

Lunch Lady Brownies by Master Chef, Sarah Stephens

Ingredients:

- 2 cups butter
- 1 cup cocoa
- 4 cups flour
- 4 cups sugar
- 8 eggs
- 8 tsp. vanilla extract
- 2 cups walnuts (optional)

Directions: Preheat oven to 350. Mix all ingredients together. Pour in a greased pan. Bake for 20-25 minutes. Let it cool. Top with your favorite topping, cut & enjoy!

**Pictured is Sarah and Bickford's head chef, Mark McKenzie*



Grand Island
HAPPENINGS

APRIL

From the Director's Desk...

We have high expectations for the month of April. In March we were blessed to have been named Bickford of the Year! This is such an honor for us for a few reasons. Our goal is to enrich the lives of our residents. Making a move to an AL can be scary and sad for a resident and their family. Once a resident has become settled in at Bickford, they are so pleased! All those fears they had, turn into great experiences of us being able to love and care for them the way they deserve. There are over 50 other Bickford's in the US, many working to enrich the lives of

their residents as well, and we were chosen by the owners as "The BEST!" There are so many dynamics to enriching the lives of our residents, their families and our employees. I've known our Bickford was the BEST, yet I hope this award can give our residents, their families, employees and our community the understanding and comfort that **ENRICHING HAPPINESS** is our purpose. We choose **HAPPINESS** and are blessed from above and are so thankful for that! Darcy Hansen, Director

Springing Into Bickford Activities

Welcome To Beautiful April

Spring is in the air and we can't wait to feel the sun's warmth, the renewal of life, and the reappearance of green and color everywhere. This month we will be hoppin' aboard USS Bickford for our cruise theme day for some snacks & games on Wednesday April 12.

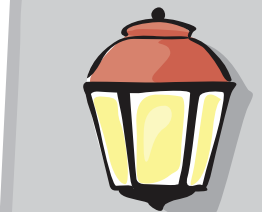
The Easter Bunny is coming to Bickford on Friday April 14th at 3:30pm and we will have our annual Easter egg hunt & games to follow, bring those little bunnies! Our outing will be to Fruit G.I. located in the mall on Friday April 7th at 2:00 Support Group will be on April 11th at 6:30pm.

Here are some pictures of last months happiness moments with cat in the hat day, casino day, and our outing to the horse races.

Easter blessings, Crystal Trejo - LEC.



We are so excited to have been named Bickford Senior Livings - Branch of the Year! Our employee's (BFM's), residents and their families are the BEST! An extra thank you to our BFM's for all you do, YOU are HAPPINESS!



GET BACK ON THE RIGHT FOOT

April serves as foot health awareness month, and is a great opportunity to highlight the importance of foot health. Did you know we take more than a million steps each year, with the help of our feet? With 26 bones and 33 joints our feet are essentially the bearing foundation for the rest of our skeletal structure. Just about everything you do during the day involves being on your feet. It's no wonder why our feet are a crucial part to a healthy and functioning life!

Below are some tips to treat your feet

- *Comfort is key. Wear shoes that fit well*
- *Check your feet daily for any changes*
- *Trim your toenails straight across*
- *Stretch your feet & walk daily*
- *Put your feet up when you are sitting or lying down*
- *Pamper your feet. Always keep them warm, clean and dry.*



S

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

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Batter Up!
4:00 Church
6:00 Funniest Home Videos
2

PALM SUNDAY
9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Palm Crosses
4:00 Church
6:30 Movie & Popcorn
9

EASTER
9:30 Easter Devotion
10:00 Peace Lutheran
12:00 Holiday Meal
2:00 Easter Candy Test
4:00 Church Service
5:00 Voices of the Rock

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Linda's Piano Recital
4:00 Church
6:30 Movie & Popcorn
23

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Please note activities are subject to change.

