



October Birthdays at Bickford

Lois Cook-----October 10th

Corrine Evers-----October 19th

Dean Davison-----October 24th

October has two birthstones--opals and tourmaline. The birth flower is the Calendula, and you are classified as a "peacemaker".



Health Message from Heidi

It's getting to be that dreaded time of year, Flu Season. Bickford will be giving flu shots to our residents the beginning of October. Flu vaccines will be provided by Valumed and given by Heidi, RN.

Valumed will bill Medicare for the cost.

Please make sure we have a copy of the updated Medicare cards. See Heidi with any questions. Also remember you too can prevent the spread of flu by following 3 simple steps: Wash your hands, cough/sneeze in your elbows vs hands and staying away when you are sick.

Please help us keep your loved ones healthy.

Having soap and paper towels available in your loved ones apartment will also help cut down on the spread of germs.

Happy October!

* In the Southern Hemisphere, October is the seasonal equivalent to April.

* In the early Roman calendar, it was actually the eighth month of the year.

* President Truman made the first presidential telecast address from the White House on October 5, 1947.

* October 11, 2018 is the seventh annual "Star Wars Reads Day".

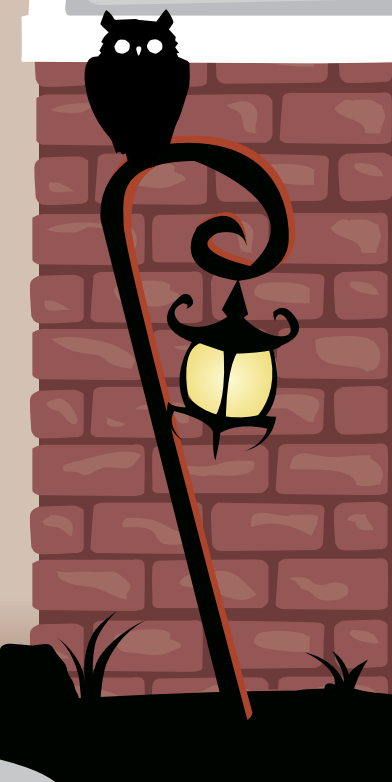
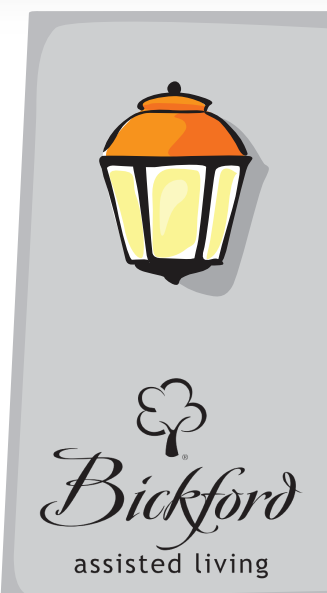
* New Zealand was discovered in October 1769; Middle Earth fans are forever grateful.

* October 20 is World Statistics Day.

* Rural delivery of mail in the United States was not free until October 1, 1896. Prior to this, rural farmers had to pay a private carrier or pick up from their "local" post office.

* John Adams, Rutherford B. Hayes, Chester Arthur, Theodore Roosevelt, Dwight Eisenhower and Jimmy Carter were all born in October---the most Presidential month!

* Some famous October birthdays include Julie Andrews, Angela Lansbury, John Krasinski, and Bill Gates.



