



November Family nights
Wednesday, Nov. 8th, music by Tom Stanfield
 please RSVP by Nov. 3rd for dinner reservations.
 Cost for dinner is \$5.50

Wednesday, Nov. 15th to Review the Bickford Survey
 Meeting will start at 5:00, pizza will be served
 Please RSVP by Nov. 14th

Family Thanksgiving dinner
 Monday, Nov. 20th
 Cost for dinner is \$10
 RSVP's due by Nov. 13th by 4:00



Thank You!

Thank you to everyone that donated money, bought candy bars or baked goods to support the Alzheimer's Association. CNA Beth was our lone walker but three staff members

helped make the walk possible. Tracey took photos of the activities, Sandy worked the T-shirt tent, and Kris was on the Walk planning committee. A BIG thank you to everyone. P.S. We are still selling candy bars!

Stay healthy this flu season

The cold and flu season is upon us and we just want to remind you of ways to stay healthy this winter. The number one tip is to wash your hands. Make sure when you do, you wash them for at least 20 seconds, making sure you use a paper towel to turn off the water once you have clean hands. If you don't have water the next best thing is hand sanitizer with at least 60% alcohol in it. Remember to cover

your mouth with a tissue when you sneeze. Then put the used tissue in the garbage, not on the table. You might also want to clean all hard surfaces such as door handles, phones, counter tops, hand railings with virus killing disinfectant. If you are not feeling well, please stay home and call your loved one. If they need something, call the office, we might be able to help.

