

---NATIONAL SAFETY MONTH FOR SENIORS TIPS---

- By keeping your apartment floor free of clutter. You reduce the number of trips or falls by more than half.
- Always get up slowly after sitting or lying down. Take your time and make sure you have your balance.
- Leave a light on in your bathroom at night.
- Live an active lifestyle.
- Eat healthy food & drink water.
- Move around during the day. Mild exercise can make muscles strong and improve body balance and coordination, which in turn would help in averting falls.

THINK
SAFETY
STARTS
WITH YOU

Davenport

HAPPYNNINGS

JUNE

Audibel Hearing Solutions--2882 AAA Court, Bettendorf, IA
Patrick Hanrahan, HAS *563-888-5482*

At Audibel Hearing Solutions we understand the impact that losing your hearing can have on your enjoyment of daily activities as well as relationships. Our dedicated and knowledgeable staff will work with you or your loved one to find a personalized hearing care

solution that will fit your unique lifestyle. We treat each patient uniquely by offering personalized hearing care that includes diagnostic evaluations, education rehabilitation tools to ensure the right hearing solutions are provided. We offer the best value on advanced

hearing aid technology in the Quad Cities. Untreated hearing loss can have an impact on more than just communication abilities and relationships, it now is also being reported that it is linked to the increased development of dementia. Treating hearing loss with the use of hearing aids can be a very important step towards delaying or preventing dementia. We recommend that anyone experiencing hearing loss, or for a loved one, to take the important first step in addressing the issue by

scheduling an appointment for a complimentary hearing consultation. Hearing loss has many causes, symptoms and effects when untreated over time. In fact, well over 30 million Americans, of all ages, report having some degree of hearing loss. Many of these people could reconnect themselves to the sounds they love if they chose to use hearing aids. Our goal is to help anyone who feels they may be experiencing the negative impact of hearing loss in their daily life take the first step. --Patrick is here at our Bickford Branch every second Tuesday of the month at 8:30 a.m. Stop in and visit with him or give him a call.

June HappYnings---

- 6th Western Day with R. Dahms
- 12th Audibel Hearing
- 13th Craft, Coffee and Craft with Laura
- 14th Flag Day with The Retzl's
- 18th Lunch Bunch
- 20th BOHH Group Birthday Party
- 21st Summertime with L. Knudsen
- 22nd R. Lubbers, Shelby's Bingo
- 26th Activity Fun with BFM's Erica and Jen
- 27th BFFF in Bettendorf
- 28th Karen Michael
- 29th Lunch Bunch

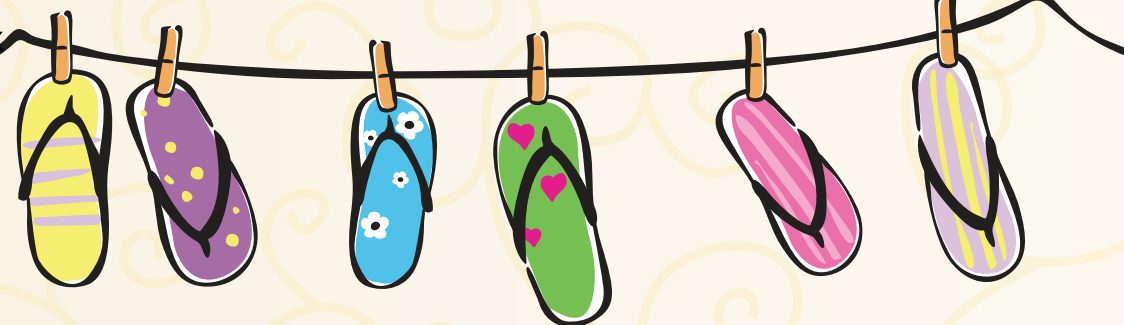
In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on June 14, 1777, by resolution of the Second Continental Congress. In 1916, the president of the United States issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. Flag Day is not an official federal holiday. On June 14, 1937, Pennsylvania became the first U.S. state to celebrate Flag Day as a state holiday. Perhaps the oldest continuing Flag Day parade is in Fairfield, Washington in 1909 or 1910, Fairfield has held a parade every year and a "Centennial" parade in 2010.

