



New Holiday Craft:

Holidays are a time for traditions and family celebrations. A fairly new addition to the Christmas festivities is known as the "Elf on the Shelf." This mischievous elf "appears" several days before December 25th to observe one's behavior and report back to Santa so he can update his "Naughty and Nice" list. During the holiday season, we will be creating our own Elf on the Shelf. Each elf will be uniquely made, named, and adopted into the Bickford Family. We will join together to celebrate each adopted family member, and share Christmas findings.

You don't want to miss Elvis on the shelf!!!

West Lansing
HAPPENINGS
DECEMBER

"Christmas Greeting"

Please Join Us!!!

"BickfordGrams
A new and exciting way to spread joy during the holidays. BFM and residents have the opportunity to purchase \$2.00 Bickfordgrams from 12/4-12/18. Grams will be delivered the following week. Please contact Tia

Please Join Us!!!
Instructor Sandy will be hosting Jazzercise @ 4pm Build balance and flexibility, tone your whole body and charge up your metabolism with pulse-pounding beats, modified movements and strength training.

December 6, 2017
We will be celebrating Winter Fest 2017. You are invited to join on our Christmas Carol Karaoke, Hot Chocolate & Gingerbread Social, Games, Live Music, and Photo Booth.
"You Don't Want to Miss it!"

"Up Coming Events"
12/1 Resident Council
12/2 Childrens Carols
12/2 Nutcracker
12/3 Church Service
12/12 Tree Festival
12/6 Winter Festival
12/7 Holiday Party
12/11 Christmas Program
12/12 John Stars
12/13 Grand Opening
12/15 Bickford Christmas Idol
12/15 Ugly Sweater
12/18 Potters Park Light
12/19 Elf Social
12/22 Two Hoots
12/27 Jazzercise
12/29 Jay Corey

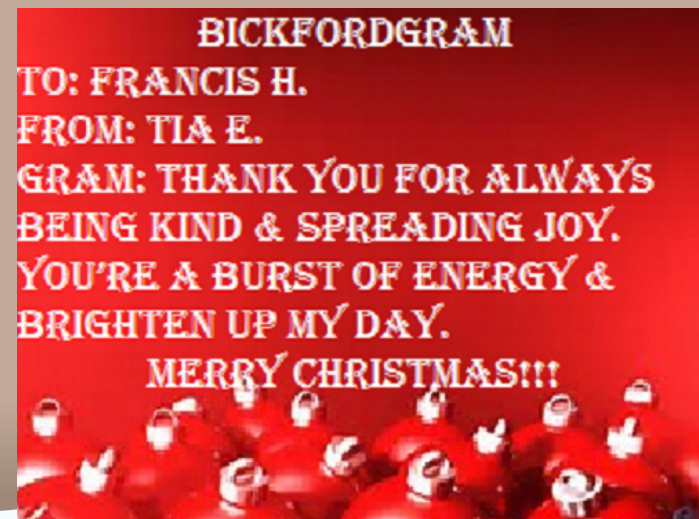


5 Tips For Preventing The Cold & Flu

- Prevent the spread of flu**
- Catch it**
Cover your nose and mouth with a clean tissue when you cough or sneeze
- Bin it**
Dispose of used tissue in your nearest bin
- Kill it**
Washing your hands and cleaning surfaces prevents the spread of germs

- Tip 1: Avoid Germs:**
Wash your hands before meals and after using the restroom.
- Tip 2 Healthy Diet:**
Robust immunity to colds and flu starts with a healthy diet rich in vitamins and minerals.
- Tip 3 Get Enough Rest:**
In general, people who don't sleep enough get sick more often.
- Tip 4 Manage Your Stress:**
The longer you're stressed out, the more your immune system is suppressed, leaving you vulnerable to viral intruders.
- Tip 5 Keep Active:**
Cardiovascular exercise also helps regulate cortisol, so you'll be less prone to stressors that can increase your risk of illness.

Happy Holidays!!!





