

July is National Blueberry Month

The many benefits you can get from eating Blueberries:

- Provide fiber
- Facilitates hair growth
- aids weight loss
- lowers the risk of cancer
- reduces risk of cardiovascular diseases
- prevent & cures acne
- prevent premature graying
- fights against cholesterol



Happiness Explosion

OH my oh MY! who turned up the heat! This is certainly a FAR CRY from our temperature in APRIL 2018 when we had our final snow storm of the season!

I want to personally thank all of you who were able to join us for our first annual family BBQ!! It is always so much fun to get together with everyone. I do hope you enjoyed it just as much as we did!

For those of you that were unable to attend, I have some news to share! Our leadership team here at Bickford of Fort Dodge is finally COMPLETE!

Frederick Green has joined our family as of June 1st as our Community Relations Director! Brittney and I are very excited to have him join our directing family group. Frederick or Fred has lived around Fort Dodge for many year with his wife and 2 children. I welcome you to stop by and say a CHEERY Hello to Frederick. I am sure that he would love to share more with you about his family, as he loves talking about his Pride and joy!

Lori Platt
515-571-2029



Bickford Happynings

Birthdays:

Residents:

*7/3--Marian Jensen

BFM'S

*7/30--Brittney Rial

Welcome:

Residents:

*Bob & Bea Wingerson

BFM's

*Frederick Green

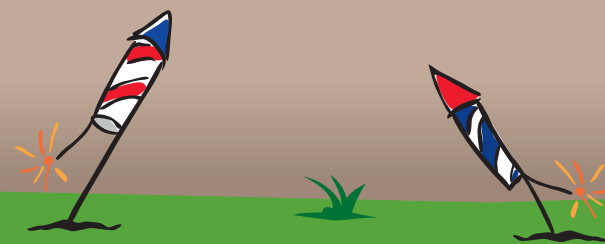
*Savena Cox

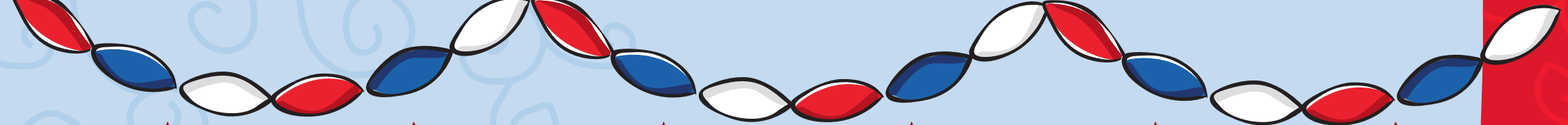
*Dani Sibitt

*Jessica Mabe

Happy Birthday to the the both of you!!!!!!!

We are so happy to have you all join our Bickford Family.





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10:30a Catholic Communion
2p Crazy 8's
4p Church with Michael
6:30p Noodleball 1

10a Coffee Club
10:30a Exercise with Wanda
2p BINGO
3p Happy Hour
6:30p Garden Club 2

9a Irlene's Bible Study
10:30a Exercises
2p Crafty Tuesday(apron decorating)
6:30p BucketBall 3

Independence Day
10:30a Scav' Hunt
2p #4 Bingo
6:30p Ice Cream in Courtyard
9p Fireworks in Parking Lot 4

9a Singing with Michael
10:30a Exercising with Pool Noodles
2p Afternoon Social
6:30p Car Rides 5

9:30a Bickford Bakers
10a Walmart Shopping
10:30a Exercises
2p BINGO
6:30p Manicures 6

11a News & Views
2p Balloon Swat
2p Board Games
6:30p Garden Club 7

10:30a Catholic Communion
2p White Board Games
4p Church with Michael
6:30p Yahtzee 8

10a Coffee Club
10:30a Exercise with Wanda
2p Just 4 Fun Band
3p BINGO
6:30p Music with Brady 9

9a Irlene's Bible Study
10:30a Exercises
2p Heather's Crafts(Studio Fusion)
6:30p Rootbeer Floats in Courtyard 10

10:30a Seated Soccer
2p BINGO
3:30p Catholic Mass
6:30p Bottle Ring Toss 11

9a Singing with Michael
11:30a Rosary
2p Music with Elvis
3p Outdoor Walks
6:30p Country Scenic Rides 12

9:30a Bickford Bakers
10:30a Exercises
2p BINGO
6:30p Pedicures 13

11a News & Views
2p Balloon Swat
2p Bean Bag Toss
6:30p Balloon Volleyball 14

10:30a Catholic Communion
2p Old Maid (card game)
4p Church with Michael
6:30p Charades 15

10a Coffee Club
10:30a Exercise with Wanda
2p BINGO
6:30p Garden Club 16

9a Irlene's Bible Study
10:30a Exercises
2p Music with Ace & Friends
6:30p Memory Dice 17

10:30a Seated Soccer
2p BINGO
3p Hot Dogs Courtyard (Nat' Hot Dog Day)
6:30p Strolling The Outdoors 18

Italian Theme
9a Singing w Michael
2p Barebones/Happy Hour
3p Spaghetti Hunt
6:30p I "Mustache" You a Question 19

9:30a Bickford Bakers
10a Resident Shopping
10:30a Exercises
2p BINGO
6:30p Name That Tune 20

11a News & Views
2p Balloon Swat
3p Gospel Music with Adam & Jessica
6:30p Word Train on Whiteboard 21

10:30a Catholic Communion
2p Bean Bag Bowling
2p Hangman
4p Church with Michael
6:30 Hangman 22

10a Coffee Club
10:30a Exercise with Wanda
2p BINGO
6:30p Dice Bowling 23

9a Bible Study Irlene
10:30a Exercises
10:30a Thrift Store Shopping/Lunch Out Old Boston's
6:30p Music with Brady 24

10:30a Seated Soccer
2p BINGO
3p Resident Council
6:30p Evening Social 25

9a Singing/ Michael
10:30a Pool Noodles
11:30a Rosary
2p Ceramics with Dave & Becky
6:30p Courtyard Bubbles 26

9:30a Bickford Bakers
10:30a Exercises
2p BINGO
6:30p Board Games 27

11a News & Views
2p Balloon Swat
2p Sing A Long
6:30p Front Porch Chat 28

10:30a Catholic Communion
2p UNO
4p Church with Michael
6:30p NoodleSwat 29

10a Coffee Club
10:30a Exercise with Wanda
2p BINGO
6:30p Lemonade/Chat in Courtyard 30

9a Irlene's Bible Study
10:30a Exercises
2p Monthly Birthday Bash
3p Food Council
6:30p Card Games 31

July

