

FOUR SUPER-NUTRITIOUS FOODS

Benefit everyone's health by adding these four healthy foods to your diet. 1. Avocados - a rich source of fiber, heart healthy good fat = monounsaturated type, vitamins E, C, B-6, folate and potassium. 2. Apples - great source of antioxidants, Vitamin C, this includes pears and berries. One of the highest fiber fruits. 3. Berries - great source of antioxidants, Vitamin C and potassium. A higher amount of fiber than other fruits. 4. Beans - provides protein and fiber, fiber that can help lower your risk of heart disease and help control blood sugars. Vitamin B, iron, magnesium, potassium and zinc. Great source of calcium.



Marketplace Chaplains Ministries USA--Davenport by Karl Roberts Marketplace Chaplain

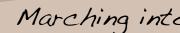
~~Bickford Senior Living provides chaplain care through the partnership with Marketplace chaplains. The chaplain service is available for all Residents, Bickford Family Members (staff), Caregivers and their immediate family members.~~

The Marketplace Chaplain team is happy to announce a new member of the chaplain team at Bickford. It is with great pleasure that we introduce to the **Bickford** family Val McGough. She has been a pastor and pastor's wife for many years in Moline, Illinois.



She has received training Friday and Easter in elder care. The team is now made up of Karl Roberts, Gloria Girod, Steve Miller and Val McGough. We call on the members of the Bickford family on a regular bases. When called upon, we respond to request of our family support groups. If there is a need that the chaplain's can help with we are willing to serve. The team also conducts chapel services on Sunday's at 2:00 PM and Bible Study on Wednesday's at 10:30 AM. It looks to be a busy time of the year with Ash Wednesday, Good

services coming up in the near future. We are thankful our brothers and sisters in Christ are faithful in attendence at these chapel and Bible study times. We sing several of the old time hymns and choruses. All of the care givers are welcome to join us for these services. Please feel free to talk to the chaplains any time when you see us. May God bless you and keep you in his loving hands.

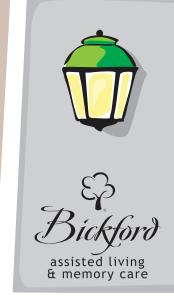


- 1st Ash Wednesday, Resident Council Meeting, Craft time with S. Roberts, Geneseo Kitchen Band
- 2nd Native American Presentation
- 8th Casino Day
- 9th The Retzl's
- 15th Group **Bithday Party**
- 16th Lewis Knudsen
- 17th St. Patrick's Day Party, with Sally, Joy &
 - Melissa
- 8th John Fliss
- Oth MPM Bingo
- 22nd HBHC
- Travelogue
- 23rd Robert Dahms
- 29th Beach Party
- 30th Karen **Michaels**

Marching into Springtime 2017

Irish Blessing for Seniors --May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face. And rains fall soft upon your fields. And until we meet again, May God hold you in the hollow of His hand. May you live as long as you want, And never want as long as you live. May the saddest day of your future be no worse Than the happiest day of your past. May the roof above us never fall in. And may

- the friends gathered below it never fall out. May you have warm words on a cold evening, A full moon on a dark night, And the road
- downhill all the way to your door. May you live to be a hundred years, With one extra.





