

Happy Birthday!

A wish for lots of birthday fun,
To last until the day is done.
Hoping that all your wishes come true,
and your birthday cake is as sweet as you!
This month we will celebrate the birthday of:

- Leroy R. - July 10
- Mary Jean K. - July 12
- Sally L. - July 12
- Henrietta M. - July 21



From Our Life Enrichment Coordinator Great Times! *Summertime Fun!*



The summertime fun continues at Bickford! To the left are a few photos from some great times. What a fun afternoon we had watching the Kernels win at their ballpark in Cedar Rapids. We also had our annual Hawaiian Luau which featured frozen pina colodas and coconut cookies for all. Everyone thoroughly enjoyed celebrating National Doughnut Day and Grape Popsicle Day too! Yes, we celebrate ALL holidays here at Bickford!

July will feature a grand celebration on Independence Day! We will make sure there is plenty of red, white and blue drinks and treats along with lots of patriotic music.

I do my best to make sure all of our resident's lives are full of fun! If you know of events you think our residents might enjoy or have talents you'd like to bring to us, please share! The best way to do so is to email me at bickfordactivities.iowacity@gmail.com

~Harmony



The Silver Games!

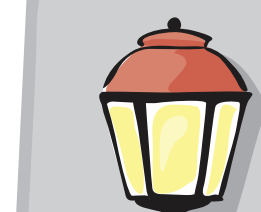
This is the year for the Silver Games! The Silver Games are Eastern Iowa's Olympics for Senior Living Residences. These games will bring together residents from assisted living, nursing home, and retirement communities in the Johnson County area. The idea of the games is to offer some friendly competition in the spirit of the 2016 Summer Olympics in Rio. Everyone will receive a medal and the activities are designed for all abilities.

Games will require more than just physical strength but mental toughness and years of knowledge. There will be a wide variety of activities for everyone to participate in.

The Silver Games are for everyone (residents, family, friends, staff, etc.) to have a LOT of fun!

Please save the date for this exciting event on Friday, August 12 from 9:30 am - 4 pm at Clear Creek Amana High School in Tiffin!

Our Olympic training will begin soon!



S

9a Coffee & Cards
10a Walk & Talk
11a Painting Pals
1p Cubs Baseball
2p Church Service
3p Garden Club
4p Sentimental Songs ³¹

M

9a Coffee & Cards
10a Walk & Talk
11a Painting Pals
12p Cubs Baseball
2p Church Service
3p Garden Club
4p Sentimental Songs ³

Happy Bday Leroy!
9a Coffee & Cards
10a Walk & Talk
11a Painting Pals
12:20p Cubs Baseball
2p Church Service
3p Garden Club
4p Sentimental Songs ¹⁰

9a Coffee & Cards
10a Walk & Talk
11a Painting Pals
1:20p Cubs Baseball
2p Church Service
3p Garden Club
4p Sentimental Songs ¹⁷

Ragbrai!
9a Coffee & Cards
10a Walk & Talk
11a Painting Pals
1p Cubs Baseball
2p Church Service
3p Garden Club
4p Sentimental Songs ²⁴

2016 July

T

Independence Day!
Wear Red/White/Blue
9:30a Make a Flag
11a Freedom Walk
12p Festive Lunch
2p Patriotic Movie
3p 4th of July Treat!
TBA Fireworks Show!

9:30a Porch Pals
10a Garden Club
11a Morning Music
2p Live Piano Music!
3p Resident Food & Council Meeting
4p Monday Milkshakes
6p Chat & Checkers ¹¹

9a Morning Massages with Melissa!
10a Morning Music
11a Stroll & Stretch
2p surPRIZE BINGO!
3p Monday Milkshakes
4p Bistro Buds
7p Cubs Baseball ¹⁸

Ragbrai & Nat'l Hot Fudge Sundae Day!
9:30a Porch Pals
10a Garden Club
11a Morning Music
2p Live Piano Music!
3p Hot Fudge Sundaes ²⁵

W

Daily Activities:

