

December family nights

Winter Festival

Wednesday, December 6th

Dinner at 5:00, Entertainment at 6:15 by "The Spoon Man"
Dinner reservations due by Dec. 1st, Cost is \$5.50 per guest

Family Christmas Dinner

Monday, December 18th

Dinner at 5:00, Entertainment at 6:15 by Bill Dunnam
Dinner reservations due by Dec. 11th, Cost is \$10 per guest
Pictured Left: Residents enjoy a drumming circle.



You are invited!

Our bell choir has been playing all year and practicing for their Christmas program this month. Family and friends are invited to stop by the house on December 12th for a 10:00 performance by our own Bickford

Bell choir. If you haven't heard them, they are pretty good! We will be having treats after the performance so make sure you stop by and get in the holiday spirit.

Pictured below: Veteran's Day service.

Staying Healthy during Flu Season.

The cold weather has arrived which means the cold and flu season is upon us full force. We just want to share some tips on how to help yourself stay healthy. The number one tip is to wash your hands. When you come back to your room from being in the community areas such as the living room, before a meal, or after playing Bingo make sure you wash your hands. When you do wash, make sure you wash for at least 20 seconds,

when you turn off the water, make sure you use a paper towel to turn it off. If you don't have water the next best thing is hand sanitizer with at least 60% alcohol in it. Cover your mouth with a tissue when you sneeze. Then put the used tissue in the garbage, not on the table. Please do not use the cloth napkins at the dining room table. If you are not feeling well, please stay in your apartment and encourage your loved one to do the same.

Rockford HAPPENINGS

DECEMBER

Letter from the Director

Tis the season!!! Welcome to a December to remember here at Bickford. Our goal is to put on the happiest of holiday seasons for you and all who live here at Bickford. December 6th is our Winter Festival dinner at 5pm and music by the Spoon Man starts at 6:15pm. Wait....There's more! Our Bell Choir will be performing their Christmas Concert on December 12th at 10 AM

They have been working so hard, so come out and give them a listen! And finally....We cap it all off with our Family Christmas Dinner. Monday December 18th at 5PM bring your appetites and prepare to dig in to all your family favorites. Bill Dunnam will be entertaining at 6:15 PM. We hope this adds to your enjoyment of this very Merry Christmas season.

God bless
Bob

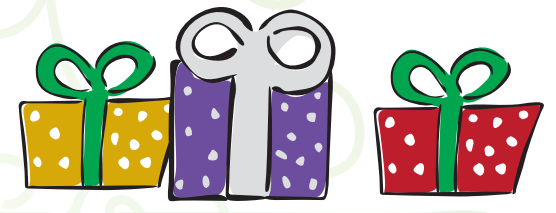


S

9:05 Catholic communion
Noon Football game
2:00 chapel
31

M

December birthdays
4th Lee/Dorothy G.
11th John G.
15th Debra (staff)
20th Maria (staff)
23rd Carole
27th Wade



W

December

T

9:00 Leave for musical
1:30 Exercise
2:15 Word scramble
3:15 Holiday cheer
1

F

2:00 Bingo
3:15 UNO
6:00 Christmas movie
There will be caroling before dinner.
2

S

10:35 Catholic communion
Noon Football game
2:00 chapel
3

9:15 Exercise
10:15 Bickford store
10:45 Bible study
1:15 Catholic Mass
1:30 Christmas caroling
3:00 Penny Ante
4

9:15 Stretch
10:15 Poker
1:30 Decorate
Gingerbread houses
2:00 Pinochle
3:15 Bell choir
5

Winter Festival
9:15 Exercise
10:15 coffee hour
1:30 Snowball fight
3:00 Pinochle
5:00 Family night with entertainment
6

9:15 Stretch
10:15 Current events
1:15 Sing A Long
2:15 UNO
7

9:15 Exercise
10:00 Veteran's gathering
2:00 Remembrance service
3:15 Holiday cheer
8

2:00 Bingo
3:15 UNO
6:00 Christmas movie
9

9:05 Catholic communion
Noon Football game
2:00 chapel
10

9:15 Exercise
10:15 Bickford store
10:45 Bible study
1:30 Salvation Army
2:15 Penny Ante
11

9:00 Nails by Deb
9:15 Stretch
10:00 Christmas Bell concert
1:15 Wheel of Fortune
2:00 Pinochle
3:15 Bell choir
12

9:00 Foot doctor here
9:15 Exercise
10:15 coffee hour
2:00 Birthday party
3:00 Pinochle
6:00 bingo
13

9:15 Stretch
10:15 Current events
1:30 Flower arrangement class
3:15 UNO
14

9:15 Exercise
9:45 Out for donuts
1:30 Word Scramble
2:45 Holiday cheer
15

2:00 Bingo
3:15 UNO
6:00 Christmas movie
16

9:05 Catholic communion
Noon Football game
2:00 chapel
2:30 Decorate
Christmas cookies
17

9:15 Exercise
10:15 Bickford store
10:45 Bible study
1:15 Wheel of Fortune
5:00 Christmas family dinner followed by entertainment
18

no stretch
10:15 Poker
1:15 Big Word/little word
2:00 Pinochle
2:00 Christmas craft
19

9:15 Exercise
10:15 coffee hour
2:00 Christmas caroling
3:00 Pinochle
6:00 bingo
20

9:15 Stretch
10:15 Current events
1:15 Sing A Long
2:15 Winter paint class
3:15 UNO
21

9:15 Exercise w/ Kim
22

2:00 Bingo
3:15 UNO
6:00 Christmas movie
23

10:35 Catholic communion
Noon Football game
2:00 chapel
24

Christmas
10:00 Christmas Day parade
2:00 Christmas Movie
25

No stretch
10:15 Poker
1:15 Big Word/little word
2:00 Pinochle
26

9:15 Exercise w/ Kim
10:15 coffee hour
2:00 Chair volleyball
3:00 Pinochle
6:00 bingo
27

No Stretch
10:15 Current events
1:30 UNO
28

9:15 Exercise
10:45 Hangman
1:30 take xmas trees down
29

2:00 Bingo
3:15 UNO
6:00 movie
30