



Come and enjoy the beautiful spring weather in our courtyard with your loved one!



Bickford News

From the activity desk,

Hello Bickford family and friends, Spring has us all excited about the outdoor activities and outings we will be enjoying this month! Our courtyards are ready for admiring and fun! We have added water fountains, beautiful flowers and

furniture. Please come and enjoy this awesome weather with us as we love being outdoors! June is a perfect time of the year for a boat cruise and that is just what we are going to do! We're looking forward to cruising on the River Forest Queen.

Enriching happiness is what we are all about. As you can see the activity calendar has a variety of wonderful things for residents to do. We encourage everyone to join us in our exercise programs. Bickford is very fortunate to have Simply Fit visit us three times a week to lead their Fall Prevention program. *(note: picture on the left class in progress)* Research has shown that there are 52% reduction in falls when this class is taken.

On the opposite days of this class we hold our own Movercise Class. This class is a seated exercise class that is lead by Donna along with our Movercise CD. The music is very pleasing as we all know the words to all the songs! Walking club is also encouraged as we can now take our strolls outdoors as much as possible. Hiking the halls can be just as much fun! Reminder to please review the calendar of activities and events as you are always welcome to join us! Family Luau and Bingo night will be a blast!



From the director's desk,

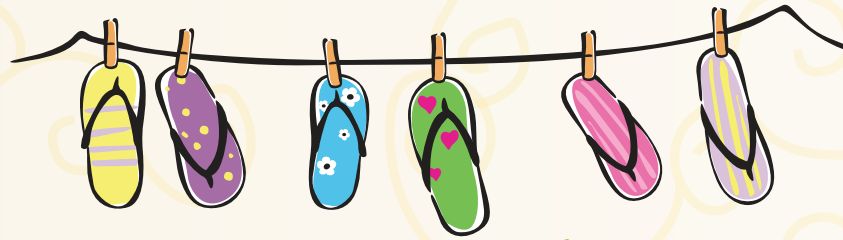
I would like to share some great news with all our family members and residents. If you have not heard we have a new director and RNC in town. Your new director is me Kimberly Echtle and your new RNC is Jean Parson. Jean comes from Bickford in Rockford as their back-up RNC and we are so happy that she has chosen us to be her new family here in Crystal Lake. Please welcome her with open arms. I am also very excited for my new role as your director. I have an open door policy, so please come in for anything that you need.

One of the things I look forward to doing is I will be going out on one event per month with the residents to spend some one on one time with all of you and have some fun. The best part of this for me is that I get to go have fun with my Bickford family and really get to know each of you so much more. You will get to know more about Jean in the next newsletter, but if you cannot wait until then please go introduce yourself and say hi as I know she is very excited to meet every one of you as well. I hope everyone will be enjoying our courtyards as we are all set for summer.





*Please note:
Activity schedule
is subject to change
pending on weather
and interest.*



June

10:30am Craft Time
11am St. Eliz Service
1pm Walking Club
1:30pm Musical Enter.
2:30pm Snack Social
4pm Puzzles
6pm Comedy Movie ⁴

9:30am Simply Fit
11am Rosary Circle
1:30pm Cover All Fun
2:30pm Courtyard
Chat & Games
4pm Walking Club
6pm Uno Game ⁵

9:30am Movercise
10:30am Bingo Bash
11:30am Bick Store
1:15pm Men's Club
1:30pm Bible Study
2pm Birthday Party
3:30pm Word Search
6pm Movie & Popcorn ⁶

8am Breakfast Outing
9:30am Getting Fit
10:30am Hymn Sing
1:30pm Music & Mem
2pm Color Fun
3:30pm Yahtzee
6pm Board Games ⁷

9:30am Beach Ball
10am St. Eliz Service
1:30pm Trivia Fun
2:30pm Reminisce
4pm Early Dinner
6pm Luau Party &
Family Meet & Greet ⁸

9:30am Getting Fit
10:15am Garden Club
11am Service
1:30pm Bingo 4 Bucks
3pm Color Fun & Chat
4pm Puzzles
6pm Movie & Treat ⁹