Bickford
assisted living
& memory care





Happy Birthday to:
4th -Jeanette Quick
5th- Earl Johnson
13th -Xenia Patten
21st- Sam Olsen



---2018---

June

10a Exercise, C. Events
10:30a SJVC communion
1:15p "Walking Club"
2p Marketplace Church
with Chaplain Val
Communion opt.
3p Games or Rummy
3p Movie and Popcorn **3**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Flip Flop Bingo
3p Patio time
3p P. Sands Live, Ch. 6 **4**

10a Exercise, Devotions
Current Events & Trivia
11a Eyeglass cleaning
1:15p "Walking Club"
2p Manicure Appts.
2p Western Movie **5**

WESTERN DAY
10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing, Karl
1:15p "Walking Club"
2p Western Party with
Robert Dahms **6**

10a Exercise, Devotions
Current Events & Trivia
1p TBA
1:15p "Walking Club"
3p Enjoy the Courtyard,
stop at the hydration
station **7**

LUNCH BUNCH
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Card Bingo
3p Cards
4:30p Jeopardy, Ch. 6 **8**

10a Exercise, C. Events
1p Games of your choice
1:15p "Walking Club"
2p Bickford Bingo
3p Cards of your choice
6p L. Welk Show, PBS
7p Gaither Hour, PBS **9**

10a Exercise, C. Events
10:30a SJVC communion
1:15p "Walking Club"
2p Marketplace Church
with Chaplain Val
3p Games or Rummy
3p Movie and Popcorn **10**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Snack Bingo
3p Rummy
3p P. Sands Live, Ch. 6 **11**

AUDIBEL HEARING
10a Exercise, Devotions
Current Events & Trivia
11a Eyeglass cleaning
1:15p "Walking Club"
2p Manicure Appts.
3p Jewelry cleaning **12**

RESIDENT COUNCIL MTG
IN-SERVICES 8p & 3p
10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing, Karl
1:15p "Walking Club"
2p Craft, Conversation &
Coffee with Laura **13**

Flag Day
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p The Retzl's Sings
Patriotic Songs
3p Patio Time **14**

LUNCH BUNCH
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Bickford Bingo
3p Cards
4:30p Jeopardy, Ch. 6 **15**

10a Exercise, C. Events
1p Games of your choice
1:15p "Walking Club"
2p Matinee Movie
3p Cards of your choice
6p L. Welk Show, PBS
7p Gaither Hour, PBS **16**

HAPPY FATHER'S DAY
10a Exercise, C. Events
10:30a SJVC communion
Father's Day Dinner
1p John Fliss entertains
2p Marketplace Church
with Chaplain Karl
3p Movie and Popcorn **17**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Prize Bingo
3p Patio time
3p P. Sands Live, Ch. 6 **18**

10a Exercise, Devotions
Current Events & Trivia
11a Eyeglass cleaning
1:15p "Walking Club"
2p Manicure Appts.
2p Comedy movie **19**

10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing, Val
1:15p "Walking Club"
2p Beacon of Hope Group
Birthday Party
3p Enjoy the Courtyard **20**

SUMMERTIME
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Lewis Knudsen &
Summertime
refreshments
3p Paul Sands Live, NB61 **21**

LUNCH BUNCH
10a Exercise, Devotions
Current Events & Trivia
1 pm Ron Lubbers
2:15p Shelby's Bingo
4:30p Jeopardy, Ch. 6 **22**

10a Exercise, C. Events
1p Games of your choice
1:15p "Walking Club"
2p Bickford Bingo
3p Cards of your choice
6p L. Welk Show, PBS
7p Gaither Hour, PBS **23**

10a Exercise, C. Events
10:30a SJVC communion
1:15p "Walking Club"
2p Marketplace Church
with Chaplain Val
3p Games or Rummy
3p Movie and Popcorn **24**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Card Bingo
3p Rummy
3p P. Sands Live, Ch. 6 **25**

10a Exercise, Devotions
Current Events & Trivia
11a Eyeglass cleaning
1:15p "Walking Club"
2p Manicure Appts.
2p Activity with Jen &
Erica
3p Jewelry cleaning **26**

BFFF in BETTENDORF
10a Exercise, Devotions
Current Events & Trivia
10:30a Hymn Sing, Val
1:15p "Walking Club"
2p Summer Craft time **27**

10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Karen Michaels
3p Patio Time, stop at
the hydration station **28**

LUNCH BUNCH
10a Exercise, Devotions
Current Events & Trivia
1:15p "Walking Club"
2p Bickford Bingo
3p Cards
4:30p Jeopardy, Ch. 6 **29**

10a Exercise, C. Events
12-2p Carnival Cook-out,
Enjoy Fun Family Time!
3p Cards of your choice
6p L. Welk Show, PBS
7p Gaither Hour, PBS **30**