S	M	T	W	T	F	S																									
<p>9:30 Communion 10:25 Info Chest 10:30 Coffee Hour 12:00 New Year's Count Down 3:30 Daily Bread</p> <p>31</p>	<p>10:25 Current Event 10:45 Exercise 2:00 Bible Study 3:30 Bingo 4:30 Yoga Festival of Trees</p> <p>4</p>	<p>10:25 Guess Who 10:45 Exercise 2:00 Elf on Shelf 2:30 Womans Group 3:30 Cheers Happy Hour</p> <p>5</p>	<p>Activity Updates will be posted: <u>Irish dancers,</u> <u>Lansing Christian & Girl Scotts</u></p> <p>Special Request for Angel Volnteers Please contact Tia</p> <p><i>December</i></p>	<p>10:00 Communion 10:45 Exercise 12:00 Meet & Greet 2:30 Resident Council 3:30 Christmas Centers</p> <p>1</p>	<p>10:30 Children's Presentation TBD 2:00 NutCracker</p> <p>2</p>	<p>9:30 Communion 10:25 Info Chest 10:30 Coffee Hour 2:30 Coupon Club 3:30 Church Service</p> <p>3</p>	<p>10:25 What Is It 10:45 Exercise 2:00 Bible Study 3:00 Christmas Carol Karaoke 3:30 Hot Coco & Gingerbread Social</p> <p>6</p>	<p>10:30 Manicures 2:30 Assorted Puzzles 3:30 Listen to Christmas Music 4:00pm-6:30 Holiday Party</p> <p>7</p>	<p>10:25 Current Event 10:45 Exercise 2:30 Christmas Craft 3:30 Resident & BFM Christmas Idol Part 1 //</p> <p>8</p>	<p>10:25 Info Chest 10:45 Exercise 2:00 Wii Fun 3:00 Christmas Cards W/Christine</p> <p>9</p>	<p>9:30 Communion 10:25 Infor Chest 10:30 Coffee Hour 2:30 Coupon Club 3:30 Sing A-long</p> <p>10</p>	<p>10:25 Current Event 10:45 Exercise 2:00 Christmas Program 3:00 Gingerbread 4:30 Christmas Carols</p> <p>11</p>	<p>10:25 Guess Who 10:45 Exercise 2:00 Womans Group 2:30 J Stars 4:00 Elf on Shelf Evening Christmas Light Tour</p> <p>12 Lenny Birthday</p>	<p>10:25 What Is It 10:45 Exercise 2:15 Bible Study 3:30 Christmas Count Down 5pm-7pm Grand</p> <p>13</p>	<p>10:25 Who & What 10:45 Exercise 2:30 Christmas Hangman 3:30 Apple Smasher Evening Christmas Light Tour</p> <p>14</p>	<p>10:25 Current Event 10:45 Exercise 2:00 Miracle on 34th 3:00 Resident & BFM Christmas Idol Part 2 4:00 Ugly Sweater Social <small>Barbara Birthday</small></p> <p>15</p>	<p>10:25 Info Chest 10:45 Exercise 2:00 Polar Express Movie 4:30 Children's Group 6:00 Euchre W/ BFM</p> <p>16</p>	<p>9:30 Communion 10:25 Info Chest 10:30 Coffee Hour 2:30 Coupon Club 3:30 Bible Trivia</p> <p>17</p>	<p>10:25 Current Event 10:45 Exercise 2:00 Bible Study 3:00 Nutcracker 3:30 Travel Lodge Potters Park Lights</p> <p>18</p>	<p>10:25 Guess Who 10:45 Exercise 2:00 Womans Group 2:30 Peppermint Shakes 3:00 Elvis on Shelf Final 4:00 Elvis Bingo</p> <p>19</p>	<p>10:25 What Is It 10:45 Exercise 2:15 Bible Study 3:30 Name That Christmas Carol 4:00 Wonderful Life Trivia "Sangria Day"</p> <p>20</p>	<p>10:25 Who & What 10:45 Exercise 2:30 Christmas Cookie Match 3:30 Kiss Cookies 6:00 Euchre <small>w/ BFM</small> Evening Christmas Light Tour</p> <p>21</p>	<p>10:25 Current Event 10:45 Exercise 2:00 Two Hoots 2:30 Polar Express Party 4:30 Candy Cane Game</p> <p>22</p>	<p>10:45 Exercise 2:00 Night Before Christmas 3:30 Christmas Scavenger Hunt W/ BFM <small>Carol Birthday</small></p> <p>23</p>	<p>9:30 Communion 10:25 Infor Chest 10:30 Coffee Hour 2:30 Coupon Club 3:30 Daily Bread</p> <p>Gordon Birthday 24</p>	<p>10:30 Gifts & More 2:00 Christmas Family Feud 3:00 Listen to Music 6:00 Euchre W/ BFM</p> <p>Greg Birthday 25</p>	<p>10:25 Guess Who 10:45 Exercise 2:30 Womans Group 3:30 Bingo 4:30 Charades</p> <p>26</p>	<p>10:25 What Is It 10:45 Exercise 2:15 Bible Study 3:30 Bingo 4:00 Jazzercise</p> <p>27</p>	<p>10:25 Who & What 10:45 Exercise 2:30 Jeopardy 3:30 S-Flake Craft 4:00 Hot Coco Happy Hour</p> <p>28</p>	<p>10:25 Current Event 10:45 Exercise 2:30 Jay Corey 3:30 Euchre 4:30 YMCA Social</p> <p>29</p>	<p>10:45 Exercise 2:30 Assorted Puzzles 3:30 UNO W/BFM</p> <p>30</p>