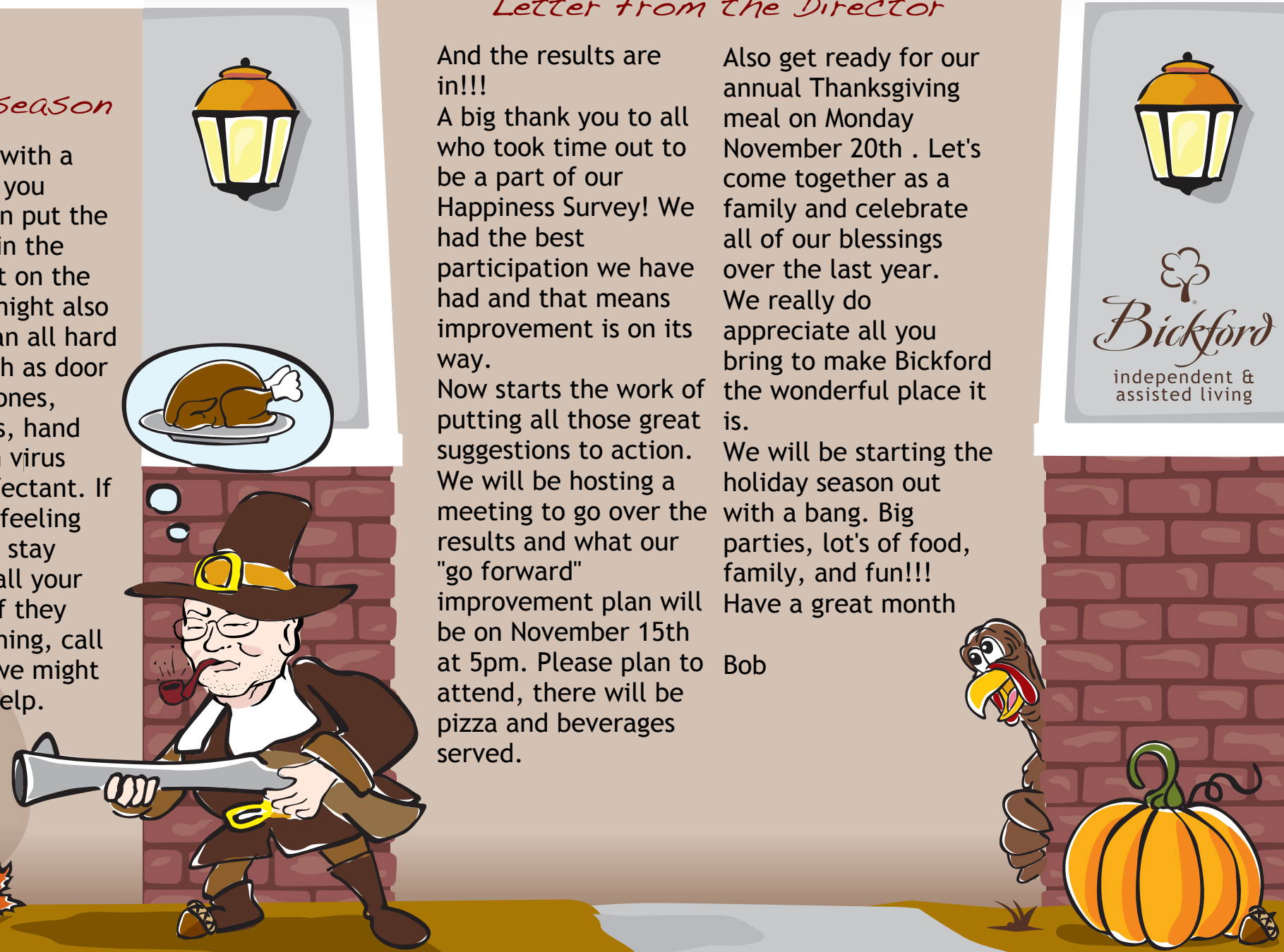


Letter from the Director

And the results are in!!!
 A big thank you to all who took time out to be a part of our Happiness Survey! We had the best participation we have had and that means improvement is on its way.
 Now starts the work of putting all those great suggestions to action. We will be hosting a meeting to go over the results and what our "go forward" improvement plan will be on November 15th at 5pm. Please plan to attend, there will be pizza and beverages served.

Also get ready for our annual Thanksgiving meal on Monday November 20th . Let's come together as a family and celebrate all of our blessings over the last year. We really do appreciate all you bring to make Bickford the wonderful place it is.
 We will be starting the holiday season out with a bang. Big parties, lot's of food, family, and fun!!!
 Have a great month

Bob



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November

November Birthdays

3rd Ellie
5th Buelah
10th Marilyn D.
13th Tracey (staff)
18th Janet F.
22nd Josephine O.
29th Chuck

9:15 Exercise
10:15 Coffee hour
2:00 Wii bowling
3:00 Pinochle
6:00 Bingo

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

9:15 Exercise
10:45 hangman
1:30 Taboo
3:00 social hour

2:00 Bingo
3:15 UNO
6:00 Movie

9:05 Catholic communion
Noon Football game
2:00 Chapel

9:15 Exercise
10:15 Bickford store
10:45 Bible study
1:15 Catholic Mass
3:00 Wii bowling

9:15 Stretch
10:15 Poker
1:15 Creative Writing
2:00 Pinochle or big word/little word
3:15 Bell choir

8:30 Ft. dr here
9:15 Exercise
10:15 Coffee hour
1:30 Leave for Wii bowling tourney at Rkfd Suport. Living
3:00 Pinochle
5:00 Family night

9:15 Stretch
10:15 Current Events
1:15 Sing A Long
2:15 UNO
3:15 Paint Class

9:15 Exercise
10:45 hangman
1:30 Word scramble
2:00 Veteran's day remembrance

Veteran's Day
2:00 Bingo
3:15 UNO
6:00 Movie

9:05 Catholic communion
Noon Football game
2:00 Chapel

9:15 Exercise
10:15 Bickford store
10:45 Bible study
1:30 Out for a walk, weather permitting
3:00 trivia

9:00 Nails by Deb
9:15 Stretch
10:15 Poker or Bunko
1:15 Wheel of fortune
2:00 Pinochle or big word/little word
3:15 Bell choir

9:15 Exercise
10:15 Coffee hour
2:00 Classical corale
3:00 Pinochle
5:00 Family night for survey

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

9:15 Exercise
10:45 hangman
1:30 taboo
3:00 Social hour

2:00 Bingo
3:15 UNO
6:00 Movie

10:35 Catholic communion
Noon Football game
2:00 Chapel

9:15 Exercise
10:45 Bible study
1:30 Bickford store
3:00 Trivia
5:00 Thanksgiving Family Dinner

No stretch
10:15 Poker
1:15 Big word/little word
2:00 Pinochle
3:15 Bell choir

9:15 Exercise
10:15 Coffee hour
2:00 Chair volleyball
3:00 Pinochle
6:00 Bingo

Thanksgiving
10:00 Macey's Thanksgiving Day parade
2:00 Movie

No exercise
10:45 hangman
1:30 UNO
3:00 Movie

2:00 Bingo
3:15 UNO
6:00 Movie

9:05 Catholic communion
Noon Football game
2:00 Chapel

9:15 Exercise
10:15 Bickford store
10:45 Bible study
1:30 Decorate 2nd flr xmas trees

9:15 Stretch
10:15 Poker or Bunko
1:15 Wheel of Fortune
2:00 Pinochle or big word/little word
3:15 Bell choir

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

9:15 Stretch
10:15 Current Events
1:15 Sing A Long
2:15 UNO
3:15 Decorate 1st flr xmas trees

