



### Flu Prevention Tips

*This years flu is predicted to be a rough one. Here are some helpful tips to help you get thru this flu season.*

- \*Wash your hands thoroughly with soap and warm water.*
- \*Get your flu shot! If you haven't recieved one and are interested in getting one please see Cindy*
- \*Please Stay Home When you are not feeling well*
- \*Cover your mouth and nose with a tissue when your are sneezing or coughing.*
- \*Cough or Sneeze into your upper sleeve not your hand.*
- \*Put used tissue in the waste basket.*

*\*Note to our family members: If you are not feeling well and are having flu like symptoms or if the little ones are feeling sick please avoid visits to the branch for 2 to 3 days to help us keep your loved ones here at Bickford healthy and flu free. Thank you!*

# Oswego HAPPENINGS

DECEMBER

### *Holiday Traditions*

*The Holiday season is officially here and traditions are one of the things that are especially important this time a year. What is a holiday tradition that you must do each year?*

*-One of our traditions when my kids were little was to go see Santa Clause every year, that is of course until one of the kids bursted the bubble and watched Santa get into his Ford focus and told everyone, no more santa. It was funny and now an ongoing joke. -Sue*

*-In my family on Christmas Eve we get in our Christmas Pajamas and we get out fun Board games and drink hot cocoa all night and sleep in the next day. -Mariah*

*-My tradition is making home made Christmas cookies and putting them in the beautiful tins with bows. -Audrey*

*-We like bringing the family together to sing Christmas songs. But getting the family together is important at Christmas. -Dina*

*\*May the traditions you celebrate this holiday season bring you Joy and Happiness. Happy Holidays from all of us at Bickford.*

*-We love getting together and going Christmas shopping for everyone. -Bill & Georgia*

### *Thank You Veterans!*

Last month we were able to honor all of our military heroes on Veterans Day. We are so Thankful to all of the men and women who served and continue to serve our country. We are especially thankful for all of our

residents who have proudly served in the military. We tip our hats to you all. Thank you for your bravery and honor to serve our great country. "Home of the Free because of the Brave!" Happy Veterans Day!



### *Holiday Events*

The Holiday is in full swing! That means we are going to have lots of extra visitors in our building bringing us holiday cheer. Please mark these special events on your calendars.

*\*13thThompson Choir Performance*

*\*18th Little Munchkin Performance & Southbury 1st Graders Performance*

*\*19th Christmas Lights Outing*

*\*20th Violin & Piano Recital*

*\*25th Merry Christmas!*

*\*26th Wizard of OZ Paramount Outing*

*\*31st Countdown to Noon*

*\*1st Tree Decorating & Sing Along Event*

*\*6th Winter Festival Themed Day*

*\*7th Bickford's Annual Christmas Party*

*\*10th Reminisce with Chaplain Diana & Cubs Scouts Troop 633 Caroling*

*\*11thTraugher Choir Performance*

*\*\*Hope you can all join us for all the fun events this month\*\**



# December Birthdays

Georgia Howorth  
Courtney Lage  
Ashley Boneta

1st(Resident)  
9th (BFM)  
15th(BFM)

## Bread Basket Corner

Yummy Homemade Coconut Cream Pie made by Florence.



You can find all our recipes from our bread basket in our Recipe book located in the Bistro.



