



Happy New Year

HAPPY NEW YEAR 2018 FROM OUR FAMILY TO YOURS. PICTURED ON LEFT IS JUST A FEW OF OUR ENTERTAINERS PERFORMING, ONE OF THE FAVORITE OUTINGS (ICE CREAM AT COLBY RIDGE) AND SONDRA BOHMONT CELEBRATING HER 20 YEARS AT BICKFORD!!! WE HAVE HAD MANY MORE OUTINGS, SUCH AS THE OUTING TO THE CHANNEL 8 NEWS STATION, OUTINGS FOR LUNCHES, DRIVING TO SEE THE CHRISTMAS LIGHTS AND THE LIVE NATIVITY SCENE. THERE WERE MANY ACTIVITIES AND CELEBRATIONS; THE ANNUAL EASTER EGG HUNT, MOTHER'S DAY TEA, FATHER'S DAY CAR SHOW AND THE MOST POPULAR WAS WATCHING THE ECLIPSE. WE PLAN TO HAVE MUSIC, OUTINGS, COFFEE CLUB, RESIDENT AUCTION, QUARTERLY EVENTS AND MANY MORE ACTIVITIES. IF YOU HAVE SUGGESTIONS OR IDEAS PLEASE SEE TERESA. HOPING YOU HAVE A HAPPY AND HEALTHY NEW YEAR!!

Lincoln HAPPENINGS

JANUARY

DECEMBER HAPPENINGS



Thanks to all that attended the Christmas Tea. Thanks to Michael Von Kaenel & his wife from Physmed, Inc., for being Santa and Mrs. Claus and to Madi Sobotka (madimugshots.smug mug.com) for taking family pictures.



PICTURES FROM THE HOLIDAY TEA

We had dips, relish tray, assorted treats. There was a visit from Santa and Mrs. Claus and music by The Kramer Sisters.



WINTER WEATHER

As temperatures drop in the winter, weather-related health problems start to rise. "The cold weather brings a number of risks, especially for older adults." Here are some ways you may be vulnerable this winter and how to fight back. During winter months, people spend more time inside and in close contact with each other. **What Can You Do?** Wash your hands frequently with soap and water or hand sanitizer and cough and sneeze into the crook of your elbow, not your hands. Cold weather will narrow blood vessels and rise the risk of heart attacks also older adults are at risk for hypothermia. **What Can You Do?** Dress warmly when going out, with a hat, gloves and a warm coat.

Icy sidewalks can make falling easier, putting you at risk for fractures. **What Can You Do?** Avoid slippery surfaces if possible. Wear shoes or boots with heavily textured soles that can grip surfaces. Use handrails, even if you feel you don't need one. Dry winter can suck the moisture from your skin. **What Can You Do?** Use a moisturizer with an oil base to block evaporation. Shower in lukewarm water--not hot--water. Please be sure your loved ones have winter attire and that they are stocked with plenty of soap, lotion, kleenex, gloves, etc.



JANUARY BIRTHDAYS

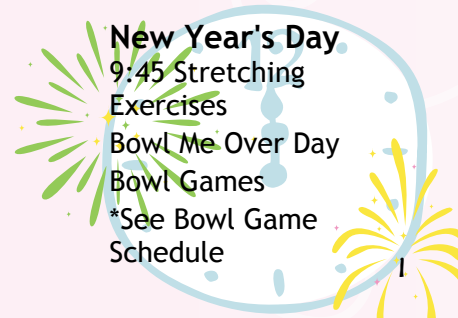
RESIDENTS BIRTHDAYS

BRENDA BORMANN 1/9
 ELIZABETH INGRAM 1/14
 BARB VERBEEK 1/19
 BETTE SIGWING 1/24
 TRIX DORENBACH 1/25

BICKFORD FAMILY MEMBERS BIRTHDAYS

ANDREA CLAUSEN 1/3
 BOBBIE WILLIAMS 1/4
 TANYIA PFENNING 1/18
 KADIJAH JONES 1/19
 WONDER CHERNET 1/26

S M T W T F S



New Year's Day
 9:45 Stretching Exercises
 Bowl Me Over Day
 Bowl Games
 *See Bowl Game Schedule

8:45 Coffee Club (Lucky New Year)
 10:30 Name 5
 2:00 Bingo w/Pam
 6:30 Wheel of Fortune

9:45 Let's Walk/ South Pole Facts
 10:15 Catholic Mass w/ Father Bourek
2:00 Old Time Music
 6:00 Encounters at the End of the World (N)

