



**DUMPLINGS AND SAUERKRAUT from Betty Jelinek**

4 c. cold mashed potatoes      1 ½ tsp. salt      4 to 6 c flour  
 1LG can sauerkraut (plain)      1 egg      ¼ c. onion, chopped  
 2 tsp. caraway seed      Pork drippings

Mash the potatoes with the salt. (DO not add anything else to the potatoes.) Add the egg to the cold potatoes. Work the flour into potatoes until you have a stiff but pliable dough. Roll into a large rope like roll. Slice about 2 to 2 ½ -inch slices. Take the slices and shape them into a smaller rope size roll. Place these in salted boiling water and cool for 20 minutes. Remove and slice each one into about 1 ½ -inch pieces. In a kettle, put the sauerkraut an add a little water, caraway seed and onion. Boil for about 5 minutes. Take off heat and drain in a colander to get all the water drained. Mix the dumplings and the sauerkraut together. Add some pork drippings and mix well.

Grand Island  
**HAPPENINGS**  
 NOVEMBER



*We are Grateful for Family, Friends, and Fun Activities*

November is all about celebrating what we are grateful for. we start off the month by honoring our Veteran's by going to the Vet's Club for a big breakfast on Friday Nov. 11 at 8am. Along with a Veteran's Salute at 2pm. at the Cottage. Our lunch bunch outing to Applebee's is on Friday Nov. 18.

Bickford's Annual Pie tasting contest will be on Friday No. 18 at 2pm. If you would like to participate by bringing in a pie, please do so. This is a wonderful time for us to get together as a family and fellowship. Support Group will be on Tues. No. 8 at 6:30pm. Everyone is welcomed to join us for these events. Happy Thanksgiving to all & many blessings. -



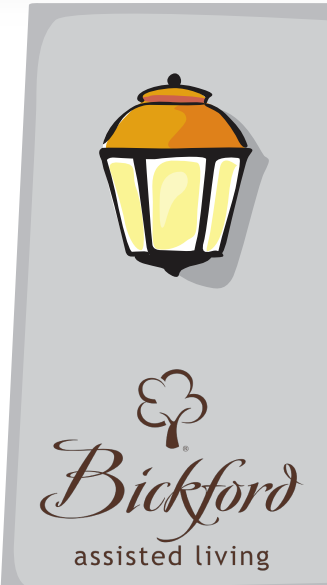
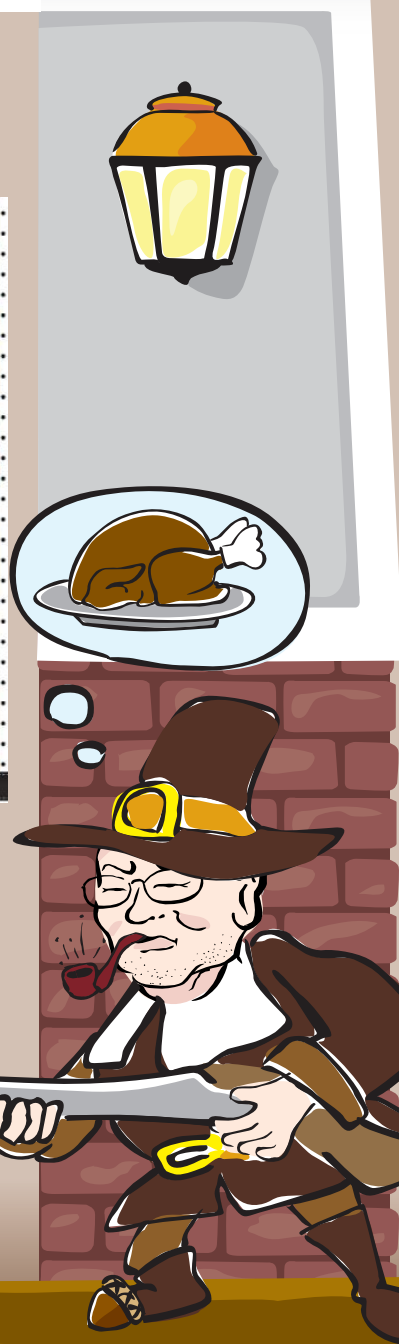
*From the Director's Desk...*

November is here and we are ready for the holidays and some good food! If you would like to join us for an upcoming holiday meal, you won't be disappointed.

