

VALENTINE'S DAY

We will be voting for our annual Valentine King and Queen, so please place your votes. Winners will be announced at 1:30 with music to follow.

VALENTINE'S RECIPE

4 small kisses
6 giant hugs
1 cup of kindness
3 cups of love
5 tsp of happiness
2+ caring hearts
Mix together and spread the love



Lincoln HAPPENINGS

FEBRUARY

HAPPENINGS IN LINCOLN

HAT DAY



HAT DAY

Some wore hats, some didn't, but we all enjoyed making hats with oreo cookies. Most of us just enjoyed the oreo cookies. Thanks to our new Kitchen Manager Cindy Ellis for making this adorable Hat Cake and it tasted as good as it looks. You know it is a fun day when everyone has a smile on their face!!



HEART HEALTHY MONTH

Along with Valentine's Day, February marks American Heart Health Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for men and women.

Small changes can make a big difference in your heart health.

***Add exercise to your daily routine.**

***Increase healthy eating .
Limit salt**

***Quit Smoking**

*** Take medications as prescribed**

Here are some simple ways you can eat healthier:

INCLUDE- Fruits & Vegetables, Whole grains, Beans and legumes, Nuts and seeds, Fish, Skinless Poultry, Low-fat dairy products, Healthier fats and non-tropical oils.

LIMIT- Sweets and added sugars, especially sugary drinks, Sodium and salt, Saturated fat and Fatty or processed meats.

TIPS- Choose mindfully, Watch your calories and eat reasonable portions.

HEALTHY SNACKING- Munchies that crunch: fruit, vegetables, whole grain crackers, nuts and seeds.

Snacks that Satisfy:
Fruit Smoothie
Low Fat Yogurt
Hummus with tomatoes



Bickford
assisted living
& memory care

****WEAR RED ON FRIDAY
FEBRUARY 2nd for
HEART HEALTHY MONTH**

**FEBRUARY BIRTHDAYS
RESIDENT BIRTHDAYS**

BETTY DEETS 2/22

BICKFORD FAMILY MEMBERS BIRTHDAYS

RENEE PICKEREL 2/2
CLAUDIA CARDENAS 2/18
CATHY BEUTLER 2/21

****FAMILY GATHERING
TUESDAY FEBRUARY 6th @ 5:00pm
Soup Supper starts at 5:00pm
We will also be sharing info on "How to
stay healthy" following the soup supper.
Hope to see you all there!!!**

please RSVP 402-420-6058



February

S

M

T

W

T

F

S

9:45 Balloon Toss
10:30 Catholic Communion
10:30 Devotions
2:00 Super Bowl Party
5:30 Super Bowl
4

9:45 Stretching Exercises
10:30 Would You Rather?
1:30 Manicures
6:30 Hot Cocoa by the Fireplace
5

9:45 Coffee Social (Love is in the Air)
10:30 Current Events
2:00 Bingo w/Pam
5:00 Family Gathering Soup Supper
6:30 Tom Roth
6

9:45 Let's Walk Butterfly Trivia
10:15 Catholic Mass w/Father Bourek
2:00 Old Time Music
6:00 Flight of the Butterflies (N)
7

9:45 Pototo Lovers Day
10:15 Chapel Service
1:30 Prayer Time w/Deb
2:00 Movie & Popcorn
6:30 Bingo w/Pam
8

9:45 Winter Olympics Begin
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 Fun w/ Food (National Pizza Day)
6:30 Name 5
9

9:45 Core Exercises
10:30 Music for the Birds
2:00 Monthly Birthday Party w/Dick Patterson
6:30 Coffins Day "History of Pies"
10

9:45 Balloon Toss
10:30 Catholic Communion
10:30 Protestant Service w/Jeff Collins
2:00 Beating the Winter Blahs Wine & Cheese II Party
6:30 Yahtzee
12

9:45 Stretching Exercises
10:30 Would You Rather?
1:30 Manicures
6:30 Hot Cocoa by the Fireplace
Westminster Dog Show 8am-4pm
13

9:45 Coffee Social (Mardi Gras)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us
14

9:45 Let's Walk Ash Wednesday
10:15 Catholic Mass w/Father Bourek
1:30 Valentine Party
2:00 Anne Bremmer
6:00 Winter Games Preview (N)
15

9:45 Women Trivia
10:15 Chapel Service
2:00 Movie & Popcorn
6:30 Bingo w/Pam
16

9:45 Jokes
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 Fun w/ Food (Whipped Cherry Pie)
6:30 Name 5
17

9:45 Core Exercises
10:30 Famous Faces
2:00 Crafts
6:30 It's a Cat's Meow
18

9:45 Balloon Toss
10:30 Catholic Communion
10:30 Devotions
2:00 Daytona 500 Party
6:30 Yahtzee
19

9:45 Stretching Exercises
10:30 President's Day Trivia
1:30 Manicures
3:00 Painting
6:30 Hot Cocoa by the Fireplace
20

9:45 Coffee Social (Erma Bombeck)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us
21

9:45 Let's Walk Toy Trivia
10:15 Catholic Mass w/Father Bourek
2:00 The Rockenbachs
6:00 The Toys That Made Us (N)
22

9:45 Trivia
10:15 Chapel Service w/Communion
1:30 Hymn Singing w/Deb
2:00 Movie & Popcorn
6:30 Bingo w/Pam
23

9:45 Jokes
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 Fun w/ Food (Girl Scout Cookie Day)
6:30 Name 5
24

9:45 Core Exercises
10:30 Famous Faces
2:00 Crafts
6:30 Pistachio Day
25

9:45 Balloon Toss
10:30 Catholic Communion
10:30 Protestant Service w/Jeff Collins
2:00 Painting
6:30 Yahtzee
26

9:45 Stretching Exercises
10:30 Would You Rather?
1:30 Manicures
3:00 Resident Council Meeting
6:30 Hot Cocoa by the Fireplace
27

9:45 Coffee Social (Erma Bombeck)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us
28

9:45 Let's Walk Johnny Cash Trivia
10:15 Catholic Mass w/Father Bourek
2:00 The Clefs
6:00 Walk The Line Movie (N)
29

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

9:45 Ground Hog Day
10:00 Catholic Comm.
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 Fun w/Food (Heart Healthy Month)
6:30 Name 5
Wear Red Day
31

9:45 Core Exercises
10:30 Welcome to February Trivia
2:00 Arts & Crafts Day w/ UNL Pre PA Club
6:30 Snack Food Saturday
3

