

The Benefits of Intergenerational Programing

Many studies list the benefits that both seniors and children experience when given opportunities to connect and enjoy shared activities. The lists for the seniors usually include promoting a sense of joyful energy, a sense of purpose and competence, and better overall emotional and physical health. (www.legacyproject.org/guides/intergenbenefits/)

Keeping this in mind, we're committing to getting groups of youngsters to visit on a regular basis. This month, we'll be celebrating Halloween with some preschoolers, our neighbors at The Early Learning Center. If you can join us for the party, it's bound to be fun!



Peoria

HAPPENINGS

OCTOBER

October 2016

There are so many great activities to look forward to at Mary B's this month!

We have several music programs scheduled including The Peoria Accordion Club, Rich Gilmore, and Dennis Remmel. Everyone's favorite husband and wife duo, Nut N Honey will also be joining us. The weather outside may be cooling down, but we'll be sizzling inside!

Too, our Halloween Party and The Family Night should be prove to be wonderful moments of joy! Please join us for any of our events--the more the merrier!

A Word From Our Director

As we welcome in this beautiful Autumn weather, we will also be welcoming several new faces at Bickford Mary B's! In the next few weeks, I'll be introducing a new Assistant Director to our team as well as some fantastic new team members! We are looking forward to a great new quarter and, as always, your feedback is appreciated!



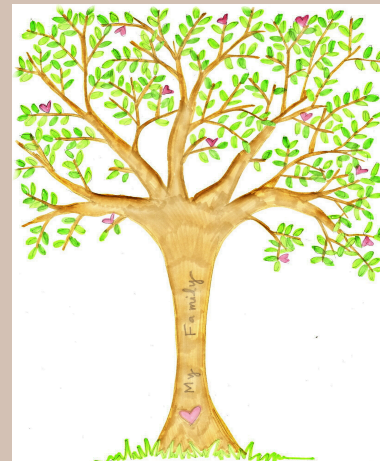

Bickford
senior living

A Look Behind, A Peak Ahead...

Labor Day & Birthday Party!

Family History Night!

Please be sure to mark the evening of October 12th on your calendars. We'll be offering a chance for our residents and families to interact & connect over the construction of an individual family tree. The finished product can be hung on their apartment door. Please bring photos if you have them, names of parents, grandparents, siblings, etc. If you have questions, or to RSVP, contact Kathy @ klsteinberg4@gmail.com





930a Chaplain Services
10a Balloon Volleyball
11a Songs & Memories
130p Exercise
2p Coffee Clatch
3p Putting Practice
6p Movie & Popcorn

30

Halloween
930a Current Events
10a Decorating
11a Favorite Costumes
2p Party w/ Early Learning Center
6p Movie & Popcorn

31

Please Remember
Activities Schedule May
Change.

October

930a Current Events
10a Name That Tune
11a Sing Along
130 Exercise
2p Fresh Fruit
7p Lawrence Welk

1

930a Chaplain Services
10a Jokes & Stories
1030 Bend & Stretch
11a Sing Along
130p Exercise
2p Coffee Clatch
3p Target Practice
6p Movie & Popcorn

2

930a Current Events
1030a Therapy Dog Visits
1115a Fill-ins
130p Exercise
2p Cookie Decorating
3p Dominoes
6p Evening Social

3

930a Current Events
10a Scenic Drive
1030 Missy & Margaret
130 Exercise
2p Making Pudding
3p Painting Birdhouses
6p Johnny Carson

4

9a Communion
10a Bingo
11a Devotionals
2p Dennis Stremmel on Piano
330p Faux Cocktails
6p Relaxing Music

5

930a Current Events
10a Celebrity Trivia
11a Sing Along
130 Exercise
2p Chips & Dip
3p Color Dice Game
6p Movie & Popcorn

6

9a Current Events
930 Parachute
10a List 10
130 Exercise
2p Ice Cream
3p Balloon Ball
6p Evening Social

7

930a Current Events
10a Bend & Stretch
11a Sing Along
130 Exercise
2p Decorating Cookies
7p Lawrence Welk

8

930a Chaplain Services
10a Bags Game
11a Sing Along
130p Exercise
2p Coffee Clatch
3p Mind Joggers
6p Movie & Popcorn

9

930a Current Events
1030a Crockpot Creation
11a Sing Along
130p Kickball
2p Snack
3p Sensory Fun
6p Evening Social

10

930a Current Events
10a Scenic Drive
1030 Missy & Margaret
130 Chair Dance
2p Fresh Fruit
3p Autumn Craft
6p Johnny Carson

11

Family History Day
9a Communion
10a Bingo
11a Devotionals
130p Exercise
2p Cheese & Crackers
3p Bags Game
6p Family Tree

12

930a Current Events
10a Target Practice
11a Sing Along
130 Exercise
2p Sundaes
3p Mind Joggers
6p Movie & Popcorn

13

9a Current Events
930 Putting Practice
10a Sing Along
130 Exercise
2p Soda Pop
3p Jokes & Stories
6p Evening Social

14

930a Current Events
10a Guess What's In The Bag
11a Sing Along
130 Exercise
2p Tea Time
7p Lawrence Welk

15

930a Chaplain Services
10a Putting Practice
11a Mind Joggers
130p Exercise
2p Coffee Clatch
3p Autumn Leaves
6p Movie & Popcorn

16

930a Current Events
10a Jokes & Stories
11a Sing Along
1:30 Exercise
2p Accordion Club
3p Ice Cream
6p Movie & Popcorn

17

930a Current Events
10a Scenic Drive
1030 Missy & Margaret
130 Exercise
2p Fruit Smoothies
3p Painting w/ H2O
6p Johnny Carson

18

9a Communion
930 Current Events
10a Bingo
11a Devotionals
1:30 Exercise
2p Cookie Decorating
3p Target Practice
6p Relaxing Music

19

930a Current Events
10a Bags Game
11a Sing Along
130 Exercise
2p Bday Party, Music by Rich Gilmore
6p Movie & Popcorn

20

9a Current Events
930 Parachute
10a Mind Joggers
130 Exercise
2p Chocolate Malts
3p Sing Along
6p Evening Social

21

930a Current Events
10a Putting Practice
11a Sing Along
130 Exercise
2p Snack
7p Lawrence Welk

22

930a Chaplain Services
10a Kickball
130p Exercise
2p Coffee Clatch
3p Trivia
6p Movie & Popcorn

23

930a Current Events
1030a Parachute
11a Name That Tune!
130p Kickball
2p Coco & Donuts
3p 50's Life
6p Evening Social

24

930a Current Events
10a Scenic Drive
1030 Missy & Margaret
130 Exercise
2p Faux Cocktails
3p Tall Tales
6p Johnny Carson

25

9a Communion
930 Current Events
10a Bingo
11a Devotionals
1:30 Exercise
2p Lava Cakes
3p Jokes & Stories
6p Relaxing Music

26

930a Current Events
10a Historic Events
11a Sing Along
130 Exercise
2p Fresh Fruit
3p Target Practice
6p Movie & Popcorn

27

9a Current Events
930 Parachute
10a Trivia
130 Exercise
2p Music -Nut N Honey
6p Evening Social

28

930a Current Events
10a Mixing cookies dough
11a Strollers
130 Exercise
2p Tea Time
7p Lawrence Welk

29