Puzzles
Drawing
Painting
Exercise

Foot Care Day!
9:30a Live 2B Healthy Exercise Class!
10:30a Church Service
1p Dr. Sherry's Foot Care Clinic
1:30p Cubs Baseball
3p Bible Stories ⁵

Happy Birthday Sally & Mary Jean!
9:30a Live 2B Healthy Exercise Class!
10:30a Church Service
2p surPRIZE BINGO!
3p Bible Stories
4p Walk & Talk ¹²

Nat'l Daiquiri Day!
9:30a Live 2B Healthy Exercise Class!
10:30a Church Service
2p surPRIZE BINGO! & Frozen Daiquiris
3p Bible Stories
4p Walk & Talk ¹⁹

Ragbrai!
9:30a Live 2B Healthy Exercise Class!
10:30a Church Service
2p surPRIZE BINGO!
3p Bible Stories
4p Walk & Talk
6p Cubs Baseball ²⁶

T

Word Searches
Gardening
Music
& Much More!

Salon Day!
9:30a Manicures & Hand Massages
11a Mileage Club
1:30p Cubs Baseball
4p Fun with Autumn
6p Card Club ⁶

Salon Day!
9:30a Manicures & Hand Massages
11a Mileage Club
2p Midweek Movie
4p Fun with Autumn
6p Card Club ¹³

Salon Day!
9:30a Manicures & Hand Massages
11a Mileage Club
1:20p Cubs Baseball
4p Fun with Autumn
6p Card Club ²⁰

Salon Day & Ragbrai!
9:30a Manicures & Hand Massages
11a Mileage Club
2p Midweek Movie
4p Fun with Autumn
6p Card Club
7p Cubs Baseball ²⁷

F

Nat'l Creative Ice Cream Flavors Day!
9:30a Porch Pals
10a Garden Club
11a Stroll & Stretch
2p "Feel Good Friday!"
Happy Hour & Ice Cream ¹

9:30a Porch Pals
10a Garden Club
11a Stroll & Stretch
2p "Feel Good Friday!"
Happy Hour & Games
4p Courtyard Chat
6p Cubs Baseball ⁸

9:30a Catholic Mass
10a Garden Club
11a Stroll & Stretch
1:20p Cubs Baseball
3p "Feel Good Friday!"
Happy Hour & Games
4p Furry Friend Friday
6p Friday Night Flick ¹⁵

9:30a Porch Pals
10a Garden Club
11a Stroll & Stretch
2p "Feel Good Friday!"
Happy Hour & Games
4p Courtyard Chat
7p Cubs Baseball ²²

Ragbrai & Paint the Town Purple Day!
9:30a Porch Pals
10a Garden Club
11a Stroll & Stretch
1:20p Cubs Baseball
2p "Feel Good Friday!"
Happy Hour & Games ²⁹

S

9a Morning Stroll
10a Garden Club
11a Scrabble Hour
2p Saturday Cinema
4p Courtyard Chat
6p Cubs Baseball
7p Welk Fan Club ²

9a Morning Stroll
10a Garden Club
11a Scrabble Hour
2p Saturday Cinema
4p Courtyard Chat
6p Cubs Baseball
7p Welk Fan Club ⁹

9a Morning Stroll
10a Garden Club
11a Scrabble Hour
1:20p Cubs Baseball
3p Saturday Cinema
4p Courtyard Chat
6p Chinese Checkers
7p Welk Fan Club ¹⁶

Ragbrai!
9a Morning Stroll
10a Garden Club
11a Scrabble Hour
2p Saturday Cinema
4p Courtyard Chat
6p Cubs Baseball ²³

Ragbrai!
9a Morning Stroll
10a Garden Club
11a Scrabble Hour
1:20p Cubs Baseball
3p Saturday Cinema
4p Courtyard Chat
7p Welk Fan Club ³⁰

Italian Theme Day!
Henrietta's Bday!
9a Cath. Communion
9:30a Exercise Class!
10:30a Visit Cedar Ridge Winery!
3p Patrick's Slides
4p Italian Soda Bar ²¹