S	M	T	W	T	F	S
<p>10:30 DVD Exercise 11:00 Word Puzzles 12:00 Bears Game C32 3:00 Afternoon Movie 5:00 Bulls Game Ch665 6:00 Hawks Game C665 30</p>	<p><u>Pajama Day</u> 10:00 Exercise 10:15 T.V. Classics 10:30 Target 11:50 Countdown to 12 1:30 2018 Picture Craft 2:30 Reminisce About 2018 31</p>		<p>*Activities Subject to Change</p>		<p><b>OUTINGS = PURPLE</b> <b>SPECIAL EVENTS &amp; ACTIVITIES = BLUE</b> <b>*SPORTS GAMES = GREEN</b></p>	<p>10:30 Exercise 11:00 Who, What, When? 2:00 Tree Decorating Event &amp; Sing-A-Long 7:00 Bulls Game Ch665 7:00 Hawks Game Ch.9 1</p>
<p>10:30 DVD Exercise 11:00 Word Puzzles 12:00 Bears Game C32 2:00 Hymn &amp; Prayer 3:00 Afternoon Movie 6:00 Hawks Game C665 2</p>	<p><u>Pajama Day</u> 10:00 Exercise 10:15 T.V. Classics 10:30 Target 1:30 Basketball Hoops 2:30 Reminisce 3</p>	<p>10:30 Exercise 11:00 Art Corner 1:30 Nail Care 3:00 Themed Trivia &amp; Frozen Treats 3:30 Afternoon Movie 4</p>	<p>10:30 Exercise 11:00 Mindstretch 1:30 Pet Therapy 2:00 Fly Swatter Volley 3:00 Communion 3:30 Men's Club 9:30 Hawks Game Ch.9 5</p>	<p><u>Winter Festival</u> 10:30 Exercise 11:00 Snowman Building Contest 1:30 Snowball Fight 3:00 Prairie Point Visit 3:30 Hot Chocolate &amp; Movie "Jack Frost" 6</p>	<p>10:00 Exercise 10:15 Documentary 10:30 Gender Reveal 11:50 Dine In Culver's 2:00 Praise &amp; Prayer 3:00 Bean Bag Baseball 7:00 Family Christmas Party 7</p>	<p>10:30 Exercise 11:00 Are You Smarter than a 5th Grader? 1:15 Guess Who? 2:00 Candy Bar Bingo 3:00 Afternoon Movie 8</p>
<p>10:30 DVD Exercise 11:00 Word Puzzles 12:00 Bears Game C32 3:00 Afternoon Movie 5:00 Hawks Game C665 9</p>	<p><u>Pajama Day</u> 10:00 Exercise 10:15 T.V. Classics 10:30 Dollar General 1:30 Basketball Hoops 2:30 Reminisce with Diana 7:00 Bulls Game Ch665 10</p>	<p>10:30 Exercise 11:00 Save the Snow person Game 1:30 Nail Care 3:00 Random Trivia &amp; Frozen Treats 3:45 Traugher Choir 11</p>	<p>10:30 Exercise 11:00 Sing a long with Barb 1:30 Pet Therapy 3:00 Communion 3:30 Men's Club 12</p>	<p>10:30 Exercise 11:00 Crossword 1:30 Library Outing 2:30 Musical Ball Toss 3:00 Prairie Point Visit 3:30 Red Skelton Show 6:00 Thompson Jr. High Choir 13</p>	<p>10:00 Exercise 10:15 Documentary 10:30 Pig Dog Pub 2:00 Praise &amp; Prayer 3:00 Bean Bag Baseball 14</p>	<p>10:30 Exercise 11:00 You Be the Judge 1:15 Guess Who? 2:00 Snack Bingo 3:00 Sing Along 15</p>
<p>10:30 DVD Exercise 11:00 Word Puzzles 12:00 Bears Game C32 2:00 Hymn &amp; Prayer 3:00 Afternoon Movie 6:00 Hawks Game Ch.9 16</p>	<p><u>Christmas PJ Day</u> 10:00 Exercise 10:15 T.V. Classics 10:30 Walmart 1:30 Basketball Hoops 2:30 Reminisce 7:00 Bulls Game Ch.9 17</p>	<p>10:00 Exercise 10:30 Little Munchkins 1:30 Resident Meeting 2:00 Nail Care 3:00 Modern Trivia &amp; Frozen Treats 4:15 Southbury 1st Graders 18</p>	<p>10:30 Exercise 11:00 Mindstretch 1:15 Lutheran Service 1:30 Pet Therapy 2:00 Fly Swatter Volley 3:00 Communion 3:30 Men's Club 6:15 Christmas Lights 19</p>	<p>10:30 Music Exercise with Simone 11:00 Christmas Craft 1:30 Musical Ball Toss 2:00 Andy Williams 3:30 Afternoon Movie 7:00 Violin &amp; Piano Recital 20</p>	<p>10:00 Exercise 10:15 Documentary 10:30 Bakers Square 2:00 Praise &amp; Prayer 3:00 Bean Bag Baseball 21</p>	<p>10:30 Exercise 11:00 Hangman 1:15 Guess Who? 2:00 Christmas Bingo 3:00 Afternoon Movie 22</p>
<p>10:30 DVD Exercise 11:00 Word Puzzles 3:00 Bears Game C32 5:00 Bulls Game Ch665 6:00 Hawks Game Ch.9 23</p>	<p><u>Christmas PJ Day</u> 10:00 Exercise 10:15 T.V. Classics 10:30 Walgreens 12:30 Christmas Surprise 1:30 Egg Nog Social 2:30 Reminisce 24</p>	<p><u>Christmas Day</u> 9:00 Christmas Parade 11:00 Christmas Puzzles 3:00 Afternoon Movie "White Christmas" 25</p>	<p>10:30 Exercise 11:00 Mindstretch 1:30 Pet Therapy 3:00 Communion 3:30 Men's Club 26</p>	<p>10:30 Exercise 11:00 Crossword 1:30 Library Outing 2:30 Musical Ball Toss 3:00 Afternoon Movie 27</p>	<p>10:00 Exercise 10:15 Documentary 10:30 Giordanos 2:00 Praise &amp; Prayer 3:00 Bean Bag Baseball 28</p>	<p>10:30 Exercise 11:00 Jeopardy Trivia 1:15 Guess Who? 2:00 Dirty Bingo 3:00 Sing-A-Long 29</p>

# December