

Delicious Homemade Salsa

- * 3 cups chopped tomatoes
- * 1/2 cup chopped green bell pepper
- * 1 cup onion, diced
- * 1/4 cup minced fresh cilantro
- * 2 tablespoons fresh lime juice
- * 4 teaspoons chopped fresh jalapeno pepper (including seeds)
- * 1/2 teaspoon ground cumin
- * 1/2 teaspoon kosher salt
- * 1/2 teaspoon ground black pepper

Directions: Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl. Serve. Courtesy: Food.com



Grand Island

HAPPENINGS

JUNE

SUMMERTIME EVENTS

Soaking Up The Fun!

Welcome Summer, the temperature is rising, and so are all the fun outdoor activities we have planned! As Father's Day soon approaches we plan on having a Donuts with Dad's on June 18 at 2pm. Come spend some quality time with the special men, we call Dad. June is Alzheimer's Awareness month and we have some fun activities planned on June 21st We will also have some fundraising events this month as well as upcoming months help fund the Alzheimer's Research. So Please help us "Paint The World Purple" in honor of all our loved ones.

Theme days for this month are a Luau Party on June 8th so grab those Hawaiian shirts and get ready for a Bickford Luau. Flag Day on June 14 will be having a delicious cookout meal at noon & a flag cake dessert. Lunch outing this month will be a nice picnic in the park on June 23rd at Stolley Park. Support Group is on Tuesday June 13 at 6:30 pm. with a light supper provided. Join us for all these events and any others that are on the calendar.

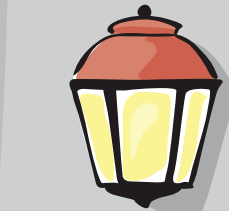
May everyone have a safe & happy summer!
Crystal Trejo, LEC.

From the Director's Desk...

June...we are so happy you have arrived! Some of you know I moved offices, a few months ago, and have moved to the west side of the cottage. With this move, I gained a window. I've been at Bickford for 8.5 years and can't say how much it joys me to have a view to the outside world. Rain or shine, I have enjoyed seeing my work from a different view!

On another note, as wonderful as our caregivers are at Bickford, most of us are women and have families and schedules outside of work. I can't stress enough how great our team really is,

because when life gets in the way of work, these ladies step up for each other. Many of our caregivers and employees end up doing tasks that are not their regular jobs. We joyfully work hard to make sure our residents are cared for and happy, even at the cost of our own needs and wants. THIS is why our Bickford is the BEST and we look forward to celebrating (with YOU) our Branch of the Year win on June 9th at 6 pm! Check out our calendar for more information! Thankful and Blessed, Darcy Hansen - Director



Bickford
assisted living



Men, what should you be doing to take control of your health?

- Schedule an annual physical exam. This is your opportunity to establish a relationship with your healthcare provider, have a thorough check-up, and receive recommendations for age-appropriate screenings and immunizations.
- Make note of any questions or concerns you have. Before your appointment, take the time to write down your family medical history, medications you take, and any concerning symptoms you are experiencing.
- Achieve and maintain a healthy weight. Make smart nutritional choices and engage in at least 150 minutes of moderately vigorous physical activity each week.
- Take control of alcohol and tobacco use. If you are a smoker or use other tobacco products, make a concrete plan to quit.

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Happy Birthday:



Deb Quick- 22nd

Happy Bickford Anniversary:



**Ron Emken-13 yrs
Tina Martin-3yrs.
Taylin Hernandez-2**

**Happy Wedding Anniversary:
Jerry & Wanda Barnes**



June

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Old Maid Card Game
4:00 Church
6:30 Movie & Popcorn **4**

10:30 Sittercise
11:00 Manicures
1:45 Bingp
3:00 Ice Cream Social
6:30 Mix & Mingles **5**

9:30 Walking Group
10:00 Four Pictures One Word Game
1:30 Bible Study
2:30 Humor Hour
6:30 Twister Toss **6**

