



- Big December Events: (Red Letter Days)**
- Richard Brockett Music - Fri., Dec. 2nd @ 2 p
  - Tiger Troupe Carolers - Sat., Dec. 3rd @ 10:50 a
  - Katie Beaudry Music - Sun., Dec. 4th @ 2 p
  - Barber Shop Quartet Music - Thurs., Dec. 8 @ 6:30 p
  - Festival of Lights Outing- Mon., Dec. 5th & 12th @ 6 p
  - Winter Festival - Friday, Dec. 9th- all day
  - Country Christmas Musical - Sun., Dec. 11th @ 3:30 p
  - Four Seasons Style Show - Friday, Dec. 16th
  - Unitarian Christmas Carolers - Sun., Dec. 18th @ 6:15 p
  - Madrigal Christmas Meal - Wed., Dec. 21st @ 5 p (DRoom)
  - Pointsettia Show Outing - Fri., Dec. 23rd @ 1 p
  - New Year's Luncheon - Sat., Dec. 31st @ Noon (DRoom)

Peoria  
**HAPPENINGS**  
DECEMBER

*Wishing Everyone a Happy & Healthy New Year!*

Four Season Style Show

*STAY COZY THIS WINTER!!*

Our Bickford ladies will be not only dressing up for the holidays but, for the upcoming style show, right here at Bickford! 12 female Bickford residents have been asked to model for the upcoming Four Seasons Style Show

This event will be held at Bickford on Friday, Dec. 16th at 2 p.m. in the Living Room.  
*We feel honored that Four Seasons asked Bickford to participate in this special event. Fun! Thank you Four Seasons!*

**Clothing:**  
Be sure to wear warm clothing in layers.

- Long pants sweaters
- Hats/gloves
- Slippers/Socks

**Rice Socks:**  
(hot water bottle)

- 1 1/2 c. rice
- Pour rice into sock & tie a knot in the top of it.
- Microwave rice sock for 1-2 min.

**Get Moving:**  
Nothing keeps you warmer than your blood flowing! Walk, do exercises, just keep moving!

**Eat & Drink Well:**  
Eating healthy foods will help you have enough energy to stay warm. Fat acts as an insulator for our bodies, having a normal layer is a good thing!

Drinking hot/warm beverages help you stay warm. It helps warm the body's core temperature. Keep your body hydrated during the winter months. Sit by the fireplace and visit w/your friends!



Visit GetFunny.net



*HAPPY HOLIDAYS to ONE & ALL*

**It's Christmas Time**

The scenes of the season  
Can be seen & heard all around  
From the church bells ringing  
To the lights in old downtown.

The wind is chilled  
With the winters air  
You can tell its Christmas  
It's everywhere.

The sounds you hear  
The sights you see  
All say Merry Christmas  
To you from me

Enjoy the season  
Give thanks in prayer  
For God's Son He has given  
For people everywhere.

Wishing all of our Bickford Residents a wonderful holiday season. Thinking of you all with love. May you all have a

**Happy & Healthy New Year!**  
The Bickford of Peoria Family Members



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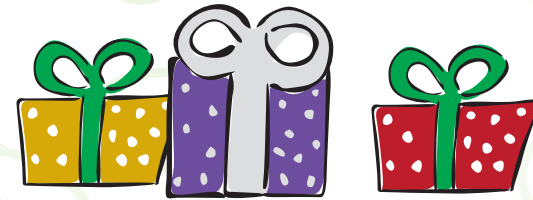
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# December



10 a = New/Weather  
 1:15 p = Church Services  
 2 p = *Katie & her Flute*  
 3 p = Board Games  
 7 p = PBS 4

9 a = News/Weather  
 10 a = Pinochle  
*DECK YOUR DOORS Christmas Decorating*  
*Chelsea w/Vitas*  
 1:30 p = Exercises  
 6 p = *Festival of Lights Outing* 5

9 a = News/Weather  
 10 a = Bingo  
 1 p = Exercises  
 2 p = *Kim & Sweetie*  
 6:15 p = Bible Study 6

Van Day  
 9 a = Communion  
 10 a = *DECK THE HALLS Christmas Decorating*  
 1 p = Exercises  
 2 p = *Jori's House Mtg.*  
 6 p = Wii Bowling 7