10:30am Bingo Bash
11:30pm Wii Bowling
1pm Getting Crafty
2:30pm Hangman Fun
3:30pm Coffee & Chat
6pm Movie Musical &
Popcorn ¹⁰

10:30am Word
Searches & Puzzles
11am St. Eliz Service
1pm Walking Club
1:30pm Cover All Fun
2:30pm Courtyard
Chat & Treats
6pm Dean Martin ¹¹

9:30am Tight N Tone
11am Rosary Circle
1pm Shop Outing
2pm Fun & Games
4pm Early Dinner
6pm Family & Friends
Bingo Night ¹²

9am Depart for River
Boat Cruise & Lunch
9:30am Exercise Class
10:30am Bingo Blast
1:15pm Men's Club
1:30pm Bible Study
2pm Reminisce
6pm Puzzles ¹³

Flag Day
9:30am Simpy Fit
10:30am Bick Store
11:30am Walking Club
1:30pm Color Fun
3:30pm Manicures
6pm Board Games ¹⁴

9:30am Seated Soccer
10am St. Eliz. Service
1pm Quilt Club
2pm Trivia Time
3pm Reminisce
4pm Puzzles
6pm Movie & Treats ¹⁵

9:30am Simply Fit
11am Service
1:30pm Bingo Blast
2:30pm Hangman Fun
3:30pm Word Games
4pm Puzzles
6pm I Love Lucy ¹⁶

10:30am Bingo Bash
11:30am Walking Club
1pm Paint Creations
2pm L, R, Center
3pm Coffee & Chat
4pm Puzzles
6pm Hogans Heroes ¹⁷

Father's Day
9:15pm Walking Club
10am Donuts w/ Dad
10:30am Cover All
11am St. Eliz Service
1pm Board Games
2pm Courtyard Chat
6pm Movie & Popcorn ¹⁸

9:30am Simply Fit
11am Rosary Circle
11:30am Lunch at 3
Oaks Beach
2:30pm Fun & Games
3pm Checkers
6pm Movie & Treats ¹⁹

9:30am Movercise
10:30am Bingo Fun
11:45am Men's Club
Luncheon
1:30pm Bible Study
2pm Courtyard Chat
& Ice cream Treat
6pm Puzzles ²⁰

9:30am Getting Fit
10:30am Word Games
1:30pm Chronicles
2:30pm Get Crafty
3:30pm Manicures
4pm Checkers
6pm Board Games ²¹

9:30am Beach Ball
10am St. Eliz Service
1:30pm Trivia Time
2:30pm Reminisce
4pm Puzzles
6pm Comedy Movie &
Popcorn ²²

9:30am Getting Fit
10am Wii Bowling
11am Service
1pm Libarian Visit
1:30pm Bingo Blast
2:30am Bickford Store
3pm Card Games
6pm Hangman Fun ²³

10:30am Bingo Time
1pm Walking Club
1:30pm L, R, Center
2:30pm Snack Social
in the Courtyard
3pm Games N Fun
6pm Puzzles ²⁴

10:30am Hangman
11am St. Eliz Service
1pm Walking Club
2pm Cover All Fun
3pm Coffee & Chat
4pm Checkers
6pm Movie & Popcorn ²⁵

9:30am Getting Fit
11am Rosary Circle
11:30am Lunch Out
1:30pm Uno Fun
2:30pm Board Games
3:30pm Chit Chat
6pm Hangman ²⁶

9:30am Exercise Class
10:30am Bingo Bash
1:30pm Bible Study
2pm Ice Cream Sundae
Social
3pm Reminisce
6pm I Love Lucy ²⁷

9:30am Tight N Tone
10:30am Hymn Sing
1:30pm Bistro Buddies
3pm Color Fun
3:30pm Word Games
4pm Walking Club
6pm Board Games ²⁸

9:30am Seated Soccer
10am St. Eliz Service
11am Walking Club
1:30pm Trivia Time
2:30pm Reminisce
3:30pm Puzzles
6pm Movie & Popcorn ²⁹

9:30am Simply Fit
10am Color Fun
11am Service
1pm Wii Bowling
1:30pm Bingo Blast
2:30pm Courtyard
Chat & Snack
6pm Dean Martin ³⁰