9:45 Jeopardy Trivia
 10:15 Chapel Service w/Communion
 2:00 Movie & Popcorn
 6:30 Bingo w/Pam

9:45 Food Council Meeting
 10:00 Catholic Comm
 10:30 Yoga w/Anita
 NOON Men's Lunch
 1:30 Resident Auction
 6:30 Yahtzee

9:45 Core Exercises
 10:30 Family Fued
 2:00 Undecorating Party
 6:30 Golfing

9:45 Balloon Toss
 10:30 Catholic Comm
 10:30 Devotions
 2:00 Hot Chocolate and Cookie Social
 7:00 Golden Globes Award Night

9:45 Stretching Exercises
 10:30 Fanny Farmer "Sharing Recipes & Cook Books"
 1:30 Manicures
 7:00 National College Championship Game

8:45 Coffee Club (Current Events)
 10:30 Name 5
 2:00 Bingo w/Pam
6:30 Just Us

9:45 Let's Walk/ Penguin Facts
 10:15 Catholic Mass w/ Father Bourek
2:00 Bill Behmer & Gwen Meister (Folk Music)
 6:00 "Penguins" Spy in the Huddle (N)

9:45 Jeopardy Trivia
 10:15 Chapel Service
1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Bingo w/Pam

9:45 Reminiscing
 10:30 Yoga w/Anita
 NOON Men's Lunch
 2:00 Fun w/ Food "Making Hats"
 6:30 Yahtzee
HAT DAY

9:45 Core Exercises
 10:30 Family Fued
2:00 Monthly Birthday Party w/Dick Patterson
 6:30 Golfing

9:45 Balloon Toss
 10:30 Catholic Comm
 10:30 Protestant Service w/ Jeff Collins
 2:00 Puzzle Crafts
 6:30 Ma & Pa Kettle

9:45 Stretching Exercises
 10:30 Food Fads of the 80's
 1:30 Manicures
 6:30 No Bake Snacks "Smores Dip"

8:45 Coffee Club (Current Events)
 10:30 Name 5
 NOON Resident Choice Meal
 2:00 Bingo w/Pam
6:30 Just Us

9:45 Let's Walk/ Polar Regions Facts
 10:15 Catholic Mass w/ Father Bourek
2:00 The Rockenbachs
 6:00 Frozen Planet "On Thin Ice" (N)

9:45 Jeopardy Trivia
 10:15 Chapel Service
 2:00 Movie & Popcorn
 6:30 Bingo w/Pam

9:45 Reminiscing
 10:30 Yoga w/Anita
 NOON Men's Lunch
 2:00 Fun w/Food "Oatmeal Month"
 6:30 Yahtzee

9:45 Core Exercises
 10:30 Family Fued
2:00 UNL Polka Band
 6:30 Golfing

9:45 Balloon Toss
 10:30 Catholic Comm
 10:30 Devotions
 2:00 Crafts
 6:30 Ma & Pa Kettle

9:45 Stretching Exercises
 10:30 Sharing Recipes & Cook Books
 1:30 Manicures
 3:00 Resident Council Meeting
 6:30 Puzzles

8:45 Coffee Club (Current Events)
 10:30 Name 5
 2:00 Bingo w/Pam
6:30 Just Us

9:45 Let's Walk/ Luau Facts
 10:15 Catholic Mass w/ Father Bourek
2:00 Luau Party w/ Music by Spotted Horse
 6:00 Documentary "South Pacific" (N)

9:45 Jeopardy Trivia
 10:15 Chapel Service w/Communion
1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Bingo w/Pam

9:45 Reminiscing
 10:30 Yoga w/Anita
 NOON Men's Lunch
 2:00 Fun w/ Food "Sugary Tortilla Snowflakes"
 6:30 Yahtzee

9:45 Core Exercises
 10:30 Family Fued
 2:00 Decorate Chocolate Cupcakes
 6:30 Golfing

Chocolate Cake Day

9:45 Balloon Toss
 10:30 Catholic Comm
 10:30 Protestant Service w/ Jeff Collins
 2:00 Hot Chocolate and Cookie Social
 6:30 Ma & Pa Kettle

9:45 Stretching Exercises
 10:30 Food Fads of the 60's
 1:30 Manicures
 6:30 Marshmallow Monday "Marshmallow Crafts"

8:45 Coffee Club (Current Events)
 10:30 Name 5
 2:00 Bingo w/Pam
7:00 Lincolnair Chorus

9:45 Let's Walk/ The Summit Facts
 10:15 Catholic Mass w/ Father Bourek
2:00 The Clefs
 6:00 The Summit (N)

January