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	2017 Marc	Happy March Birthday to Betty P.	Nat'l Nutrition Month Nat'l Red Cross Month Nat'l Kidney Month Day light Savings12th Lent Begins1st Spring Begins20th	ASH WEDNESDAY RESIDENT COUNCIL MTG 10a Exercise, Devotions Current Events & Trivia 10:30a Hymn Sing 1p Easter Craft time 2p Geneseo Kitchen Band	10a Exercise, Devotions Current Events & Trivia 11a SJVCC rosary 1:15p "Walking Club 2p Native American presentation, R. Vallejo 4:30p Jeopardy, ch 6	10a Exer Current 11a Com 1:15p "V 2p Gree 3p Card 4:30p Fa
"(10a Exercise, C. Events 10:30a SJVCC communion 1:15p "Walking Club" 2p Marketplace Ministries Church Service, communion opt. 3p Euchre or Rummy 3p Movie and Popcorn S	10a Exercise, Devotions Current Events & Trivia 1:15p "Walking Club" 2p Bickford Bingo 3p Rummy Anyone?	10a Exercise, Devotions Current Events & Trivia 11a Eyeglass cleaning 1:15p "Walking Club" 2p Manicures, buffings or hand massage	CASINO FUN 10a Exercise, Devotions Current Events & Trivia 10:30a Hymn Sing Casino Style Dinner 1:15p "Walking Club" 2p Casino Bingo & refreshments	10a Exercise, Devotions Current Events & Trivia 11a SJVCC rosary 1:15p "Walking Club 2p The Retzl's 4:30p Jeopardy, ch 6 9	10a Exe Current 11a Con 1:15p "V 2p Bickt 3p Card 4:30p Fa
	DAY LIGHT SAVINGS TIME 10a Exercise, C. Events 10:30a SJVCC communion 1:15p "Walking Club" 2p Marketplace Ministries Church Service 3p Euchre or Rummy 3p Movie and Popcorn 1.2	10a Exercise, Devotions Current Events & Trivia 1:15p "Walking Club" 2p St. Pat's Bingo 3p Rummy Anyone? 3:30p Jeopardy, ch 6 13	10a Exercise, Devotions Current Events & Trivia 11a Eyeglass cleaning 1:15p "Walking Club" 2p Manicures, buffings or hand massage	STAFF MEETINGS 10a Exercise, Devotions Current Events & Trivia 10:30a Hymn Sing 1:15p "Walking Club" 2 pm March Group Birthday Party 7p Frankly, Let's Colorl <i>S</i>	10a Exercise, Devotions Current Events & Trivia 11a SJVCC rosary 1:15p "Walking Club 2p Lewis Knudsen 4:30p Jeopardy, ch 6	ST. PAT 10a Exe Current 11a SJV 1:15p "V 2p St. P Shamroo Irish Hau and Joy
J J	10a Exercise, C. Events 10:30a SJVCC communion 1:15p "Walking Club" 2p Marketplace Ministries Church Service 3p Euchre or Rummy 3p Movie and Popcorn 19	FIRST DAY OF SPRING 10a Exercise, Devotions Current Events & Trivia 1:15p "Walking Club" 2p Spring Bingo, with Market Place Ministries 3p Rummy Anyone? 20	AUDIBEL HEARING 10a Exercise, Devotions Current Events & Trivia 11a Eyeglass cleaning 1:15p "Walking Club" 2p Manicures, buffings or hand massage	10a Exercise, Devotions Current Events & Trivia 10:30a Hymn Sing 1:15p "Walking Club" 2p Board Games 3p HBHC Travelogue 3p PLS, ch. 6 <i>22</i>	10a Exercise, Devotions Current Events & Trivia 11a SJVCC rosary 1:15p "Walking Club 2p Robert Dahms 4:30p Jeopardy, ch 6 <i>23</i>	10a Exe Current 11a Cor 1:15p "\ 2p Bick 3p Card 4:30p F
	10a Exercise, C. Events 10:30a SJVCC communion 1:15p "Walking Club" 2p Marketplace Ministries Church Service 3p Euchre or Rummy 3p Movie and Popcorn 26	10a Exercise, Devotions Current Events & Trivia 1:15p "Walking Club" 2p Tropical Bingo 3p Rummy Anyone? 27	10a Exercise, Devotions Current Events & Trivia 11a Eyeglass cleaning 1:15p "Walking Club" 2p Manicures, buffings or hand massage	BEACH PARTY 10a Exercise, Devotions Current Events & Trivia 10:30a Hymn Sing 1:15p "Walking Club" 2p Beach Blanket Party Support group Bettendorf tonight	NAT'L DOCTORS DAY 10a Exercise, Devotions Current Events & Trivia 11a SJVCC rosary 1:15p "Walking Club 2p Karen Michael 4:30p Jeopardy, ch 6 30	10a Exe Current 11a Cor 1:15p " 2p Bick 3p Carc 4:30p F



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ATRICK'S DAY xercise, Devotions nt Events & Trivia JVCC rosary "Walking Club" Patty's Day Party, rock Shakes and langman with Sally oy, KAH Bingo

xercise, Devotions ent Events & Trivia computer time "Walking Club" ckford Bingo ard club in sunroom Family Feud, ch18 24

Exercise, Devotions ent Events & Trivia Computer time o "Walking Club" ckford Bingo ard club in sunroom o Family Feud, ch18 31



10a Exercise, C. Events 1p Games of your choice 1:15p "Walking Club" 3p Movie and Popcorn 3p Cards of your choice 6p L. Welk Show, PBS 7p Gaither Gospel Hour 4

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