



**Egg in a Basket** from *Phyllis Schmidt*

**Ingredients:**

- Slice of Bread
- Egg
- Butter

**Directions:**

- Make a hole in the middle of your slice of bread. Add butter on both sides. Place on a warm skillet & break your egg in the middle. Flip bread over if desired & enjoy.

Phyllis said this is something her mother-in-law made for her. She had never heard of anything like this before then. "To me it's just all I need at supper time, Egg in a Basket."

# Grand Island HAPPENINGS

DECEMBER

*'Tis' the Season for Joyful Activities!*

The Joy of the Holiday's will be shining bright with all of the activities we have planned this month. We are blessed every season to have an abundance of schools, churches, family, and friends who come to perform for us with the gift of music. We always look forward to the special fellowship we get to share with them all. There will be no lunch outing this month, due to all the festivities. We will however, be going on our usual drives around town. One of them will be at night to see all the beautiful Christmas lights.

Friday Dec. 9<sup>th</sup> at 2pm We invite everyone to join us for our Winter Festival Party. We will have a special gift for all the Residents in the morning to pamper them & get them ready for our party. Special guest Mr. & Mrs. Clause will arrive at 3pm. Support Group is on Tuesday Dec. 13 at 6:30pm. Please take a look at the calander for all of the events & feel free to join us. The more the Merrier! -Wishing everyone a Merry Christams & a blessed New Year! - Crystal Trejo, LEC



*From the Director's Desk...*

Is it true that I blinked and December was here? We have been blessed with beautiful weather this Autumn and was thankful for all of the continued opportunities for our residents to get outside and and enjoy it! Now it is time for our winter wonderland here at the cottage!

Please take the time to stop in to Bickford during the month of December. You're spirits will be lifted just walking through the front door with all of the holiday cheer. We are excited for our residents spa day gift and Christmas party on Dec. 9th, there are many opportunities for enjoying music and festive activities all month long. We will look forward to having you join us for our special holiday season celebrations. *Blessed by the reason for the season..*  
Darcy Hansen, Director



**What is seasonal affective disorder (SAD)?** SAD is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer. Anyone can get SAD, but it's more common in:

People who live far from the equator, where winter daylight hours are very short. People between the ages of 15 and 55. The risk of getting SAD for the first time goes down as you age. People who have a close relative with SAD. SAD is sometimes called winter depression or seasonal depression. What are the symptoms? If you have SAD, you may: Feel sad, grumpy, moody, or anxious. Lose interest in your usual activities. Eat more and crave carbohydrates, such as bread and pasta. Gain weight. Sleep more but still feel tired. Have trouble concentrating. If you are experiencing what you think may be SAD, contact your doctor today for help.



