

## 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

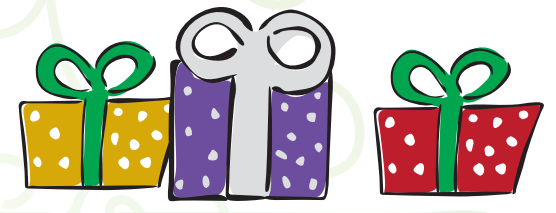


S

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