK YOGURT

2-3 TSP'S AGAVE NECTAR

1/4 TEASPOON MINT EXTRACT

1 CUP FROZEN CUT SPINACH

1/4 CUP FRESH MINT LEAVES

Such a healthy alternative to a Mc Donald's Shamrock Shake!! ENJOY:)

HEALTHY SHAMROCK SMOOTHIE

For a dairy free take on Mc Donald's classic Shamrock Shake, try this creamy healthy smoothie as an alternative to all those calories from sugar! Coconut milk beverages, like those made by So Delicious and Silk, can be found in most grocery stores. If you only have canned coconut milk in the pantry, taste for sweetness and add more "agave" to taste. For a richer, thicker smoothie, substitute 1 cup of vanilla coconut milk icecream.



MARCH 2016 BIRTHDAYS

ERNIE: MARCH 21ST

BETTY: MARCH 22ND

DICK: MARCH 22ND

STAFF BIRTHDAYS

REESE PETERSEN: MARCH 11TH

MELISSA HAMPTON: MARCH 27TH

LUNCH BUNCH: Please join us the first Monday of every month for a free lunch and BINGO! If you have family, friends co-workers looking for an assisted living for their loved one please invite them to this luncheon!!! It is free and they can ask questions, take a stroll around the facility and play BINGO!

March



EXERCISE WITH THE MUSCATINE
YMCA 2X MTHLY

9:00am "Y" EXERCISE
11:00am IRISH TRIVIA
1:00-3:00pm MANICURES with JUDY JONES
4:00pm "CARDS" 1

10:00am EXERCISE
11:00am CARD CLUB
1:30pm APPLES & TOPPINGS/Starbucks
2:30pm-4:00pm BINGO w Jamie 2

10:00am EXERCISE
11:00am Current Events & Trivia
2:30pm BIBLE STUDY with Pastor Al
3:30 Crafts 3

10:00am EXERCISE
11:00am MANICURES
2:30pm QUARTER BINGO
4:00pm CARD CLUB 4

10AM Current Events CNN HGTV
1:30PM MOVIE
7PM Lawrence Welk PBS 5

10:00am COFFEE CHAT
1:00pm CHAPLAIN/CHURCH
7pm TMC MOVIES 6

10:00am EXERCISE
11:00am CURRENT EVENTS
2:00pm BINGO BIRTHDAY PARTY
3:30pm EYE GLASS CLEANING 7

10:00am EXERCISE
11:00am WALKING CLUB
1:00pm "CARD CLUB"
2:00pm Healthy Baking 8

CASINO DAY
10:00am EXERCISE
2:00pm-5:00pm "River City Rythmn Casino" Gambling, Bingo & Casino Dancer's 9

10:00am BIBLE STUDY with Pastor Mike
11:00pm EXERCISE
2:00pm RESIDENT COUNCIL MEETING
3:00pm CRAFTS 10

10:00am EXERCISE
11:00am CARD CLUB
2:30pm QUARTER BINGO
4:00pm ICECREAM & COFFEE 11

10AM Current Events CNN HGTV
1:30PM MOVIE
7PM Lawrence Welk PBS 12

10:00am COFFEE CHAT
1:00pm CHAPLAIN/CHURCH
7pm TMC MOVIES 13

10:00am EXERCISE
11:00am "JENNY" from the Library!
1:00pm "CRAFTS"
2:30pm-4:00pm BINGO w Jamie 14

9:00am "Y" EXERCISE
11:00am Irish Baking
1:00pm "Card Club"
2:00pm "WAKING NED DIVINE" MOVIE MATINEE 15

10:00am EXERCISE
11:00am "Chicken Soup Devotions"
1:30pm "IRISH" Travelogue
2:30pm BINGO w Jamie 16

St. Patrick's Day Thirsty Thursday
10:00pm "LUCKY" GREEN EXERCISE
1:30pm "MATINEE" & GREEN BEER PARTY
4:00 "BELLY DANCING" 17

10:00am EXERCISE
11:00am MANICURES
2:00pm-4:00pm BINGO
4:00pm "Robert Dahms" Music 18

10AM Current Events CNN HGTV
1:30PM MOVIE
7PM Lawrence Welk 19

10:00am COFFEE CHAT
1:00pm CHAPLAIN/CHURCH
7pm TMC MOVIES 20

10:00am EXERCISE
11:00am Craft Club
2:30pm BINGO with "JAMIE"
4:00pm MANICURES 21

10:00am EXERCISE
11:00am STARBUCKS CORNER
2:00pm CARD CLUB
3:00pm "something" on a STICK DAY! 22

10:00am EXERCISE
11:00am "TRAVELOGUE"
2:00-4:00pm BINGO WITH "JAMIE"
4:00-5:00pm "CARD CLUB" 23

10:00am BIBLE STUDY with Pastor Mike
11:00am EXERCISE
2:00 RED HAT & ROMEO JOINT EVENT 24

10:00 EASTER EXERCISE
11:00pm CARD CLUB
1:00pm "Karen Micheal's" Music
2:00-4:00pm BINGO 25

10AM Current Events CNN HGTV
1:30PM MOVIE
7PM Lawrence Welk 26

10:00am EASTER SUNDAY-DONUTS & COFFEE CHAT
1:00pm CHAPLAIN/CHURCH
7pm TMC MOVIES 27

10:00am EXERCISE
11:00pm CARD CLUB
1:30pm "Music with John"
2:30pm-4:00pm BINGO w Jamie 28

10:00am EXERCISE
11:00am "GARDEN CLUB"
2:00pm "RETZELS" MUSICAL DUO
5:30pm DEMENTIA Support Group 29

10:00am EXERCISE
11:00am APPLES TO APPLES GAM
1:30pm APPLE PIE DAY W ALAMODE ON PATIO
2:00pm BINGO 30

10:00am EXERCISE
11:00am GARDEN CLUB
2:30pm BIBLE STUDY with PASTOR AL
3:30 MANICURES 31

