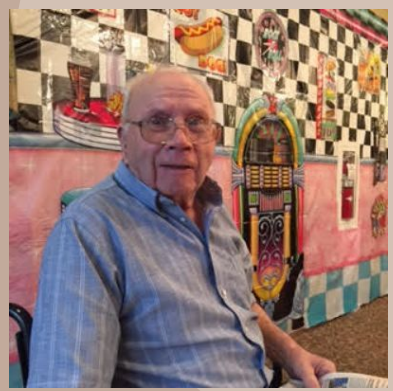




*September Celebrations*

*Fabulous 50's Day  
Some of our Rockin' Friends "Music by Skip" was fantastic!*



We kicked off Assisted Living Week with our Grandparent's Day Celebration and during the week had two special birthdays of our beloved Don M. (top picture) and our adored # 1 Chicago Cub fan, Ken B.

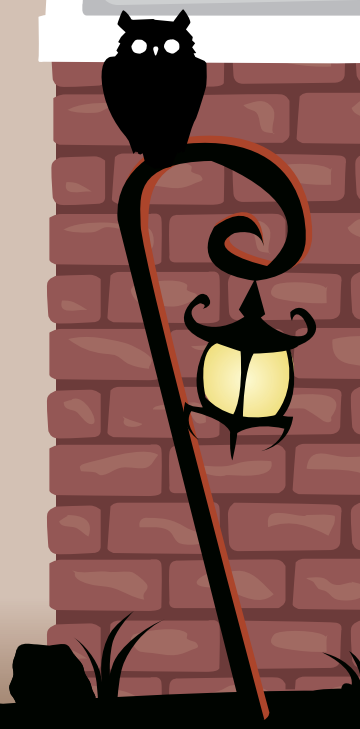


Many thanks to the Barclay's daughter, Beth, who delivered a delicious Chicago Cub's cake to share with all our friends and BFM's. Even the diehard St.Louis Card fans enjoyed the treat!

We are looking forward to a beautiful and eventful October!



*Bickford*  
assisted living





10:00 Stretch & Move  
 10:30 Hydrate/ Chat  
 1:00 Praise & Worship  
 1:30 Fellowship  
 2:00 Fun & Games  
 6:00 Blast from Past

30



**Halloween**

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 **Halloween Party**  
 with  
 Kaitlyn from  
 WIU

31



10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Nail Care Day  
*plus* Activities in  
 Dining Rm

4



10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities and  
 Games with  
 Taylor from WIU

5



**\*Activities  
 are  
 Subject to  
 Change**

# October



10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities with  
 Hannah from WIU

7



10:00 Stretch & Move  
 10:30 Hydrate /Chat  
 2:00 Fun and Games  
 6:00 Classic Gospel TV  
 7:00 Lawrence Welk

1

10:00 Stretch & Move  
 10:30 Hydrate/ Chat  
 1:00 Praise & Worship  
 1:30 Fellowship  
 2:00 Fun & Games  
 6:00 Blast from Past

2

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities and  
 Games with  
 Kaitlyn from WIU

3

10:00 Stretch & Move  
 10:30 Hydrate/ Chat  
 1:00 Praise & Worship  
 1:30 Fellowship  
 2:00 Fun & Games  
 6:00 Blast from Past

9

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities and  
 Games with  
 Kaitlyn from WIU

10

10:00 Stretch & Move  
 10:30 Hydrate/ Chat  
 1:00 Praise & Worship  
 1:30 Fellowship  
 2:00 Fun & Games  
 6:00 Blast from Past

16

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities and  
 Games with  
 Kaitlyn from WIU

17

10:00 Stretch & Move  
 10:30 Hydrate/ Chat  
 1:00 Praise & Worship  
 1:30 Fellowship  
 2:00 Fun & Games  
 6:00 Blast from Past

23

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities and  
 Games with  
 Kaitlyn from WIU

24

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Nail Care Day  
*plus* Activities in  
 Dining Rm

11

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 1:30 Counsel Meeting  
 2:30 Nail Care Day

18

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Nail Care Day  
*plus* Activities in  
 Dining Rm

25

**Family History Day**

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 **Special Music  
 and Activities**

12

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities and  
 Games with  
 Taylor from WIU

19

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities and  
 Games with  
 Taylor from WIU

26

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 1:30 Bible Study  
 2:15 Special Activities  
 Arts and Crafts

6

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 1:30 Bible Study  
 2:15 Special Activities  
 Arts and Crafts

13

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 1:30 Bible Study  
 2:15 Special Activities  
 Arts and Crafts

20

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 1:30 Bible Study  
 2:15 Special Activities  
 Arts and Crafts

27

10:00 Sit & Be Fit  
 10:30 Hydrate & Chat  
 2:00 Activities with  
 Hannah from WIU

14

10:00 Special Exercise  
 with WIU Students  
 10:30 Hydrate & Chat  
 2:00 Activities with  
 Hannah from WIU

21

10:00 Special Exercise  
 with WIU Students  
 10:30 Hydrate & Chat  
 2:00 Activities with  
 Hannah from WIU

28

10:00 Stretch & Move  
 10:30 Hydrate /Chat  
 2:00 Fun and Games  
 6:00 Classic Gospel TV  
 7:00 Lawrence Welk

8

10:00 Stretch & Move  
 10:30 Hydrate /Chat  
 2:00 Fun and Games  
 6:00 Classic Gospel TV  
 7:00 Lawrence Welk

15

10:00 Stretch & Move  
 10:30 Hydrate /Chat  
 2:00 Fun and Games  
 6:00 Classic Gospel TV  
 7:00 Lawrence Welk

22

10:00 Stretch & Move  
 10:30 Hydrate /Chat  
 2:00 Fun and Games  
 6:00 Classic Gospel TV  
 7:00 Lawrence Welk

29