10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingo
3:00 Ice Cream
6:30 Rainbow Bean Bag Trivia
3

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

10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingo
3:00 Ice Cream Social
6:30 Craft Corner
17

10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingo
3:00 Ice Cream Social
6:30 Finish The Phrase
24

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HAPPY BIRTHDAY:

Earleen Moroney -18
Susan Hanna-4
Jen Christensen-15
Rhonda Huntly-23

9:30 Walking Group
10:00 Bickford Bakers
1:30 Bible Study
2:30 Four-Letter Group Crossword
6:30 "Four Go" Game
4

9:30 Hoppin' To Health
10:00 Bickford Bakers
1:30 Bible Study
2:30 Filling Easter Eggs
6:30 Craft Corner
6:30 Support Group
11

WEAR GREEN DAY
9:30 Walking Group
10:00 Color Me Green
11:30 Glen on Piano
1:30 Bible Study
2:30 Frog Pond Fun
6:30 Wheel of Fortune
8

9:30 Walking Group
10:00 Bickford Bakers
1:30 Bible Study
2:30 April Birthday Bash
6:30 Craft Corner
25

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HAPPY BICKFORD ANNIVERSARY:

Susan Hanna 2 years+

9:30 Tubercise
10:00 Daily Bread
11:00 Resident Council
1:00 Let's Walk Day
2:00 Table Hockey
3:00 Carmel Ice Cream
6:30 Baseball Toss
5

CRUISE the OPEN SEAS
9:30 All Aboard USS Bickford!
10:00 Beach Volleyball
12:00 Cruise Meal
2:00 Swim Ring Games
3:00 Ice Cream Social
6:30 Shuffle Board
12

9:30 Sit & Be Fit
10:00 Daily Bread
11:00 Name That Tune
2:00 Arm Chair Travel
3:00 Ice Cream Social
6:30 Beat The Dealer
19

9:30 Let's Get Moving
10:00 Catholic Mass
10:30 Hymn Singing
2:00 Reminising
3:00 Ice Cream Social
6:30 Balloon Swatt Game
26

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Thank you to our LEC, Crystal Trejo for doing a great job every month on our newsletter! Always willing to help, yet never expecting anything in return!

9:30 Morning Walks
10:00 Reading Group
1:00 Music-Tim Mohanna
2:00 Bingo
6:30 Put Put Golf
6

WEAR PINK DAY
9:00 Music-Diamonds
10:00 Giggles Pre-Kids
1:45 Bingo
2:00 Employee Meeting
3:00 Coffee & Chat
6:30 Easter Egg Dying
13

9:30 Morning Walks
10:30 Music-Paire Dulcemers
1:45 Bingo
3:00 Thank You Thursday(Volunteers)
6:00 Music-Paul Ramp
20

9:30 Morning Walks
10:00 Youtube & You
1:45 Bingo
2:30 Springtime Word Game
6:30 Table Noodle Ball
27

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April

9:30 Shopping Trip
10:00 Prayer with Charlie
2:00 April Craft
3:00 Ice Cream Social
6:30 Ante -Up Penny Game
7

GOOD FRIDAY
9:30 Laughter Fitness
10:00 Prayers with Charlie
2:00 Music-Jeanette K.
3:30 Easter Egg Hunt
6:30 Game of Marbel
14

FRUIT FRIDAY
9:30 Shopping Trip
10:00 Prayer w/Charlie
2:00 Outing:Fruit G. I.
3:00 Fruity Ice Cream
6:30 Kings in the Corner
21

ARBOR DAY
9:30 Fun Fitness
10:00 Prayer w/Charlie
11:00 Tree Tunes
2:00 May Day Baskets
3:00 Ice Cream Social
6:30 Leaf Collect Game
28

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ApRil fOoLs' DaY

5:00 am Exercise!
10:00 Mad Libs & Cofee
2:00 Word Search
3:00 Bistro Buddies
6:30 Classic T.V. Shows
1

9:30 Walk & Talk
10:00 Happinings
2:00 Dominos
3:00 Refreshments
6:30 I Love Lucy
8

9:30 Exercise Video
10:00 Coffee & News
2:00 Go Fly A Kite
3:00 Bistro Buddies
6:30 Classic T.V. Shows
15

9:30 Walk & Talk
10:00 Happinings
2:00 Sunshine Group-Card Making
3:00 Refreshments
6:30 Ma & Pa Kettel
22

9:30 Exercise Video
10:00 Coffee & News
2:00 Cornhole Game
3:00 Bistro Buddies
6:30 Classic T.V. Shows
29