Please RSVP to Rhonda and we will make sure to save a spot in the cottage for you! I know this is November but want to get a head start on encouraging you to participate in all of the festive events we have here at Bickford in December. Stay tuned to next months calendar for more details.

Why do we eat Turkey on Thanksgiving? Even though we don't know for sure what fowl was used as the main course on the first Thanksgiving all those years ago, we do know that the Turkey was a unique bird to American and could be hunted by early settlers. I am just thankful that we ended up with such a yummy main course! Don't be a "turkey" and stop in and see us this holiday season!

Blessings, Darcy Hansen, Director





**10 Tips for Improving and Maintaining Your Digestive Health...** By Krisha McCoy

Your digestive health is directly impacted by the foods you eat and the lifestyle you live. By taking steps to improve your digestive health, your digestive system will function more efficiently, improving your overall health and sense of well-being. Try these 10 tips for your better digestive health:

1. **Eat a high-fiber diet.**
2. **Get insoluble *and* soluble fiber.**
3. **Limit foods that are high in fat.**
4. **Choose lean meats.**
5. **Incorporate probiotics into your diet.**
6. **Eat on schedule.**
7. **Stay hydrated.**
8. **Skip the bad habits: Smoking and avoid excessive caffeine and alcohol.**
9. **Exercise regularly.**
10. **Manage stress.**



