

March Family Nights

St. Patrick's Day celebration

Thursday, March 16th

Dinner at 5:00, entertainment at 6:15 by Randy Walker

Cost is \$5.50 per guest

Reservations due by March 10th

Family Night

Tuesday, March 28th

Dinner at 5:00, entertainment at 6:15 by Rkfd Christain Band

Cost is \$5.50 per guest

Reservations due by March 23rd



Rockford HAPPENINGS

MARCH

Letter from the Director

Spring forward!!!

We made it through another winter and summer is just around the corner.

We have all the spring plantings ordered, and preparing for another fun filled spring and summer season.

I often write about improving and if you have been around our branch for any length of time you know we are always working to be better.

But as I often say, We need your help!

Coming in April is our yearly Happiness Survey. I know people always ask...Who reads those things? What good will it do?

I am here to tell you ...We listen!!

Please take the time to take part in this extremely important tool we rely on to help us make Bickford of Rockford the best it can be.

We will go over the results at one of our family nights in May and update you on our Core Improvement Plan as well.

We want to work on the things that are most important to you!

Thank you for being a part of our family!

Thanks
Bob



March is National Nutrition Month!

Forward thinking

Nutrition

We will be having our annual Easter Egg Hunt for the grandchildren on April 8th. We will be having Summerfield Zoo here with some animals starting at 10:00. The hunt will be right after the animals so be here

at 10:00. Sign up your grandchildren ages 12 & under in the black book located in the foyer. Please dress ready to go outside. Depending on the weather, the hunt could be inside or out.

The focus on National Nutrition Month is a campaign to encourage making informed food choices and to encourage physical activity within your physician's guidelines. Some age specific topics that affect people over 50 years of age are:

Your sense of taste & smell may change. Medicines may also change how food tastes and they can make you feel less hungry. Some foods you used to eat no longer agree with you. You might also become lactose intolerant. You may also lose some of your sense of thirst. Make sure you drink plenty of liquids like water, juice milk or soup. Don't wait until you feel thirsty. Add liquids throughout the day. Do you get enough fiber? Fiber is found in foods from plants-fruits, vegetables, beans, nuts, seeds & whole grains. Eating more fiber prevents stomach problems. As always check with your physician before making any dietary changes.

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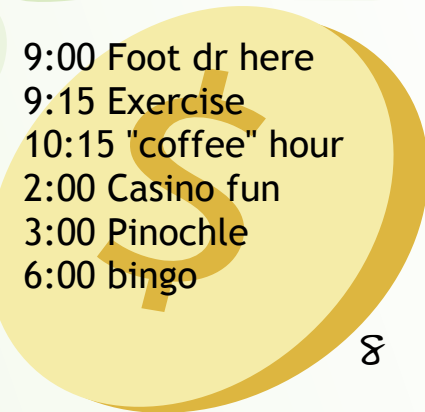
picture left-St Rita Brownie troop delivering Valentines.



March birthdays

3rd Hoppy
18th Tammy
21st Hattie
24th Ruth (staff)
26th Merka (staff)
31st Sharon

March



TBD Catholic communion
1:30 Church
2:15 UNO
6:00 Movie

5

9:15 Exercise
10:15 Bickford store
1:30 walk outside or at Heartland
3:00 trivia

6

9:15 Stretch
10:15 Poker
1:15 Dog visit
2:00 Pinochle
2:00 Left,center,right
3:15 Bell choir

7

9:00 Foot dr here
9:15 Exercise
10:15 "coffee" hour
2:00 Casino fun
3:00 Pinochle
6:00 bingo

8

9:15 Stretch
10:15 Current Events
1:15 Sing A long
2:15 UNO
3:30 Paint class

9

9:15 Exercise
10:15 Bickford store
10:45 bible study
1:30 National "Words matter" day
2:30 Social hour

10

10:00 UNO
2:00 Bingo
6:00 Movie
Move your clocks ahead one hour tonight before bed.

11

TBD Catholic communion
1:30 Church
2:15 UNO
6:00 Movie
Move clocks ahead

12

9:15 Exercise
10:15 Bickford store
1:30 walk outside or at Heartland
3:00 trivia

13

9:00 Nails by Deb
9:15 Stretch
10:15 Poker
1:30 bunko
2:00 Pinochle
3:15 Bell choir

14

9:15 Exercise
10:15 "coffee" hour
11:30 lunch Command Post & visit museum
3:00 Pinochle
6:00 bingo

15

9:15 Stretch
10:15 Current Events
1:15 Sing A long
2:15 UNO
5:00 Family dinner & entertainment

16

St. Patrick's Day
Wear green day!
9:15 Exercise
10:15 Bickford store
10:45 bible study
1:30 Pictionary
2:30 Social hour

17

10:00 UNO
2:00 Bingo
6:00 Movie

18

TBD Catholic communion
1:30 Church
2:15 UNO
6:00 Movie

19

9:15 Exercise
10:15 Bickford store
1:15 Catholic Mass
1:30 walk outside or at Heartland
3:00 trivia

20

9:15 Stretch
10:15 Poker
1:30 Left,center,right
2:00 Pinochle
3:15 Bell choir

21

9:15 Exercise
10:15 "coffee" hour
2:00 Flower arrangement class
3:00 Pinochle
6:00 bingo

22

9:15 Stretch
10:15 Current Events
1:15 Sing A long
2:15 UNO
3:30 Make & eat!

23

9:15 Exercise
10:15 Bickford store
10:45 bible study
1:30 Hangman
2:30 Social hour

24

10:00 UNO
2:00 Bingo
6:00 Movie

25

TBD Catholic communion
1:30 Church
2:15 UNO
6:00 Movie

26

9:15 Exercise
10:15 Bickford store
1:30 Resident/Food council
2:30 trivia

27

9:15 Stretch
10:15 Poker
1:30 Bunko
2:00 Pinochle
3:15 Bell choir
5:00 Family dinner & entertainment

28

Beach party
9:15 Exercise
10:15 "coffee" hour
2:00 Birthday party
3:00 Pinochle
6:00 bingo

29

9:15 Stretch
10:15 Current Events
1:15 Sing A long
2:15 UNO
3:30 Creative writing

30

9:00 Leave for Snow White dance
1:30 Exercise
2:15 Bickford Store
3:00 Social hour

31

