



September Birthdays

Celebrity Birthdays

Rocky Marciano, Boxcar Willie, Conway Twitty, "Dr. Phil" McGraw, Gloria Estifan, Terry Bradshaw, Jesse James, William Taft, Paul "Bear" Bryant, Arnold Palmer, Tom Landry

Bickford Family Friends Birthdays

Betty Lou S. 9/5
Myron H. 9/12
Ruth M. 9/23

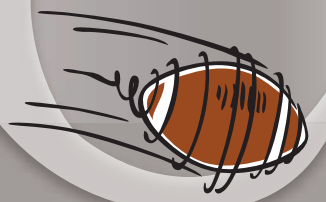
Bickford Family Member Birthdays

Stephanie S. 9/11
Ony R. 9/19
John D. 9/29



Wabash HAPPENINGS

SEPTEMBER



Healthy Aging Awareness Month

Do you think it's too late to reinvent yourself? Never! Use September, Healthy Aging Awareness Month, as an opportunity to do just that. How? Here are 10 tips provided by the Healthy Aging Publication.

5) Stand up straight! (Our mother's were right all along...)
6) Smile!
7) Lonely? Join us for one of our many group activities each day. (Activities are listed inside)

- 1) Don't act your age or at least what you think your current age should act like.
- 2) Be positive in your conversations and actions each day.
- 3) Distance yourself from negativity.
- 4) Walk like a vibrant, healthy person. Have confidence!

- 8) Exercise! Every morning before lunch, Tina leads a small group in simple, low impact exercises.
- 9) Make sure you're up-to-date on your annual physical or other health screenings.
- 10) Try something new!



The bad news is time flies, the good news is you're the pilot



Thank you to everyone that participated in our Western themed day in August. What a fantastic time! A special thanks to Tina and the rest of the BFM's that created such a wonderful environment for our family to enjoy.

Thank you to Laster Boggs for stopping by and sharing his stories from the West.

Mark your calendars!

Resident Council and Food Committee:
Tuesday, September 13 @ 10:30 am

Monthly Birthday Party:
Monday, September 26

September Entertainers:
9/5- Carl Sparks @ 6pm
9/13- John Bahler @ 2:45 pm
9/28-David Gray @ 6pm

September Outings:
9/8-TBD
9/22-Resident Choice

Branch Buddy Visits!
Friday, 9/2 & 9/16.
Courtesy of the Wabash Animal Shelter

A quick happiness update...

Thank you to all the of the families and friends that are participating in our monthly "Happiness Texts". We are excited to announce that after the first two months we are averaging an astonishing 86% "top box" score! This is the highest score in the Michigan and Indiana division! We have been working incredibly hard each week to insure the happiness of each one of our residents and their families. As always, if there are ever any concerns, please never hesitate to bring those forward. Thank you again to all that have participated!



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September

10a Coffee Talk
 10:30a Euchre
 11:30a Exercise
 3p Soft Music
 3:30p Church Service
 5:45p Drinks On The
 Patio

4

Labor Day
 9a Clip & Style
 10a Coffee & Chat
 10:30a Manicures
 11:30a Exercise
 1p Bingo
 4p Finish The Phrase
 6p Carl Sparks Music

5

10a Coffee Klatch
 10:30a Balloon Bop
 1p Euchre
 4p Painting
 6:30p Wii Wheel Of
 Fortune

6

10a Coffee & Cookies
 10:30a Bible Study
 11:30a Exercise
 1p Spelling B
 2p Phase 10 Card
 Game
 4p The Wii Bowling

7

10a Coffee Talk
 10:30a Dominoes
 11a Resident Outing
 (TBD)
 11:30a Exercise
 1p Corn Hole
 1:30p Target Shooting
 4p Balloon Bop

8

9:30a Animal Shelter
 10a Tea Talk
 10:30a Happy Feet
 11:30a Exercise
 1p Corn Hole
 2p Hangman

2

10:30a Bingo
 11:30a Exercise
 1p Chair Volleyball
 4p Social Hour

3

11:30a Exercise
 1p Party On The Porch
 4p Social Hour

10

Grandparent's Day
 10a Coffee Talk
 10:30a Euchre
 11:30a Exercise
 3p Soft Music
 3:30p Church Service
 5:45p Drinks On The
 Patio

11

9a Clip & Style
 10a Coffee & Chat
 10:30a Manicures
 11:30a Exercise
 1p Bingo
 4p Finish The Phrase

12

10a Coffee Klatch
 10:15 Resident Council
 10:30a Balloon Bop
 1p Euchre
 2:45p John Bahler
 Music
 4p Painting
 6:30p Wii Wheel Of
 Fortune

13

10a Coffee & Cookies
 10:30a Bible Study
 11:30a Exercise
 1p Spelling B
 2p Phase 10 Card
 Game
 4p The Wii Bowling

14

10a Coffee Talk
 10:30a Dominoes
 11:30a Exercise
 1p Corn Hole
 1:30p Target Shooting
 4p Balloon Bop

15

50's Day
 9:30a Animal Shelter
 10a Tea Talk
 10:30a Happy Feet
 11:30a Exercise
 1p Corn Hole
 2p Hangman

16

10:30a Bingo
 11:30a Exercise
 1p Chair Volleyball
 4p Social Hour

17

10a Coffee Talk
 10:30a Euchre
 11:30a Exercise
 3p Soft Music
 3:30p Church Service
 5:45p Drinks On The
 Patio

18

9a Clip & Style
 10a Coffee & Chat
 10:30a Manicures
 11:30a Exercise
 1p Bingo
 4p Finish The Phrase

19

10a Coffee Klatch
 10:30a Balloon Bop
 1p Euchre
 4p Painting
 6:30p Wii Wheel Of
 Fortune

20

10a Coffee & Cookies
 10:30a Bible Study
 11:30a Exercise
 1p Spelling B
 2p Phase 10 Card
 Game
 4p The Wii Bowling

21

10a Coffee Talk
 10:30a Dominoes
 11a Resident Outing
 11:30a Exercise
 1p Corn Hole
 1:30p Target Shooting
 4p Balloon Bop

22

10a Tea Talk
 10:30a Sing A Long
 11a Trivia
 11:30a Exercise
 1p Corn Hole
 2p Hangman

23

11:30a Exercise
 1p Party On The Porch
 4p Social Hour

24

10a Coffee Talk
 10:30a Euchre
 11:30a Exercise
 3p Soft Music
 3:30p Church Service
 5:45p Drinks On The
 Patio

25

9a Clip & Style
 10a Coffee & Chat
 10:30a Manicures
 11:30a Exercise
 1p Bingo
 2p Resident Birthday
 Party
 4p Finish The Phrase

26

10a Coffee Klatch
 10:30a Balloon Bop
 1p Euchre
 4p Painting
 6:30p Wii Wheel Of
 Fortune

27

10a Coffee & Cookies
 10:30a Bible Study
 11:30a Exercise
 1p Spelling B
 2p Phase 10 Card
 Game
 4p The Wii Bowling
 6p David Gray Music

28

10a Coffee Talk
 10:30a Dominoes
 11:30a Exercise
 1p Corn Hole
 1:30p Target Shooting
 4p Balloon Bop

29

10a Tea Talk
 10:30a Happy Feet
 11:30a Exercise
 1p Corn Hole
 2p Hangman

30