9:30 Sit & Be Fit
10:00 Hymn Singing
11:00 Resident Council
2:00 Garden Group
3:00 Chocolate Ice Cream Social
6:30 Headbands **7**

Luau Party
9:30 Hula Chair Fun
10:00 Giggles Kids
12:00 Theme Meal
1:45 Bingo
2:00 Employee Meeting
6:30 Pin The Coconut **8**

9:30 Fun Fitness
10:00 Scategories
1:30 Prayer w/ Charlie
2:00 Put Put Golf
6:00 **Summer Celebration with Anna Street Trolley** **9**

9:30 Exercise Video
10:00 Daily Happinings
2:00 Puzzle Pals
3:00 Ice Tea Social
6:30 Courtyard Chats **10**

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Triominos
4:00 Church
6:00 Funniest Home Videos **11**

10:30 Sittercise
11:00 Manicures
1:45 Bingp
3:00 **Music- Tim Mohanna**
3:15 Ice Cream Social
6:30 Adult Coloring **12**

9:30 Walking Group
10:00 Bickford Bakers
1:30 Bible Study
2:30 Treats & Trivia
6:30 Craft: Collages
6:30 **Support Group** **13**

Flag Day
9:30 Morning Strech
10:00 Flag Raising
12:00 **Holiday Meal**
2:00 **Patriotic Party**
3:00 Festive Ice Cream
6:30 Card Games **14**

9:30 Walking Group
10:00 Balloon Volleyball
1:00 **Music-Marlene Behm**
2:00 Bingo
3:15 Riddle Me This
6:00 **Music-Paul Ramp** **15**

9:30 Fatherly Fitness
10:00 Charades
1:30 Prayer w/ Charlie
2:00 **Music- Dolores K.**
3:00 Ice Cream Social
6:30 Frisbee Fun **16**

9:30 Walk & Talk
10:00 Word Searches
2:00 Sunshine Group
3:00 Lemonade Social
6:30 Patio Pals **17**

Father's Day
9:30 Dads Devotions
10:00 Peace Lutheran
2:00 **Donuts with Dad**
4:00 Church
5:00 Voices of the Rock
6:30 Father's Movie **18**

Baseball Day
10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingp
3:00 Ice Cream Social
6:30 Batter Up! **19**

9:30 Walking Group
10:00 Reading Group
11:30 **Glen on Piano**
1:30 Bible Study
2:30 Brain Teasers
6:30 Table Ping Pong **20**

Summer Begins! Wear Purple Day
9:30 **Purple Parade**
10:00 Hymn Singing
2:00 Garden Group
3:00 Ice Cream Social
6:30 Courtyard Chats **21**

9:30 Walking Group
10:00 Family Fued
1:45 Bingo
3:00 Reminisce Corner
6:30 Table Hockey **22**

9:30 Shopping Trip
11:30 **Lunch Outing: Picnic in the Park**
2:00 Penny Ante
3:00 Fruit Smoothies
6:30 What's in a Name? **23**

9:30 Exercise Video
10:00 Daily Happinings
2:00 Patio Social
3:00 Bistro Buddies
6:30 Classic T.V. Shows **24**

9:30 Daily Devotions
10:00 Peace Lutheran
2:00 Kings in the Corner
4:00 Church
6:00 Funniest Home Videos **25**

10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingp
3:00 Ice Cream Social
6:30 Balloon Tennis **26**

Sunglasses Day
9:30 Walking Group
10:00 Bickford Bakers
1:30 Bible Study
2:30 June Birthday Bash
6:30 Courtyard Games **27**

9:30 Morning Strech
10:00 Catholic Mass
2:00 Puddle Painting
3:00 Ice Cream Social
6:30 Wine Down Wednesday **28**

9:30 Walking Group
10:00 Scent Guessing
1:45 Bingo
3:00 Knitters Nook
6:30 Toss 'N' Talk Dice **29**

9:30 Fun Fitness
10:00 Patio Talks
1:30 Prayer w/ Charlie
2:00 Wheel of Fortune
3:00 Ice Cream Social
6:30 Finish The Phrase **30**