S	M	T	W	T	F	S		
<p><b>HAPPY BIRTHDAY:</b> Gladys Anderson-2 Louis Soto-7 Phyllis Schmidt-11 Virginia Nuss-13 Irene Mommsen-30 Melinda K.-24 Petra Guzman-28</p>	<p><b>Happy 61<sup>st</sup> Anniversary To Dick &amp; Virginia Nuss</b></p>	<h1>December</h1>				<p>9:30 Walk &amp; Carol 10:00 Deck The Halls 1:45 Bingo <b>2:30 Praire Dulcimer Players</b> 6:30 Balloon Volleyball</p>	<p>9:30 Shopping Trip 10:30 Coffee Chat <b>2:00 Door Decorating Party</b> 3:00 Hot Chocolate 6:30 Christmas Cards</p>	<p>9:30 Exercise Video 10:00 Morning Mingles 2:00 Christmas Puzzle 3:00 Refreshments 6:30 Classic T.V. Shows</p>
<p>9:30 Devotions 10:00 Peace Luthern Dvd Service 2:00 Tree Ornament 4:00 Church 6:00 Funniest Home Videos</p>	<p>10:30 Sittercise 11:00 Holiday Humor 1:45 Bingo 2:00 Manicures <b>3:00 Music-Carol &amp; Jerry Fanta</b> 6:30 Craft Corner</p>	<p>9:15 Walk &amp; Carol <b>9:45 G.I. Christian School Kids</b> <b>1:15 Music-Tim Mohanna</b> 2:30 Bible Study 6:30 String Popcocrn</p>	<p>9:30 Holiday Warm-Up 10:00 Travel Hour <b>11:00 Resident Council</b> 2:00 Christmas Spelling Bee 3:00 Ice Cream Social 6:30 Jingle Bell Toss</p>	<p>9:30 Walk &amp; Carol <b>10:00 Giggles Preschool Kids</b> 1:45 Bingo 3:00 Holiday Tea <b>7:00 Barbershop Quartet</b></p>	<p><b>Winter Festival 9-12 Special Holiday Spa Gift</b> <b>2:00 Music Performer</b> <b>3:00 Winter Party-Santa &amp; Mrs. Claus</b> <b>6:30 Snowball Fight</b></p>	<p>9:30 Walk &amp; Carol 10:00 Cocoa &amp; Coloring 2:00 Mexican Train 3:00 Fireside Social 6:30 Larence Welk</p>		
<p>9:30 Devotions 10:00 Peace Luthern Dvd Service 2:00 Searching for Snowballs 4:00 Church 6:30 Movie &amp; Popcorn</p>	<p>10:30 Sittercise 11:00 Play Along Music 1:45 Bingo 2:00 Manicures 3:00 Reminisce Time 6:30 Minute to Win It Holiday Fun</p>	<p>9:30 Walk &amp; Carol 10:00 Bickford Bakers 1:30 Bible Study 3:00 Holiday Headbanz 6:30 Treats &amp; Riddles <b>6:30 Support Group</b></p>	<p>9:30 Morning Exercise 10:00 Hynm Songs <b>2:30 Third City Christian Church Kids</b> 3:00 Adult Coloring 6:30 Tell Me About..</p>	<p>9:30 Walk &amp; Carol <b>10:00 Central Catholic Jazz Band</b> <b>1:00 Music- Marlene Behm</b> 2:00 Bingo <b>6:00 Music-Paul Ramg</b></p>	<p>9:30 Shopping Trip 10:30 Coffee Chat <b>2:00 Music-Cindy Boehler</b> 3:00 Ugly Sweater Contest <b>6:30 Christmas Light Drive</b></p>	<p>9:30 Exercise Video 10:00 Morning Mingles 2:00 Group Games 3:00 Fireside Social 6:30 Holiday Movie</p>		
<p>9:30 Devotions 10:00 Peace Luthern Dvd Service 2:00 Dominos 4:00 Church <b>5:00 Voices of the Rock</b> 6:00 Funniest Videos</p>	<p>10:30 Sittercise 11:00 Holiday Humor 1:45 Bingo 2:00 Manicures 3:00 Men's Group <b>6:00 Music-Tim Javorsky</b></p>	<p>9:30 Walk &amp; Carol 10:00 Gingerbread Houses <b>11:00 Glen on Piano</b> 1:30 Bible Study 3:00 Treats &amp; Trivia 6:30 Pinecone Day</p>	<p><b>First Day Of Winter</b> 9:30 Holiday Warm-Up 10:00 Sing-A-Long 2:00 Left, Right Game 3:00 Ice Cream Social 6:30 Winter Scene Painting</p>	<p>9:30 Walk &amp; Carol 10:00 Name that Holiday Tune 1:45 Bingo 3:00 Holiday Tea 6:30 Fireside Stories</p>	<p>9:30 Fitness Fun 10:00 Noodle Ball 2:00 Uno 3:00 Reminisce &amp; Refreshments 6:30 Holiday Slumber Party</p>	<p><b>CHRISTMAS EVE</b> 9:30 Walk &amp; Carol 10:00 Cocoa &amp; Coloring 2:00 Fireside Music 3:00 Eggnogg &amp; Cookies 6:30 Twas The Night Before Christmas</p>		
<p><b>Christmas</b> 10:00 Peace Luthern Dvd Service <b>12:00 Holiday Meal</b> 4:00 Church 6:30 Holiday Movie</p>	<p>10:30 Sittercise 11:00 Morning Gathering 1:45 Bingo 2:00 Manicures 3:00 Coffee Chat 6:30 Snowman Toss</p>	<p>9:30 Walk &amp; Carol 10:00 Bickford Bakers 1:30 Bible Study <b>2:30 Birthday Bash</b> 6:30 Balloon Volleyball</p>	<p>9:30 Morning Exercise 10:00 Catholic Mass 10:00 Hynm Songs 2:00 Card Games 3:00 Adult Coloring <b>6:30 Family Game Night</b></p>	<p>9:30 Walk &amp; Carol 10:00 Balloon Toss 1:45 Bingo 3:00 Craft-Party Hats 6:30 Noodle Ball</p>	<p>9:30 Fitness Fun 10:00 Wheel of Fortune 2:00 Table Hockey 3:00 Refreshments 6:30 Thank You Cards</p>	<p>9:30 Exercise Video 10:00 A look Back <b>12:00 "Noon" Year Toast</b> 2:00 Wine &amp; Cheese 3:00 Fireside Social 6:30 <b>2017 Countdown</b></p>		