



Family nights in May

Mother's Day celebration

May 11th with Patty Waszak

Dinner at 5, entertainment at 6:15

Cost of dinner is \$5.50, reservations due by May 4th

Family night

May 23rd with Russ Loniello (first time at Bickford!)

Dinner at 5, entertainment at 6:15

Cost of dinner is \$5.50, reservations due by May 18th

Pictured left and below: Easter Egg Hunt, animal encounter from Summerfield Zoo.



May is National Blood Pressure Month

The month of May is National Blood Pressure Month. High blood pressure (also called hypertension) increases your chance of having a stroke. It also increases your chances

of developing kidney damage, heart disease, and many other serious health problems. If you have high blood pressure, your healthcare professional will recommend that you lower the amount of salt in your diet,

do more exercise, stop smoking if you smoke, lose weight if you are overweight, and if these measures do not work well enough, might also suggest that you take certain medications to lower your blood pressure to a safe level.

The target blood pressure for most people is now 120/80 mmHg. However, the ideal blood pressure goal for very old people is not yet clear because there

have been few blood pressure studies that included this age group. The damage from high blood pressure on organs, such as kidneys, occurs much more slowly or might not be obvious in very old people. In fact, getting the blood pressure down this much in very old people has not been found to reduce their risk of dying. Make sure you know your blood pressure is in a good range for you. Come have it taken on May 8th in the living room.

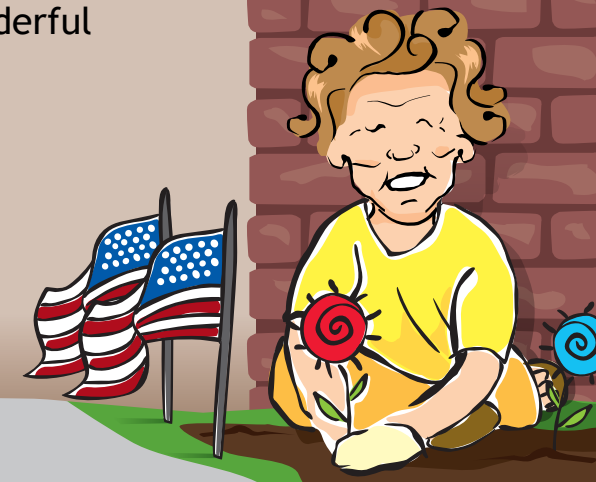


Letter from the Director

Excuse our Dust!! That will be the rally cry for the next several weeks. We are having an extensive repair done to the retaining wall in the north east part of the building. This will cause part of the drive to be closed for parking, and cause us to be creative during this time. We need to make sure we have a clear path for any emergency vehicle traffic, so parking will be set for the south end of the building. In utilizing the side and frontage road we need to only park on one side of the road,

to make sure we allow for thru traffic. In addition there will be sidewalk and driveway repairs happening at this time as well. I ask for your patience and understanding during this time, as we are making these repairs for the safety and enjoyment of the building for our family and friends. If you have any questions or concerns please feel free to contact me. Have a wonderful month!!!

Bob



S

Birthdays
3rd Charles P.
4th Lorraine
4th Danielle (staff)
8th Sarah E.
23rd Shirley B.
29th Loren J.

May

M

9:15 Exercise
10:15 Bickford Store
1:30 create May baskets

1

T

9:15 Stretch
10:15 Poker
10:15 Bunko
1:15 Dog visit
2:00 Pinochle
2:00 R U smarter than a 5th grader
3:15 Bell choir

2

W

9:15 Stretch
10:15 "coffee" hour
2:00 "I spy" drive to Rock Cut
3:00 Pinochle
6:00 Bingo

3

T

9:15 Stretch
10:15 Current Events
1:15 Sing A Long
2:00 Chef In Action
3:00 UNO

4

F

9:15 Exercise
10:15 You be the Judge
1:30 Bickford Derby
2:45 Social hour-Cinco De Mayo style

5

S

10:00 UNO
2:00 bingo
6:00 Movie
6:15 Cubs game

6

TBD Catholic communion
2:15 UNO
6:00 Movie
7:05 Cubs game

7

9:15 Exercise
10:15 Bickford Store
10:45 Bible study
1:30 Blood pressure readings with Walgreens (till 2:30)
2:30 Trivia
3:30 out for a walk

8

9:00 Nails by Deb
9:15 Stretch
10:15 Poker or Bunko
1:15 Adult coloring
2:00 Pinochle
2:00 Wheel of Fortune
3:15 Bell choir

9

9:15 Exercise
10:15 "coffee" hour
1:15 Load bus for Ethnic museum
3:00 Pinochle
6:00 Bingo

10

9:15 Stretch
10:15 Current Events
1:15 Sing A Long
2:15 UNO
5:00 Family night
6:15 Mother's Day w/ Patty Waszak

11

9:15 Exercise
10:15 Mini Mysteries
1:30 Big Word Little word
2:45 Social hour

12

10:00 UNO
2:00 bingo
3:05 Cubs game
6:00 Movie

13

Happy Mother's Day
TBD Catholic communion
1:15 Cubs game
2:15 UNO
6:00 Movie

14

9:15 Exercise
10:15 Bickford Store
10:45 Bible study
1:15 Catholic mass
1:30 Spelling Bee
2:30 Trivia
3:30 Out for a walk

15

9:15 Stretch
10:15 Poker
1:15 Adult coloring
2:00 Pinochle
2:00 R U smarter than a 5th grader
3:15 Bell choir

16

8:30 Foot dr. here
9:15 Exercise
10:15 "coffee" hour
2:00 Bags outside
3:00 Pinochle
6:00 Bingo

17

9:15 Stretch
10:15 Current Events
1:15 Sing A Long
2:15 UNO
3:30 plant flowers

18

9:15 Exercise
10:15 You be the Judge
1:30 Big Word Little word
2:45 Social hour

19

10:00 UNO
1:20 Cubs game
2:00 bingo
6:00 Movie

20

TBD Catholic communion
1:20 Cubs game
1:30 Church
2:15 UNO
6:00 Movie

21

9:15 Exercise
10:15 Bickford Store
10:45 Bible study
1:30 Spelling Bee
2:30 Trivia
3:30 Out for a walk

22

9:15 Stretch
10:15 Poker
1:15 Adult coloring
2:00 Pinochle
3:15 Bell choir
5:00 Family night w/ entertainment

23

9:15 Exercise
10:15 "coffee" hour
2:00 chair volleyball
3:00 Pinochle
6:00 Bingo

24

9:15 Stretch
10:15 Current Events
1:15 Sing A Long
2:15 UNO
3:30 plant flowers

25

9:15 Exercise
10:15 You be the Judge
10:45 Bible study
1:15 Load bus for ride/ice cream stop
2:45 Social hour on deck

26

10:00 UNO
2:00 bingo
6:00 Movie
6:15 Cubs game

27

TBD Catholic communion
2:15 UNO
3:10 Cubs game
6:00 Movie

28

Memorial Day
9:15 Exercise
10:30 lawn games
1:30 trivia
3:00 Out for a walk
3:40 Cubs game

29

9:15 Stretch
10:15 Poker or Bunko
1:15 Resident/Food council
2:00 Pinochle
2:00
3:15 Bell choir

30

9:15 Exercise
10:15 "coffee" hour
2:00 birthday party
3:00 Pinochle
6:00 Bingo

31

