

Texas Sheet Cake from Joyce Bartlett

2 cup sugar; 1/2 cup milk; 2 cup flour; 2 tsp vinegar
1/2 c oleo or butter; 1 tsp soda; 1 cup water; 2 eggs
1/2 cup oil; 1 tsp vanilla; 1/4 cup cocoa

Frosting

1 stick oleo or butter; 5 TBS milk; 1 lb powder sugar
1/4 cup cocoa; 1 tsp vanilla

Mix flour and sugar. set aside. Bring oleo, water, oil, and cocoa to a boil, then pour over flour and sugar mixture. Mix well.

Combine and mix well the milk, vinegar, vanilla, bake soda, and eggs. Pour into batter and mix well. Use a cookie sheet with high sides; bake 20 minutes at 350 degrees. Frosting... Bring all ingredients to a boil and stir in 1 lb powdered sugar. Pour directly on warm cake.

* you may not need to use 1lb of powdered sugar.



Grand Island HAPPENINGS

FEBRUARY

From the Director's Desk...

February is Heart Health Month. See inside for more info on this topic. We also have so many fun things planned for this month of love. I am looking forward to the chocolate cake contest on January 27th. I'm most excited to try all of the cakes, but also to make a wonderful recipe I came across several years ago. It will be a yummy time had by all!

We are also headed to the Chocolate Bar for a lunch outing this month. Is it possible we could be tired of chocolate by the end of this month? I hope not!

It is also Black History Month, National Cherry Month, National Grapefruit Month and the important one... Creative Romance Month (lol)! We always enjoy doing something extra special for our residents in February to help remind them that they are loved by us. It can be a sad month for those who have lost their significant other. If you know someone like this, give them a call to let them know you are thinking of them. It will go a long way. Blessings,
Darcy Hansen,
Director

February Activities

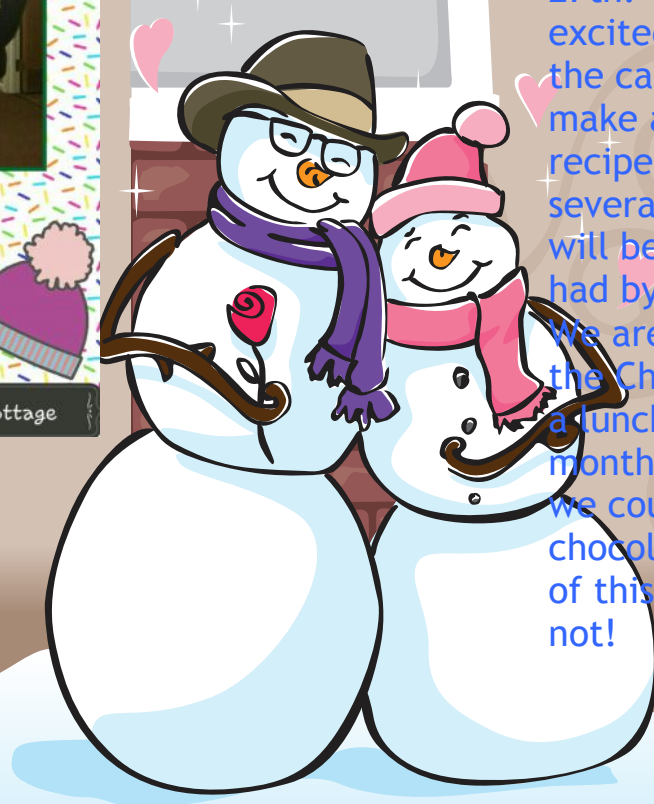
February is going to be full of "lovely" activities! We start off the month with groundhog day. Will Mr. Punxsutawney Phil see his shadow or not? Guess we will just have to wait & see! February is heart healthy month, so we will be wearing the color red on Feb. 3rd to support our healthy hearts. Come Join us on Sunday Feb. 5th for some rootbeer floats & snacks as we watch the 51st Super Bowl. This Valentine's day we be having live violin music at 1pm. & some cupid cocktails at 3pm. with some fun games! Silly Sock day on Feb 17th will bring up some great conversation as we go out to eat at the Chocolate Bar for our lunch outing at 11:30pm.

On President's day we plan to have a delicious noon meal with all the fixins! It also happens to be cherry pie day, so join us at 3pm. Feb. 20, as we enjoy some pie a la mode! Mardi Gras- also known as "fat tuesday" will be a great time for us to celebrate with some fun games & snacks at 2:30pm on Feb. 28.

Support Group will fall on Valentine's Day, tuesday Feb.14th at 6:30pm with the Alzheimer's Association giving a presentation. We will be serving a light dinner with a special dessert! So much fun to have this month! Please join us for any of these events, and take a look at our calendar for more details.



-Enriching Happiness
Crystal Trejo, LEC.



When to listen to your body

An estimated 38,000 women under age 50 have heart attacks each year in the U.S. But heart trouble can easily be confused with other ailments, like indigestion. Check out our symptom decoder so you don't miss any warning signs.

- Tingling down one or both arms or legs
- Nausea/vomiting
- Shortness of breath/racing heart
- Jaw pain
- Dizziness/light-headedness
- Discomfort or burning in the chest or back
- Extreme fatigue



And the greatest of these is Love...

February

S

M

T

W

T

F

S

Happy 2 years Bickford Anniversary to Sarah Q.

