



# Macomb HAPPENINGS

JANUARY



## Exciting and Busy December Happenings Fun, Music, and Smiles Special Memories Created



What a fun and magical December at our Bickford home! The focus was music and we were blessed with many musical moments by groups and individuals. PICTURES: Top Left- Reatha and Sydney playing Christmas Bingo.

WIU has been wonderful sending students for exercise and music. Our special thanks to Professor Eileen (above Right) and her talented music students. Can't wait for next semester!

Breakfast time on the 16th brought in the Macomb High School Madrigals and a gentle snow began to fall which made the moment incredibly beautiful.

The above collage of pictures depicts a few of our "moments of happiness". Starting top left going clockwise:  
-The multi talented Prairie Land Chorus,  
-Wreath making with WIU student volunteer Bishop Johnson,  
-The Brown Eyed Sisters performed twice!  
-The awesome and fabulous Ukulele Group!!  
-The Big Brother/Big Sisters making ornaments and wreaths.

Finally, a December is not complete without a visit from St. Nick!! He loves Bickford and we were so good in 2016 that he showed up twice!!!



### Happy New Year

Happiness depends upon your outlook on life. - Find the good in all situations.

Attitude is just as important as ability.

Passion- find yours this year! - Do what you love and you will never work.

Positive thoughts make everything easier - Stay focused and stay positive.

You are unique, with special gifts, use them. - Never forget you have talent.

New beginnings with a new year.

Enthusiasm - a true secret of success.

Wishes - may they turn into goals.

Years go by too quickly, -enjoy them. - Wisdom from your elders, listen!

Energy - may you have lots of it. - Take care of yourself.

Appreciation of life, don't take it for granted - Live each day to its fullest!

Relax - take the time to relax in this coming year - Keep a balance in your life.

Words of Wisdom by Peggy Toney Horton Author of Unseen Angels

Happy New Year Bickford Family and Friends!





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10:00 Exercise Time  
10:30 Coffee Club  
2:00 Mason Jar Crafts

**Happy Birthday Gerald H.** 2

9:00 Chaplain Visits  
10:00 Move & Groove  
10:30 Hydrate & Chat  
2:00 Manicures and Hand Massage Time

3

Salon Day w/ Verla  
10:00 Exercise Time  
10:30 Coffee Club  
2:00 Movie Day with Popcorn and goodies

4

10:00 Move & Groove  
10:30 Hydrate & Chat  
1:00 Bible Study  
2:00 Art and Winter Crafts

5

10:00 Exercise Time  
10:30 Coffee Club  
2:00 Board Game and Card Club

6

10:00 Stretch & Move  
10:30 Hydrate & Chat  
2:00 Fun and Games Friends Choice!

7

10:00 Move & Groove  
10:30 Hydrate & Chat  
1:00 Praise & Worship  
Marketplace Ministries  
1:30 Fellowship  
2:00 Games

8

10:00 Exercise Time  
10:30 Coffee Club  
2:00 Manicures and Hand Massage Time

9

9:00 Chaplain Visits  
10:00 Move & Groove  
10:30 Hydrate & Chat  
2:00 Balloon/Paddle Volleyball

10

Salon Day w/ Verla  
10:00 Exercise Time  
10:30 Coffee Club  
2:00 Making Hats and Crafts for **HAT DAY**

11

**Hat Day**  
10:00 Move & Groove  
10:30 Hydrate & Hat Trivia  
1:00 Bible Study  
2:00 Special Music Day

12

10:00 Exercise Time  
10:30 Coffee Club  
2:00 Board Game and Card Club

13

10:00 Stretch & Move  
10:30 Hydrate & Chat  
2:00 Fun and Games Friends Choice!

14

10:00 Move & Groove  
10:30 Hydrate & Chat  
1:00 Praise & Worship  
Marketplace Ministries  
1:30 Fellowship  
2:00 Games

15

10:00 Exercise Time  
10:30 Coffee Club  
2:00 Manicures and Hand Massage Time

16

9:00 Chaplain Visits  
10:00 Move & Groove  
10:30 Hydrate & Chat  
2:00 Resident Counsel Meetin in Din. Rm. Followed by Games

17

**Hawaiian Day**  
Salon Day w/ Verla  
10:00 Exercise Time  
10:30 Coffee Club  
2:00 Hawaiian Party Time

18

10:00 Move & Groove  
10:30 Hydrate & Chat  
1:00 Bible Study  
2:00 Video Fun Time

19

10:00 Exercise Time  
10:30 Coffee Club  
2:00 Bickford Bingo Bucks

20

10:00 Stretch & Move  
10:30 Hydrate & Chat  
2:00 Fun and Games Friends Choice!

21

10:00 Move & Groove  
10:30 Hydrate & Chat  
1:00 Praise & Worship  
Marketplace Ministries  
1:30 Fellowship  
2:00 Games

22

10:00 Exercise Time  
10:30 Coffee Club  
2:00 Manicures and Hand Massage Time

23

9:00 Chaplain Visits  
10:00 Move & Groove  
10:30 Hydrate & Chat  
2:00 Puzzle Time Challenge Competition

24

Salon Day w/ Verla  
10:00 Exercise Time  
10:30 Coffee Club  
2:00 Friends Choice Movie Day with Popcorn and Sweets

25

10:00 Move & Groove  
10:30 Hydrate & Chat  
1:00 Bible Study  
2:00 Carnival Games

26

**Chocolate Cake Day**  
10:00 Exercise Time  
10:30 Coffee Club  
2:00 Making Chocolate Treats

27

10:00 Stretch & Move  
10:30 Hydrate & Chat  
2:00 Fun and Games Friends Choice!

28

10:00 Move & Groove  
10:30 Hydrate & Chat  
1:00 Praise & Worship  
Marketplace Ministries  
1:30 Fellowship  
2:00 Games

29

10:00 Exercise Time  
10:30 Coffee Club  
2:00 Manicures and Hand Massage Time  
**Happy Birthday Eleanor L.** 30

9:00 Chaplain Visits  
10:00 Move & Groove  
10:30 Hydrate & Chat  
2:00 Bickford Bingo Bucks

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# January

Don't forget to check out the Bickford Assisted Living FACEBOOK page!!!

Activities are Subject to Change!

Fun pictures and happenings