

- 12 Ways To Keep Your Brain Young
1. Get Mental Stimulation
  2. Get Regular Exercise
  3. Improve Your Diet
  4. Improve Your Blood Pressure
  5. Improve Your Blood Sugar
  6. Improve Your Cholesterol
  7. Consider Low-Dose Aspirin
  8. Avoid Tobacco
  9. Don't Abuse Alcohol
  10. Care For Your Emotions
  11. Protect Your Head
  12. Build Social Networks

# Grand Island HAPPENINGS

MARCH

## SPRINGING INTO HAPPINESS

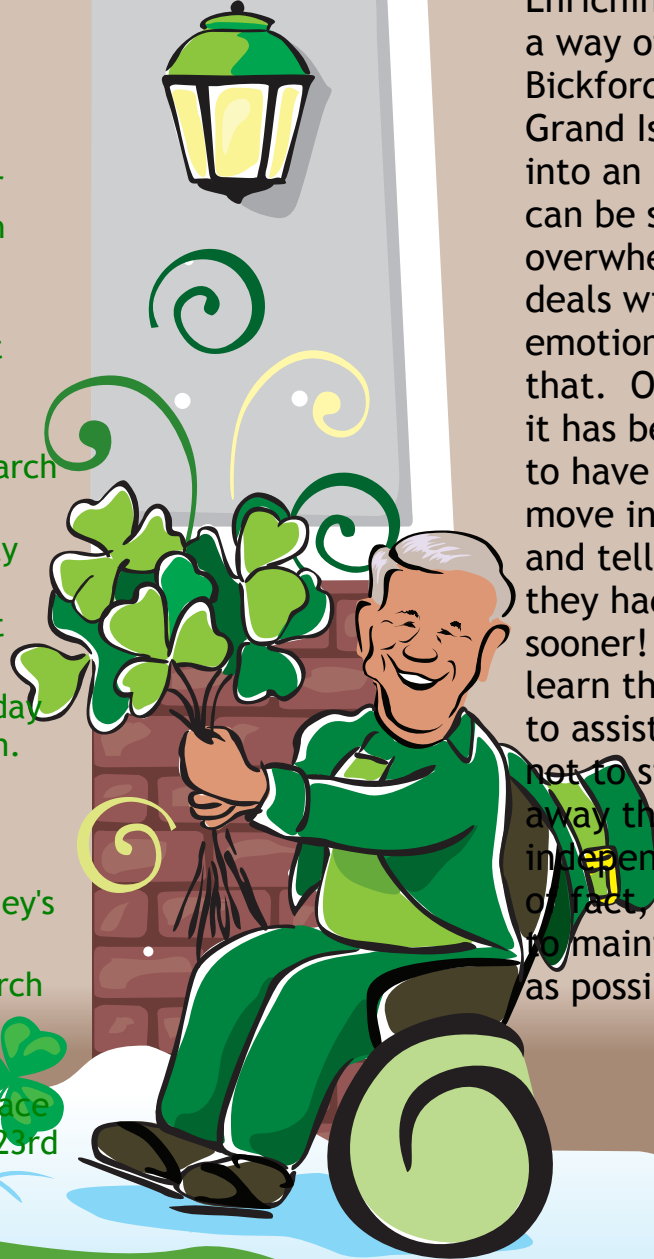


- MARCH EVENTS:**
- \* World Day of Prayer 10:00am prayers with our Chaplain Teresa
  - \*Foot Doctor Visit on Tuesday March 6th at 1pm.
  - \*Hyvee Dietition Presentation Wed. March 7th at 2pm.
  - \*Casino fun theme day Thursday March 8th. Vegas fun & games at 3pm.
  - \*Support Group Tuesday March 13th at 6:30pm. with a light Supper served.
  - \*Lunch outing Wed. March 14th to Mckinney's Irish Pub.
  - \*St. Patrick's Day March 17th with snacks & games at 2pm.
  - \*Fonner Park Horse Race Outing Friday March 23rd at 2pm.

### Enriching Happiness...

Enriching Happiness is a way of life at Bickford Cottage of Grand Island. Moving into an assisted living can be scary, overwhelming and one deals with many emotions on top on that. Over the years, it has been a blessing to have residents move into Bickford and tell us they wish they had moved in sooner! They quickly learn that we are here to assisted them and not to steal or take away their independence, matter of fact, we want them to maintain it as long as possible.

Three (delicious) meals a day, a variety of activities in and outside of the cottage, one-on-one activites for residents with memory care needs, certified medication aides and caregivers and most importantly, BFM's that understand the value in going above and beyond to make our residents happy! This is why our cottage has won many awards through the years for resident happiness. We are thankful to be so blessed and look forward to what the future holds for us. Darcy Hansen, Director



**MARCH BIRTHDAY'S**

LaVonne Juhl - 1  
 Dolores Muhs - 4  
 Pat Larson -17  
 Lori Bebee - 20  
 Darcy Hansen -31

**BICKFORD ANNIVERSARIES**

Sarah Stephens - 15 years  
 Petra Guzman - 3 years

**MARCH IS...**

Green Month  
 Craft Month  
 Potato Chip Month  
 Red Cross Month  
 Spiritual Wellness Month  
 Girl Scout Month  
 Coca-Cola Month  
 Kidney Month  
 Nutrition Month  
 Olive Month



March

9:30 Daily Devotions  
 10:00 Peace Lutheran DVD Service  
 2:00 Finish Movie Title  
 4:00 Church Service  
 6:00 Oscar Viewing Party 4

