



Eyecare Max Locations in Davenport and Burlington, IA
 4007 E. 53rd Street Suite 400 Davenport, IA 52807
 Call Now to Schedule Your Next Eye Exam.
 Call 563-355-4554

Your neighborhood eye doctor! Come to Eyecare Max for your next eye exam or browse our selection of over 4,000 eye frames. Offering routine and medical eye exams, Dr. McManis provides you the most accurate prescription. Utilizing wavescan exam technology and digital lenses we offer the best vision day and night. Call today for an appointment. Located on 53rd street next to Texas Roadhouse. Eyecare Max "Love your Glasses!"

Free Cleaning and Adjustments: August 22nd, starting 8:45 am, in the Bickford private dining room



August is National Eye Exam Month
Every Tuesday--- 11 am Bickford Eye Glass Cleaning

August 2017
 National Eye Exam Month--- Although the summer is shortly coming to an end, the UV Rays are still high and it's important to take proper precautions to protect yourself from the sun. You may think you have healthy eyes and have no symptoms of vision problems, but

if you are 40 and 65, you should have your vision checked every 2-4 years; and at 65+, every 1-2 years. Some individuals may have a family history of eye disease or a chronic illness that can affect your vision. This puts you at a greater risk of vision problems, and therefore it is vital that you get your eyes

check more often. Seniors are prone to blurred vision, eye irritation and more. Symptoms like this occur because the muscles in the eye become weaker. Consult your doctor if you experience: Blurred vision with glasses. Extremely sensitive to light. Consistent eye pain. Red eyes. Burning sensation. Constant watering. Black spots in sight. Although seniors are more prone to eye issues, there are ways they can protect themselves and prevent long-term issues. When washing your face, use a clean towel and water to wipe the eyelid to prevent infection. Do not use others eye glasses or meds.

No Smoking. Be sure to get a healthy amount of rest. Consume Vitamin A and proteins (nuts are perfect!) Do not use sprays (i.e. hairspray) close to the eyes. When watching TV, computer time or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear. Do not read in a moving vehicle or bed. Use UV protected sunglasses. August National Eye Exam Month, but it is also Cataracts Awareness Month. People over the age of 55 should be very cautious of Cataracts, an eye disease that clouds the lens of the eyes and can lead to vision loss.

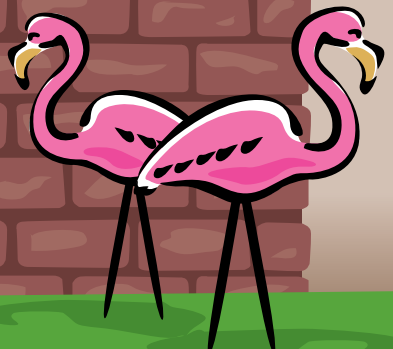
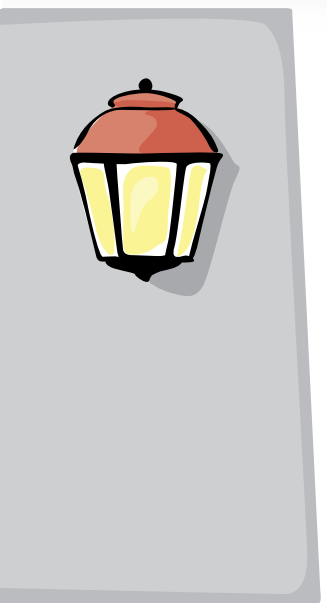


August Round-Up 2017

August HappYnings---

- 2nd Resident Council Meeting
- 3rd Down by the Creek Companion Animals
- 5th Betty Getty 95th Birthday Open House
- 6th Communion Sunday
- 8th Honey Tasting Party
- 9th Western Day with BOHH & John Fliss
- 10th The Retzl's, S'MORES Day
- 15th Audibel Hearing
- 15th Enjoy Ice Cream Bars
- 16th BOHH August Group Birthday Party

- 16th Frankly, Let's Color with Christine
- 17th Lewis Knudsen entertains
- 19th Gospel Country Volunteers
- 21st Kindred at Home Bingo
- 22nd Eyecare Max Eyeglass screening
- 23rd Cookies, Coffee & Conversation with Laura
- 24th Geneseo Kitchen Band
- 31st Ron Lubbers-Elvis Tribute





Happy August Birthdays to:
6th--Betty G.
13th Irene G.
Blessing From Above!