S M T W T F S

# November

<p><b>"FALL BACK"</b>                  9:30 Devotions                  10:00 Peace Luthern Dvd Service                  2:00 Table Games                  4:00 Church                  6:00 Funniest Videos <b>6</b></p>	<p>10:30 Sittercise                  11:00 Current Events                  1:45 Bingo                  2:00 Manicures                  3:00 Men's Group                  6:30 Craft Corner <b>7</b></p>	<p><b>ELECTION DAY</b>                  9:30 Walking Group                  10:00 Bickford Bakers                  1:30 Bible Study                  2:30 Discuss &amp; Recall                  6:30 Card Games <b>8</b></p>	<p>9:30 Walk &amp; Talk  <b>10:00 A.C. &amp; Angeline</b>                  2:00 Twenty Questions                  3:00 Thankful Cards                  6:30 Minute To Win It <b>2</b></p>	<p>9:30 Walking Group                  10:00 Morning Gathering                  1:45 Bingo                  3:00 Finish The Line..                  6:30 Hangman <b>3</b></p>	<p>9:15 Fitness Fun  <b>9:45 Shopping Trip</b>                  10:30 Coffee Chat                  2:00 Pumpkin Chuckin                  3:00 Ice Cream Social                  6:30 Triominos <b>4</b></p>	<p>9:30 Exercise Video                  10:00 Word Searches                  2:00 Monopoly Day                  3:00 Bistro Buddies                  6:30 <b>Ne.</b> vs. Ohio State (ESPN) <b>5</b></p>
<p>9:30 Devotions                  10:00 Peace Luthern Dvd Service                  2:00 Shake Loose a Memory                  4:00 Church                  6:30 Movie &amp; Popcorn <b>13</b></p>	<p>10:30 Sittercise                  11:00 Morning Gathering                  1:45 Bingo                  2:00 Manicures                  3:00 Men's Group                  6:30 Table Hockey <b>14</b></p>	<p>9:30 Walking Group                  10:00 Bickford Bakers  <b>11:00 Glen on Piano</b>                  1:30 Bible Study                  2:30 Treats &amp; Trivia                  6:30 Adult Coloring                  6:30 Support Group <b>15</b></p>	<p>9:30 Sit &amp; Be Fit                  10:00 Do You Hear What I Hear?                  2:00 Humor Fun                  3:00 Ice Cream Social                  6:30 Trivia Pursuit <b>9</b></p>	<p>9:30 Walking Group                  10:00 Giggles Preschool Kids                  1:45 Bingo                  3:00 Coffee &amp; Chat                  6:30 Noodle Ball <b>10</b></p>	<p><b>Veteran's Day</b>  <b>7:30 Outing- Vets Breakfast</b>                  10:00 Thank You Cards                  11:00 Time of Silence  <b>2:00 Veteran's Salute</b>                  6:30 Patriotic Singing <b>11</b></p>	<p>9:30 Morning Walks                  10:00 Puzzle Pals                  2:00 Kings In The Corner                  3:00 Refreshments                  6:30 <b>Ne.</b> vs. Minnesota (BTN) <b>12</b></p>
<p>9:30 Devotions                  10:00 Peace Luthern Dvd Service                  2:00 Uno                  4:00 Church                  5:00 <b>Voices of the Rock</b>                  6:00 Funniest Videos <b>20</b></p>	<p>10:30 Sittercise                  11:00 Current Events                  1:45 Bingo                  2:00 Manicures                  3:00 Men's Group                  6:30 Clothespin Game <b>21</b></p>	<p>9:30 Walking Group                  10:00 Bickford Bakers                  1:30 Bible Study                  2:30 Tongue Twisters &amp; Treats                  6:30 Turkey Ticklers <b>22</b></p>	<p>9:30 Tubercise Class  <b>10:00 A.C. &amp; Angelin</b>                  10:00 Catholic Mass                  2:00 Christams Decorating                  3:00 Hot Chocolate                  6:30 Family Game Night <b>30</b></p>	<p>9:30 Walking Group                  11:00 <b>Drumming Circle</b>                  10:00 Resident Council  <b>1:00 Marleen Behm</b>                  2:00 Bingo                  2:00 Employee Meeting  <b>6:00 Paul Ramp</b> <b>17</b></p>	<p>9:30 Fitness Fun                  10:00 Brain Boosters  <b>11:00 Lunch Outing</b>                  2:00 Name That Tune  <b>3:00 Pie Tasting Party</b>                  6:30 Turkey Shoot <b>18</b></p>	<p>9:30 Exercise Video                  11:00 <b>Ne.</b> vs. Maryland                  2:00 Dominos                  3:00 Bistro Buddies                  6:30 Lawrence Welk <b>19</b></p>
<p>9:30 Devotions                  10:00 Peace Luthern Dvd Service                  2:00 Coffee Chat                  4:00 Church                  6:30 Movie &amp; Popcorn <b>27</b></p>	<p>10:30 Sittercise                  11:00 Morning Gathering                  1:45 Bingo                  2:00 Manicures                  3:00 Men's Group                  6:30 Collage Corner <b>28</b></p>	<p>9:30 Walking Group                  10:00 Bickford Bakers                  1:30 Bible Study                  2:30 Birthday Bash                  6:30 W/C &amp; Walker Decorating <b>29</b></p>	<p>9:30 Walk &amp; Talk                  10:00 Chicken Soup for the Soul                  2:00 Thanksgiving Reminiscence                  3:00 Refreshments                  6:30 Holiday Movie <b>23</b></p>	<p><b>Thanksgiving</b>                  8:00 Macy's Thanksgiving Day Parade  <b>12:00 Holiday Meal</b>                  6:30 Football Games &amp; Popcorn <b>24</b></p>	<p>9:30 Walk &amp; Talk                  10:00 Price is Right                  2:00 Table Games                  3:00 Coffee Chat                  6:30 Movie Time <b>25</b></p>	<p>9:30 Morning Walks                  10:00 Puzzle Pals                  2:00 Group Games                  3:00 Refreshments                  6:30 Classic T.V. Shows <b>26</b></p>
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