



## Family nights

### Octoberfest, Oct. 11th

Family dinner and entertainment by Bill Dunnam  
Reservations for dinner are due by 4:00 Oct. 6  
cost is \$5.50 per guest.

### Medicare Education seminar

Oct. 26th at 6:00

Got questions on medicare and the different parts? Then join us for this free seminar to learn more.



## Flu Shots

It's that time of year again-Flu season. Bickford will be offering flu shots on the 12th from 10-noon. We will be giving the shot to all Assisted Living residents so if you take your family member to the

doctor and receive one there, please, let the nurse's station know. If you are Independent you can also receive one. Just bring your insurance card to the living room on the 12th. If you have any questions see Becca.

## Family History Month

On Oct. 12th, Bickford is celebrating Family History. We have such a diverse ethnic background that I would like to highlight some of them. I need the help of family to let me know a little about our residents and their heritage. If there is a favorite dish or celebration that is important to (cont' in next column)

them that we might celebrate please let Kris know. If you would be willing to make a favorite cookie or treat, we could share them at our activity on the 12th.

### Trick or Treating!

We will be having trick or treating for grandchildren on Oct. 31st from 5:45-7:00. Children up to 12 years of age are invited to stop by and trick or treat.

*Picture Left: Lee and family enjoy dinner outside during the 50's cruise night.*



## Letter from the Director

Welcome to October! We are officially moving into the fall season. Cooler temperatures, changing colors, and fun.

We will be hosting trick or treating, trips to enjoy the colors, and our Octoberfest. Please plan to attend our family night and enjoy the music of Bill Dunham along with some delicious food. This is a great time to meet other families and have a great night out.

Also a big thank you to those who took part in our annual happiness survey.

We will be going over the results on November 16th so please mark this date on your calenders and plan to come in for this family night as well.

I would also like to thank you for being understanding during our construction projects out front. Although it makes the building better and more appealing it has been an inconvenience for our families and for that I apologize. Have a great month and we will talk again.

Thanks  
Bob





TBD Catholic communion  
2:00 chapel  
Noon Football game

1

9:00 Leave for Piano concert  
10:45 Bible study  
1:15 Exercise/  
Catholic mass  
2:00 Out for a drive & snack  
3:30 Trivia

2

9:15 Stretch  
10:15 Poker or Zilch  
1:15 Bickford Store  
2:00 Pinochle or Big Word/Little word  
3:15 Bell choir

3

8:30 Ft. dr. here  
9:15 Exercise  
10:15 Coffee hour  
11:00 Leave for lunch  
Lk Geneva boat trip  
3:00 Pinochle  
6:00 Bingo

4

9:15 Stretch  
10:15 Current Events  
1:15 Sing A Long  
2:15 UNO  
3:15 Fall craft

5

9:15 Exercise  
10:15 Hang Man  
1:30 Out for a drive  
3:00 Social hour

6

2:00 Bingo  
3:15 Movie

7

TBD Catholic communion  
2:00 chapel  
Noon Football game

8

9:15 Exercise  
10:15 Bickford store  
10:45 Bible study  
1:30 Salvation army  
2:15 Out for a drive and snack  
3:30 Word scramble

9

9:00 Nails by Deb  
9:15 Stretch  
10:15 Poker  
2:00 Pinochle or Big Word/Little word  
3:15 Bell choir  
6:15 First Free Woman's choir

10

9:15 Exercise  
10:15 Coffee hour  
11:30 Lunch at park  
2:00 Homemade pretzels  
3:00 Pinochle  
5:00 Octoberfest  
Family night

11

Family History Day  
9:15 Stretch  
10-noon Flu shots  
10:15 Current Events  
1:15 Sing A Long  
2:15 UNO  
3:15 Family history

12

9:15 Exercise  
10:15 Wheel of Fortune  
1:30 Out for a drive  
2:30 Social hour

13

2:00 Bingo  
3:15 Movie

14

TBD Catholic communion  
2:00 Hymnal sing  
2:30 chapel  
Noon Football game

15

9:15 Exercise  
10:15 Bickford store  
10:45 Bible study  
1:15 walk outside  
2:00 Trivia

16

9:15 Stretch  
10:15 Poker or Zilch  
1:15 Creative Writing  
2:00 Pinochle or Big Word/Little word  
3:15 Bell choir

17

9:15 Exercise  
10:15 Coffee hour  
1:30 chair volleyball  
3:00 Pinochle  
6:00 Bingo

18

9:15 Stretch  
10:15 Current Events  
1:15 Sing A Long  
2:15 UNO

19

9:15 Exercise  
10:15 Hang Man  
1:30 Taboo  
3:00 Social hour

20

2:00 Bingo  
3:15 Movie

21

TBD Catholic communion  
2:00 chapel  
Noon Football game

22

9:15 Exercise  
10:15 Walk outside  
10:45 Bible study  
1:15 Bickford Store  
2:00 Word scramble

23

9:15 Stretch  
10:15 Poker  
1:15 Zilch  
2:00 Pinochle or Big Word/Little word  
3:15 Bell choir

24

9:15 Exercise  
10:15 Coffee hour  
2:00 Birthday Party  
3:00 Pinochle  
6:00 Bingo

25

9:15 Stretch  
10:15 Current Events  
1:15 Sing A Long  
2:15 UNO  
3:15 Paint class  
6:00 Medicare seminar

26

9:15 Exercise  
10:15 Wheel of Fortune  
1:30 Out for a drive  
3:00 Social hour

27

10:00 UNO  
2:00 Bingo  
3:15 Movie

28

TBD Catholic communion  
2:00 chapel  
Noon Football game

29

9:15 Exercise  
10:15 Bickford store  
10:45 Bible study  
1:15 Resident/Food council  
2:30 Walk outside  
3:00 Trivia

30

**Halloween**  
9:15 Stretch  
10:15 Poker or Zilch  
1:15 Halloween party  
2:00 Pinochle  
3:15 Bell choir  
5:45-7 trick or treating

31

# October