August

---2017---

10a Exercise, C. Events
10:30a SJVCC communion
1:15p "Walking Club"
2p Marketplace Ministries Church Service communion opt.
3p Movie and Popcorn **6**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Monday Bingo
3p Rummy Anyone?
3p Movie-Western **7**

10a Exercise, Devotions
Current Events & Trivia
11a Eyeglass cleaning
1p Manicure Appts.
1:15p "Walking Club"
2p Honey Tasting Party
7p America's Got Talent Ch. 6 **8**

WESTERN DAY
10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing
1:15p "Walking Club"
2pm Party at the Watering Hole, BOHH
2:30p Partner John Fliss **9**

10a Exercise, Devotions
Current Events & Trivia
11a SJVCC rosary
1:15p "Walking Club"
2p The Retzl's sing
2:30p S'mores
4:30p Jeopardy, Ch. 6 **10**

Lunch Bunch with Jen
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Friday Bingo
3p Card club in sunroom
4p Enjoy courtyard & hydration station **11**

10a Exercise, C. Events
1p Games of your choice
1:15p "Walking Club"
3p Movie and Popcorn
3p Cards of your choice
6p L. Welk Show, PBS
7p Gaither Gospel Hour **12**

10a Exercise, C. Events
10:30a SJVCC communion
1:15p "Walking Club"
2p Marketplace Ministries Church Service
3p Euchre or Rummy
Movie and Popcorn **13**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Bickford Bingo
3p Rummy Anyone?
3p Paula Sands Live, Ch. 6 **14**

AUDIBEL HEARING
10a Exercise, Devotions
Current Events & Trivia
11a Eyeglass cleaning
1:15p "Walking Club"
2p Manicure Appts.
3p Ice Cream Bars **15**

10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing
1:15p "Walking Club"
2p BOHH August Group Birthday Party
7p Frankly, Let's Color with Christine **16**

10a Exercise, Devotions
Current Events & Trivia
11a SJVCC rosary
1:15p "Walking Club"
2p Lewis Knudsen
2:30p Refreshments
4:30p Jeopardy, Ch. 6 **17**

Lunch Bunch with Jen
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Bickford Bingo
3p Card club in sunroom
3p Friday afternoon Movie **18**

10a Exercise, C. Events
1p Games of your choice
1:15p "Walking Club"
3p Gospel Country--
Volunteers sing a long
3p Cards of your choice
6p L. Welk Show, PBS
7p Gaither Gospel Hour **19**

10a Exercise, C. Events
10:30a SJVCC communion
1:15p "Walking Club"
2p Marketplace Ministries Church Service
3p Euchre or Rummy
Movie and Popcorn **20**

NAT'L SR. CITIZEN DAY
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Kindred at Home Bingo and Melissa
3p Rummy Anyone?
4:30p Jeopardy, Ch 6 **21**

10a Exercise, Devotions
Current Events & Trivia
8:45a Eyecare Max Free Eyeglasses Adjustment
1:15p "Walking Club"
2p Manicure Appts.
3p Jewelry cleaning **22**

10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing
1:15p "Walking Club"
2p Cookies, Coffee and Conversation with Laura
3p Card Club **23**

10a Exercise, Devotions
Current Events & Trivia
11a SJVCC rosary
1:15p "Walking Club"
2p Geneseo Kitchen Band
3pm Refreshments with the Kitchen Band **24**

Lunch Bunch with Jen
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Snack Bingo
3p Card club in sunroom
4p Enjoy courtyard & hydration station **25**

10a Exercise, C. Events
1p Games of your choice
1:15p "Walking Club"
2p Bickford Bingo
3p Movie and Popcorn
3p Cards of your choice
6p L. Welk Show, PBS **26**

10a Exercise, C. Events
10:30a SJVCC communion
1:15p "Walking Club"
2p Marketplace Ministries Church Service
3p Euchre or Rummy
Movie and Popcorn **27**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Bickford Bingo
3p Rummy Anyone?
3p Paula Sands Live, Ch. 6 **28**

10a Exercise, Devotions
Current Events & Trivia
11a Eyeglass cleaning
1:15p "Walking Club"
1:30p Manicure Appts.
2:30p Snow Cones
7p America's Got Talent Ch. 6 **29**

BICKFORD FAMILY, FRIENDS & FOOD
10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing
1:15p "Walking Club"
2p Computer TV
3p Card Club **30**

10a Exercise, Devotions
Current Events & Trivia
11a SJVCC rosary
1:15p "Walking Club"
2p Ron Lubbers, Tribute to Elvis
4:30p Jeopardy, Ch. 6 **31**

How many seconds are there in one year?
12, Jan. 2nd, Feb. 2nd
...Hee Hee

The more you take the more you leave behind! What is it?
The Steps or stairs!