SUPER BOWL PARTY
 9:30 Devotions
 10:00 Peace Lutheran Dvd Service
 2:00 Football Toss
 4:00 Church
 6:30 Football & Snacks

9:30 Devotions
 10:00 Peace Lutheran Dvd Service
 2:00 Jell -O Day
 4:00 Church
 6:00 Funniest Home Videos

9:30 Devotions
 10:00 Peace Lutheran Dvd Service
 2:00 Basketball Toss
 4:00 Church
 6:30 Movie & Popcorn

9:30 Devotions
 10:00 Peace Lutheran Dvd Service
 2:00 Match The Actor
 4:00 Church
 6:00 89th Academy Awards

10:30 Sittercise
 11:00 Manicures & Mingles
 1:45 Bingo
 3:00 Ice Cream Social
 6:30 Queen of Hearts Card Game

10:30 Sittercise
 11:00 Manicures & Mingles
 1:45 Bingo
 3:00 Ice Cream Social
 6:30 Heart Toss

PRESIDENT'S DAY
 10:30 Sittercise
 11:00 Manicures
12:00 Holiday Meal
 1:45 Bingo
 3:00 Ice Cream Social
 6:30 Craft - Coin Purse

10:30 Sittercise
 11:00 Manicures & Mingles
 1:45 Bingo
 3:00 Ice Cream Social
 6:30 Triominos

9:30 Walking Group
 10:00 Bickford Bakers
 1:30 Bible Study
 2:30 Laugh Out Loud
 6:30 Stiff As A Board

Valentine's Day
 10:00 Bickford Bakers
 1:00 Violin Music
 1:30 Bible Study
3:00 Cupid Cocktails
 6:30 Craft Corner
 6:30 Support Group

9:30 Walking Group
 10:00 Bickford Bakers
 1:30 Bible Study
 2:30 Treats & Trivia
 6:30 Twister Tuesday

MARDI GRAS
 9:30 Walking Group
 10:00 Bickford Bakers
 1:30 Bible Study
 2:30 Feb. Birthday Bash
 3:00 Birthday Games
 6:30 Craft Corner

9:30 Sit & Be Fit
 11:00 Resident Council
 1:00 Afternoon Walks
 2:00 Fingerprint Painting
 3:00 Ice Cream Socia;
 6:30 Just Hanging

9:30 Tubercise
 10:00 Bird Feeders
 1:00 Afternoon Walks
 2:00 Name That Tune
 3:00 Ice Cream Social
 6:30 Sitterball

9:30 Sit & Be Fit
 10:00 Dancing Hands
 1:00 Afternoon Walks
 2:00 Embroidery
 3:00 Ice Cream Social
 6:30 Midweek Movie

9:30 Tubercise
 10:00 Catholic Mass
 1:00 Afternoon Walks
 2:00 Arm Chair Travel
 3:00 Ice Cream Social
 6:30 Family Game Night

GROUNDHOG DAY
 9:30 Walking Group
 10:00 Searching For Phil
 1:45 Bingo
 2:30 Furry Forecast
 6:30 Beat The Dealer

9:30 Walking Group
 10:00 Giggles Preschool
 1:45 Bingo
 3:00 Let's Talk
 2:00 Employee Meeting
 6:30 Stick or Switch? Card Game

9:30 Walking Group
 10:00 Cosy Corner
1:00 Music-Marlene B.
 2:00 Bingo
 3:00 Coffee & Chat
6:00 Music- Paul Ramp

9:30 Walking Group
 10:00 Library Lounge
 1:45 Bingo
 2:30 Wine & Cheese
 6:30 Parachute Fun

HAPPY BIRTHDAY:
 Irene Bixenmann-3
 Duke Bartlett-4
 Nancy Kauffman-26
 Candi Kennedy-2
 Sarah Q.- 15
 Tina Martin-24

WEAR RED DAY
 9:30 Shopping Trip
 10:00 Heart Race
 1:30 Scenic Drive
 2:30 Coffee Chat
 6:30 Heart Target Toss

9:30 Fun Fitness
 10:00 Table Hockey
2:00 Music-Carol & Jerry
 3:00 Ice Cream Social
 6:30 Moon Pies In Sunroom

SILLY SOCK DAY
 9:30 Shopping Trip
 10:00 Toss The Socks
 11:30 Lunch Outing-Chocolate Bar
 2:00 Minute To Win It
 6:30 Sock It To Me

9:30 Fun Fitness
 10:00 Wheel Of Fortune Game
2:00 Music-Janette K.
 3:00 Ice Cream Social
 6:30 Water Color

9:30 Exercise Video
 10:00 Brain Teaser
 2:00 Triominos
 3:00 Refreshments
 6:30 Classic T.V. Shows

9:30 Walk & Talk
 10:00 Baloon Swat
 2:00 Kings In The Corner
 3:00 Bistro Buddies
 6:30 Lawrence Welk

9:30 Exercise Video
 10:00 Brain Teaser
 2:00 Uno
 3:00 Refreshments
 6:30 Classic T.V. Shows

9:30 Walk & Talk
 10:00 Bean Bag Toss
 2:00 Headbanz Game
 3:00 Bistro Buddies
 6:30 Lawrence Welk

HAPPY BICKFORD ANNIVERSARY:

