



Sinfully Moist Chocolate Cake
From the Kitchen of: Irene Bixenmann

Ingredients:

- 1 Box cake mix -chocolate or german chocolate
- 1 Can sweetend condensed milk
- 1 Small jar ice cream topping-your choice
- 1 Cup chocolate chips-your choice
- 2 Heath bars crushed
- 1 container cool whip

Directions: Make cake according to box directions adding chocolate chips. Bake according to box. Remove from oven & using large wooden spoon poke holes into cake. Por warm sweetened condensed milk over cake, allow to absorb. Warm ice cream topping and pour over cake. Top with cool whip and crushed Heath bars.



From the Director's Desk...

Spring! We are happy to have the green grass, flowers, budding trees, nice weather and the birds chirping!

I am so excited to announce that our Kitchen Manager, Sarah Stephens (whom has been with BC for 15 years this month) has been named Kitchen Manager of the Year, out of over 50+ Bickford's! She manages our food numbers, cleaning, meals and dining room with such excellence! Please congratulate her with me! Thank you for blessing our residents Sarah!

There is an eb and flow over time with the different personalities of our residents. When a new resident moves in we look forward to having them and their loved ones join our Bickford family. There are so many "feelings" new residents and their families experience. Our team understands this and goes above and beyond to show our residents we care deeply for them and we are in this journey together. What a blessing to have these opportunities to love and serve. Sincerely, Darcy Hansen, Director



SPRING INTO ACTIVITES AT BICKFORD!

Spring season will soon be upon us, (March 20th to be exact) and we are looking forward to more outings outdoors! We have some fun theme days this month. Casino Day Wed. the 8th come join us as we get lucky going to Vegas! Live Entertainment at 2pm & Belly Dancers at 6:30pm.

On St. Patty's Day we will be having Kay & the Classic Cloggers performing at 2:30pm March 29th we will be heading to the beach for our fun Beach Party join us for some refreshing coca cola floats! March 10th is our annual Fonner Park outing to the horse races. Our Lunch outing is on Friday the 24th to Perkins.

Support Group will be held on Tuesday the 14th at 6:30pm with a light supper served. Please take a moment to look at all the fun events happening on the calendar. "May nothing but HAPPINESS come through your door". -Irish Blessing.

Crystal Trejo, LEC.

Pictured on the bottom left is our Bickford Bakers wearing their new aprons! The middle picture is some beautiful Bickford ladies smiling. Chocolate cake day pictures are on bottom, yummy!



"Put Your Best Fork Forward"

March is National Nutrition Month, - a campaign created annually by the Academy of Nutrition and Dietetics. The focus is on the importance of making informed food choices and developing sound eating and physical habits.

"Putting your best fork forward", is a reminder that each bite counts. Making just small shifts in our food choices, can add up over time. Here are some tips to help you get started.

1. Limit:

- sweets
- regular coffee and tea
- greasy or fatty foods
- alcohol
- oil, margarine, and "junk" foods
- other added fat
- salt

2. Eat Plenty of :

- fruits
- whole grain breads and cereals
- vegetables

3. Drink plenty of fluids, especially water.



HAPPY BIRTHDAY:
 Dolores Muhs -4
 Rowena Bosle -18
 Gayle Binfield -24
 Lacie McGee -2
 Michele Holmes-3
 Lori Bebee -20
 Darcy Hansen -31

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

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DAYLIGHT SAVINGS
 9:30 Devotions
 10:00 Peace Lutheran
 Dvd Service
 2:00 Girl Scout Cookies
 4:00 Church
 6:00 Funniest Video

9:30 Devotions
 10:00 Peace Lutheran
 Dvd Service
 2:00 Everything "M" Day
 4:00 Church
 5:00 Voices of The Rock
 6:30 Movie & Popcorn

9:30 Devotions
 10:00 Peace Lutheran
 Dvd Service
 2:00 Sicial Hour
 4:00 Church
 6:00 Funniest Home
 Videos

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**HAPPY BICKFORD
 ANNIVERSARY:**

Petra - 2 years
 Sarah - 15 years

10:30 Sittercise
 11:00 Manicures &
 Mingles
 1:45 Bingo
 3:00 Oreo Ice Cream
 6:30 Roll A Leprechaun

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

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SPRING BEGINS!
 10:30 Sittercise
 11:00 Manicures &
 Mingles
 1:45 Bingo
 3:00 Ice Cream Social
 6:30 Courtyard Social

20

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

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March

9:30 Walking Group
 10:00 Name Game Fun
 1:30 Bible Study
 2:30 Team Trivia
 6:30 Craft-Casino Hats

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9:30 Walking Group
 10:00 Bickford Bakers
 1:30 Bible Study
 2:30 Green Trivia &
 Treats
 6:30 Craft-No Pinch Pin
 6:30 Support Group

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9:30 Walking Group
 10:00 Produce P's & Q's
 1:30 Bible Study
 2:30 Team Trivia
 6:30 Minute To Win It

21

9:30 Walking Group
 10:00 Bickford Bakers
 1:30 Bible Study
 2:30 March Birthday
 Bash!
 6:30 Horse Race Game

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9:30 Sit & Be Fit
 10:00 Welcome March
11:00 Resident Council
 2:00 Nebraska Day
 3:00 Ice Cream Social
 6:30 Table Hockey

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CASINO FUN
 9:30 Circus Exercise
 10:00 Big Dice Game
12:00 Buffet Meal
 2:00 Viva Las Vegas!
 3:00 Ice Cream Social
6:30 Belly Dancers

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9:30 Sit & Be Fit
 10:00 Hymn Sing Along
 2:00 Paint & Sip
 3:00 Ice Cream Social
 6:30 Shooting Hoops

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9:30 Tubercise
 10:00 Old Time Religion
10:00 Catholic Mass
 2:00 Arm Chair Travels
 3:00 Ice Cream Social
 6:30 Pool Noodle
 Games

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BEACH PARTY
 9:30 Beach Ball Toss
 10:00 Beach Relay Fun
12:00 Theme Meal
 2:00 Sand Art
 3:00 Coca Cola Floats
7:00 E-Free Church

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Cat In The Hat Day
 9:30 Morning Walks
 10:00 Only Old Once
 1:45 Bingo
 2:30 What's In the
 Hat?
 6:30 Minute To Win It

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9:30 Morning Walks
 10:00 Giggles Preschool
 1:45 Bingo
 2:00 Employee Meeting
 3:00 Coffee Chat
 6:30 Clover All Over

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9:30 Morning Walks
 10:00 Table Hockey
 1:45 Bingo
 2:30 What Am I ?
6:00 Music -Paul Ramp

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9:30 Morning Walks
 10:00 Parachute Game
 1:45 Bingo
 3:00 Sip & Chat
 6:30 Minute To Win It

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Doctor's Day
 9:30 Morning Walks
 10:00 Name That T.V.
 Tune
 1:45 Bingo
 3:00 Reminising
 6:30 Twister Fun

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9:30 Fun Fitness
 10:00 Wheel of Fortune
 2:00 Penny Ante
 3:00 Ice Cream Social
 6:30 Wheel of
 Fortune

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9:30 Shopping Trip
 10:00 Current Events
**1:15 Outing: Fonner
 Park Horse Races**
 3:00 Ice Cream Social
 6:30 Leprechaun Toss

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ST. PATRICK'S DAY
 9:30 Little Chair Jig
 10:00 Irish Humor
12:00 Holiday Meal
 2:00 Kay & Cloggers
 3:00 Shamroke Shakes
 6:30 Poy O' Gold Game

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9:30 Shopping Trip
 10:00 Funny Friday
**11:30 Lunch Outing:
 Perkins**
 2:00 Music-Delores K.
 3:00 Ice Cream Social
 6:30 Crochet Corner

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9:30 Fun Fitness
 10:00 Word Game
 2:00 Remember When?
 3:00 Ice Cream Social
 6:30 Ball Swatt

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9:30 Walk &Talk
 10:00 Ring Toss
 2:00 Stick Or Switch
 3:00 Bistro Buddies
 6:30 Lawrence Welk

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

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9:30 Walk & Talk
 10:00 Puzzle Pals
 2:00 Jenga
 3:00 Bistro Buddies
 6:30 Lawrence Welk

18

~~9:30~~ Exercise Video
~~10:00~~ Word Search
~~2:00~~ Hit The Target
 3:00 Refreshments
 6:30 Classic T.V. Shows

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*** PLEASE NOTE
 THAT ACTIVITIES
 ARE SUBJECT TO
 CHANGE.***