10:30 Sittercise  
 11:00 Men's Gather  
 1:45 Bingo  
 2:00 Nail Care  
 3:00 Ice Cream Social  
 6:00 Table Tennis 5

9:30 Walking Group  
 10:00 A "Yolk" A Day  
 1:00 Foot Dotor Visits  
 1:30 Bible Study  
 2:30 Eat The Middle First  
 6:00 What's In A Name 6

9:30 Sittercise  
 10:00 Hymn Singing  
 2:00 Hyvee Dietitian Presentation  
 3:00 Banana Ice Cream  
 6:00 Craft-Shamrock Pins 7

**Casino Fun**  
 9:30 Circus Exercise  
 10:00 Big Dice Game  
 12:00 Buffet Lunch  
 1:45 Bingo  
 3:00 Viva Las Vegas!  
 6:00 Horse Race 8

9:30 Fun Fruday Ex.  
 10:00 Hang The Songman  
 1:30 Prayers w/Charlie  
 2:00 Nutritional Hour  
 3:00 Ice Cream Social  
 6:00 Friday Night Bingo 9

9:30 Walk & Talk  
 10:00 Saturady Sillies  
 2:00 Word Search Fun  
 3:00 Bistro Buddies  
 6:00 Classic T.V. Shows 10

**DAYLIGHT SAVINGS**  
 9:30 Daily Devotions  
 10:00 Peace Lutheran DVD Service  
 2:00 Apples & Carmel  
 4:00 Church Service  
 6:00 Movie & Popcorn 11

10:30 Sittercise  
 11:00 Men At Work  
 1:45 Bingo  
 2:00 Nail Care  
 3:00 Ice Cream Social  
 6:00 Girl Scouts Fun & Cookies 12

9:30 Walking Group  
 10:00 Bickford Bakers  
 1:30 Bible Study  
 2:30 Food For Thought  
 6:00 Shooting Hoops  
 6:30 Support Group 13

9:30 Sittercise  
 10:00 Chair Zumba  
 11:00 Lunch Outing-Mckinney's  
 2:00 Spiritual Program  
 3:00 Ice Cream Social  
 6:00 Things Together 14

9:30 Walking Group  
 10:00 Puns For Fun  
 1:45 Bingo  
 2:00 Employee Meeting  
 3:00 Thirsty Thursday  
 6:00 Music- Paul Ramp 15

9:30 Shopping Trip  
 10:00 Coffee & Chat  
 1:30 Prayers w/Charlie  
 2:00 A Wee Bit Of Irish Humor  
 3:00 Shamrock Shakes  
 6:00 Pot O' Gold Game 16

**St. Patrick's Day**  
 9:30 Irish Fun Facts  
 10:00 Irish Chair Jig  
 12:00 Holiday Meal  
 2:00 Roll A Leperechaun  
 6:00 Clover All Over 17

9:30 Daily Devotions  
 10:00 Peace Lutheran DVD Service  
 2:00 Music Memories  
 4:00 Church Service  
 6:00 Movie & Popcorn 18

10:30 Sittercise  
 11:00 Men's Gather  
 1:45 Bingo  
 2:00 Nail Care  
 3:00 Ice Cream Social  
 6:00 Getting To Know You Game 19

**SPRING BEGINS**  
 9:30 Walking Group  
 10:00 Spring Fling  
 1:30 Bible Study  
 2:30 Chip & Chat  
 6:00 Brain Games 20

9:30 Sittercise  
 10:00 Name That Tune  
 2:00 Riddle Me This Game  
 3:00 Ice Cream Social  
 6:00 Hangman 21

9:30 Walking Group  
 10:00 Knit & Crochet  
 1:45 Bingo  
 3:00 Now & Then Reminisce  
 6:00 Table Hockey 22

9:30 Fun Friday Ex.  
 10:00 Remeber When..  
 1:30 Prayers w/Charlie  
 2:00 Outing: Fonner Park Horse Race  
 3:00 Ice Cream Social  
 6:00 Kings In Corner 23

9:30 Walk & Talk  
 10:00 Saturady Sillies  
 2:00 Chocolate Covered Raisens Day  
 3:00 Bistro Buddies  
 6:00 Triominos 24

9:30 Daily Devotions  
 10:00 Peace Lutheran DVD Service  
 2:00 Social Hour  
 4:00 Church Service  
 6:00 Movie & Popcorn 25

10:30 Sittercise  
 11:00 Men At Work  
 1:45 Bingo  
 2:00 Nail Care  
 3:00 Ice Cream Social  
 6:00 Batter-Up! 26

9:30 Walking Group  
 10:00 Bickford Bakers  
 1:30 Bible Study  
 3:00 Kay & Cloggers & Birthday Bash  
 6:00 Craft- Easter Egg Decoration 27

9:30 Sittercise  
 10:00 Catholic Mass  
 2:00 Music-Julie C.  
 3:00 Ice Cream Social  
 6:00 Family Fued Game Night 28

9:30 Walking Group  
 10:30 Music-Tim Javorsky  
 1:45 Bingo  
 3:00 Manager's Special  
 6:00 Coca-Cola Day 29

**GOOD FRIDAY**  
 9:30 Shopping Trip  
 10:00 Coffee & Chat  
 1:30 Prayers w/Charlie  
 2:00 Plinko Game  
 3:00 Ice Cream Social  
 6:00 Fiday Night Bingo 30

9:30 Current Events  
 10:00 Sittercise  
 2:00 Adult Coloring  
 3:00 Relax & Refresh  
 6:00 Table Games 31