9 a = Wal-Mart  
 11 a = New/Weather  
 1 p = Exercise  
 2 p = Dime Bingo  
 6:30 p = *Barber Shop Quartet Christmas Program* 8

*Winter Festival*  
 9 a = News/Weather  
 10 a = *Reindeer Games*  
 2 p = *4 Season Try-on*  
 2:30 p = *Social Hour w/Transitions* 9

10 a = News/Weather  
 11 a = Bocci Ball  
 2 p = *Pam's Bingo*  
 7 p = Lawrence Welk 10

10 a = News/Weather  
 1:15 p = Church Services  
 3:30 p = *Country Christmas Program* 11

9 a = News/Weather  
 10 a = Pinochle  
 11 a = Crafts  
 1:30 p = Exercise  
 3 p = Bridge / December Trivia  
 6 p = *Festival of Lights* 12

Beauty Shop Day  
 9 a = News/Weather  
 10 a = Bingo  
 1 p = Exercise  
 2 p = Crafts  
 3 p = Scrabble  
 6:15 p = *Bible Study* 13

Beauty Shop Day  
Van Day  
 9 a = Communion  
 11 a = 90's Club  
 1 p = Exercise  
 2 p = *Jori's House Mtg.*  
 4 p = Wii Bowling 14

9 a = Wal-Mart  
 10 a = *Northmoor Christmas Program*  
 1 p = Exercise  
 2 p = Dime Bingo  
 3 p = *Resident's Council Meeting*  
 6 p = Board Games 15

9 a = News/Weather  
 10 a = Crafts  
 11 a = *Style Show Preparations*  
 2 p = *Four Seasons Style Show* 16

10 a = News/Weather  
 11 a = Bocci Ball  
 2 p = *Pam's Bingo*  
 7 p = Lawrence Welk 17

10 a = News/Weather  
 1:15 p = Church Services  
 3 p = Board Games  
 6:15 p = *Christmas Carolers* 18

9 a = News/Weather  
 10 a = Pinochle  
 11 a = Crafts  
 1:30 p = Exercise  
 2:30 p = *Christmas Trivia*  
 3 p = Bridge / Read-a-Loud 19

Beauty Shop Day  
 9 a = News/Weather  
 10 a = Bingo  
 1 p = Exercise  
 2 p = *Kim & Sweetie*  
 6:15 p = Bible Study 20

Beauty Shop Day  
Van Day  
 9 a = Mass  
 11 a = 90's Club  
 1 p = Exercise  
 2 p = *Jori's House Mtg.*  
 5 p = *Madrigal Merry Christmas Meal* 21

9 a = Wal-Mart  
 11 a = News/Weather  
 1 p = Exercise  
 2 p = Dime Bingo  
 3 p = Uno  
 6 p = Board Games 22

9 a = News/Weather  
 10 a = Crafts  
 11:15 a = Crosswords  
 1p = *Pointsettia Show*  
 2:30 = *Social Hour w/Transitions* 23

10 a = News/Weather  
 11 a = Wii Bowling  
 2 p = *Gayla's Bingo*  
 7 p = Lawrence Welk 24

Christmas Day  
 Merry Christmas to one and all! 25

9 a = News/Weather  
 10 a = Pinochle  
 11 a = Crafts  
 1:30 p = Exercise  
 2:30 p = *New Year's Trivia*  
 3 p = Bridge / Read-a-Loud 26

Beauty Shop Day  
 9 a = News/Weather  
 10 a = Bingo  
 1 p = Exercise  
 2 p = Crafts  
 3 p = Scrabble  
 6:15 p = Bible Study 27

Beauty Shop Day  
Van Day  
 9 a = Communion  
 11 a = 90's Club  
 1 p = Exercise  
 2 p = *Jori's House Mtg.*  
 4 p = Wii Bowling 28

9 a = Wal-Mart  
 11 a = News/Weather  
 1 p = Exercise  
 2 p = Dime Bingo  
 3 p = Sliders Game  
 6 p = Card Games 29

9 a = News/Weather  
 10 a = *New Year's Eve Prep*  
 11:15 a = *New Year's Eve Trivia*  
 1 p = Exercise  
 2:30 p = *Movie & Popcorn* 30

10 a = News/Weather  
 11 a = New Year's Prep Time  
 Noon = *New Year's Luncheon*  
 2 p = *Bingo*  
 3 p = *Game Day* 31