



Friends and family are welcome to join in on any activity!

In August, we would especially love to have you at these events: Listen to young and talented pianist Michael Lanham once again; cheer on Team USA at any of our Rio Olympics watching parties; square dance and throw some horseshoes at our Western Hoedown; look through and take items Bickford no longer needs - donations toward Activity Department only - at our Take or Toss Rummage Sale; visit with and pet the animals up for adoption at Animal Protective League; help your loved ones get the highest bid at our Auction; join in on the singing with Amanda and Jo Ann at our Sing-Along; and meet us out at Clayville for their Cruise-In & Music Festival!



Looking back on July...

Animal Protective League Visit



We are so sad to have lost Elston Evans and Jack Williams this past month. You and your families are in our thoughts and prayers. Your Bickford family will greatly miss you!

Pianist Michael Lanham



Italian Day



Evolution of Salsa Dancing



Bickford's family has grown these past few months.

- |                      |                            |
|----------------------|----------------------------|
| Tony & Beverly Bauer | BC Lee                     |
| Susan Britton        | Alberta Lewis              |
| Jerry & Connie Davis | Roberta Mabie              |
| Dr. Donald Durbin    | Doris Prather              |
| Connie Ferguson      | Dean & Priscilla Rademaker |
| Doris Fuchs          | Lee Routman                |
| Carl Greening        | Jerry & Linda Wattles      |

All of us here at Bickford are so thankful to be part of your lives. We love you dearly!

August 2016



Fun Facts about August:

Birthstone: Peridot  
Flower: Gladiolus

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July. Previously named Sextilis in Latin, it was the sixth month of the Roman calendar. \*They took that extra day from February.

August is also related to the word "auger," a hole digging tool. Farmers dig for next season this time every year.

August is...  
Catfish Month  
Foot Health Month

August celebrates...  
Watermelon Day  
Wiggle Your Toes Day  
Bad Poetry Day  
Relaxation Day  
Kiss & Makeup Day  
Trail Mix Day  
Sneak Zucchini Onto Your Neighbor's Porch Night





**Welcome Weekend**

\*All activities are subject to change.

**Movement Monday**

10:15 Sittercise  
10:30 Scavenger Hunt  
1:30 Walmart  
3:15 Bingo

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**Intellectual Tuesday**

10:15 Sittercise  
10:30 Chain Reaction  
1:30 Pretty Nails / Trivia B  
2:45 Get Fit Club  
3:15 Book Club B  
4:00 Wii Golf B

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**Worth It Wednesday**

10:15 Sittercise  
10:30 Bible Study B  
1:30 Card Games B  
2:30 Activity Meeting B  
3:00 Wii Bowling B

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**Aesthetic Thursday**

10:15 Sittercise  
10:30 Language Game  
11:15 Steak 'n Shake  
2:15 Sailboat Craft B  
2:45 Get Fit Club  
3:00 Pianist Michael Lanham L

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**Flavorful Friday**

10:15 Sittercise  
10:30 Watermelon Break  
1:30 Clown School B  
3:15 Bingo

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**Welcome Weekend**

10:15 Sittercise  
11:00 Rio Olympics L (Swimming)  
1:15 Bingo  
2:30 Movie & Popcorn L

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10:15 Sittercise  
11:00 Chair Yoga E  
1:30 Church Service L  
2:30 Rio Olympics L (Men's Beach Volleyball)  
3:30 Rio Olympics L (Women's Gymnastics)

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10:15 Sittercise  
10:30 Happiness Happens Game  
1:30 Barnes & Noble  
3:15 Bingo

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10:15 Sittercise  
10:30 Journaling  
1:30 Pretty Nails/TriviaB  
2:00 Rio Olympics B (Women's Gymnastics)  
2:45 Get Fit Club  
3:15 Book Club B  
4:00 Wii Golf B

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**Western Day**

10:15 Sittercise  
10:30 Bible Study B  
1:30 Western Hoedown  
3:00 Wii Bowling B

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10:15 Sittercise  
10:30 Sculpting  
11:15 O'Charley's  
2:00 Rio Olympics L (Women's Gymnastics)  
2:45 Get Fit Club

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9:00-11:00 Macy's Makeovers  
10:15 Sittercise  
10:30 Trail Mix Treats  
1:30 Fresh Air Time!  
3:15 Bingo

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10:15 Sittercise  
10:45 Centerpiece Crafting  
1:15 Bingo  
2:00 Rio Olympics L (Cycling)  
3:00 Rio Olympics L (Men's Volleyball)

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10:15 Sittercise  
11:00 Chair Yoga E  
1:30 Church Service L  
2:00 Rio Olympics L (Women's Diving)  
3:00 Rio Olympics L (Women's Volleyball)

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10:15 Sittercise  
10:30 Hy-Vee  
1:30 Bickford Olympics  
3:15 Bingo

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10:15 Sittercise  
10:30 Fall Prevention  
1:30 Pretty Nails/TriviaB  
2:00 Rio Olympics B (Cycling)  
2:45 Get Fit Club  
3:15 Book Club B  
4:00 Wii Golf B

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10:15 Sittercise  
10:30 Bible Study B  
1:30 Card Games B  
2:30 Food Meeting B  
3:00 Wii Bowling B

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10:15 Sittercise  
10:30 Comedy Hour  
11:15 McCormicks  
2:15 Duct Tape Bags B  
2:45 Get Fit Club  
3:00 Musicians Donn & Kayla L

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10:15 Sittercise  
10:30 Fresh Air Time!  
1:30 Banana Split Bar B  
3:15 Bingo

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10:15 Sittercise  
10:45 Take or Toss Rummage Sale P  
1:15 Bingo  
2:30 Catalog Collaging & Rio Olympics B (Men's Diving)

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10:15 Sittercise  
11:00 Chair Yoga E  
1:30 Church Service L  
3:00 Movie & Popcorn L

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9:45 Sittercise  
10:00 Animal Protective League Visit  
10:30 Let's Go Fly a Kite P  
1:30 Good Will  
3:15 Bingo

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10:15 Sittercise  
10:30 Show & Tell  
1:30 Pretty Nails / Trivia B  
2:45 Get Fit Club  
3:15 Book Club B  
4:00 Wii Golf B

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10:15 Sittercise  
10:30 Bible Study B  
1:30 Card Games B  
2:30 Resident Meeting B  
3:00 Wii Bowling B

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10:15 Sittercise  
10:30 What's Your Sign? Social  
11:15 Charlie Parker's  
2:15 Paper Plane Contest  
2:45 Get Fit Club  
3:00 Auction

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10:15 Sittercise  
10:30 Sing-Along  
1:15 Monthly Birthday Party  
3:15 Bingo

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10:15 Sittercise  
10:45 Fresh Air Time!  
1:15 Bingo  
1:15 Clayville Cruise-In & Music Festival  
3:30 Pitching Pennies

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10:15 Sittercise  
11:00 Chair Yoga E  
1:30 Church Service L  
2:30 Movie & Popcorn L

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10:15 Sittercise  
10:30 Game Show Spectacular  
1:30 Walgreens  
3:15 Bingo

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10:15 Sittercise  
10:30 Current Events  
1:30 Pretty Nails / Trivia B  
2:45 Get Fit Club  
3:15 Book Club B  
4:00 Wii Golf B

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10:15 Sittercise  
10:30 Bible Study B  
1:30 Card Games B  
3:00 Wii Bowling B

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# August

All activities in Activity Room unless marked:

B = Bistro  
E = Exercise Room  
L = Living Room  
P = Parking Lot