October



10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
1:30pm Uno Card Game in Activity Room
2:45 Balloon Volleyball in Family Room
3pm Rosary with Joyce 1

10am Exercise/Trivia
11am Ann on Piano in the Family Room
Lunch Outing to Homer's Deli/Bakery
1:30pm Bingo Game
2:30 Apartment Visits with Chaplain Gloria 2

10am Exercise/Trivia
11am Craft Time in the Activity Room
1:00 Po-Ke-No Game in the Activity Room
3:00 Go for a Bus Ride 3

10am Exercise/Trivia
11am Sunbeams to Sing in the Family Room
1:30pm Bingo Game
2:45pm Ice Cream and Bus Ride to the Park
4/5:45 Chaplain Roland visits & Bible Study 4

9 Catholic Communion
10am Exercise/Trivia
11am Make Apple Betty in Activity Room
1:30pm Bunco Game in Activity Room
2:45pm Refreshments-game of Penny Ante! 5

10am Exercise DVD
11am Adult Coloring Club in Activity Room
1:30pm Bingo with Brenda-Activity Room
3:00pm Movie/Popcorn in Activity Room
7:00pm Lawrence Welk 6

10am Exercise DVD
11am Coloring Club the Activity Room
1:30pm Marketplace Ministries Church Service
3pm Movie and Popcorn in Activity Room 7

10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
1:30pm Uno Card Game in Activity Room
2:45pm Service Project in Activity Room
3pm Rosary with Joyce 8

10am Exercise/Trivia
11am Musice with Scott
1:30pm Bingo Game
2:30 Apartment Visits with Chaplain Gloria
2:45 Sing-A-Long in the Activity Room 9

10am Exercise/Trivia
11 Cake Decorating with Jolene/Activity Room
1:30 Po-Ke-No Game in the Activity Room
2:45pm Craft Time in the Activity Room 10

10am Exercise/Trivia
11am Lori Kunz-Can You Name It and It's Use?
1:30pm Bingo Game
2:45pm Read-A-Loud by the Bird Aviary
4/5:45 Apartment Visits with Roland-Bible Study 11

Family History Day Family& Farm Photos
9:30 Catholic Mass
10 Exercise/Trivia
11Make Bickford Family Tree in Activity Room
1:30 Left/Right/Center Game-Activity Room
3:00pm Refreshments 12

10am Exercise DVD
11am Adult Coloring Club in Activity Room
1:30pm Bingo with Brenda-Activity Room
3:00pm Movie/Popcorn in Activity Room
7:00 Lawrence Welk 13

10am Exercise DVD
11am Coloring Club in the Activity Room
1:30pm Marketplace Ministries Church Service
3pm Movie and Popcorn in Activity Room 14

10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
1:30pm Uno Card Game in Activity Room
2:30 Rosary with Joyce
3:00pm Music with John and Kay 15

10am Exercise/Trivia
11 Manicures/Buffering /Adult Coloring Club
Lunch Outing to Homer's Deli/Bakery
1:30pm Bingo Game
2:30 Apartment Visits with Chaplain Gloria 16

10am Exercise/Trivia
11am Windmill Cultural Center Outing
1:00 Po-Ke-No Game in the Activity Room
3:00pm Go For Ice Cream on the Bus 17

10am Exercise/Trivia
11am Manicures/Buffering
1:30pm Bingo Game
3:00pm Bus Ride to see the Leaves
4/5:45 Apartment Visits with Roland and Bible Study in Activity Room 18

9 Catholic Communion
10am Exercise/Trivia
11am Make Cookies
1:30 BuncoGame/Nickles in the Activity Room
3:00pm Bus Ride to see the Leaves 19

10am Exercise DVD
11am Adult Coloring Club in Activity Room
1:30pm Bingo with Brenda-Activity Room
3:00pm Movie/Popcorn n Activity Room
7:00 Lawrence Welk 20

10am Exercise DVD
11am Coloring Club in the Activity Room
1:30pm Marketplace Ministries Church Service
3pm Movie and Popcorn in Activity Room 21

10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
1:30 Uno Card Game in the Activity Room
2:45pm Let's Color a Fall Picture!
3:00 Rosary with Joyce 22

10am Exercise/Trivia
11 Manicures/Buffering /Adult Coloring Club
1:30pm Bingo Game
2:45 Sing-A-Long with Chaplain Gloria/Apartment Visits
3:15 Watch Johnny Carson on his Birthday 23

10am Exercise/Trivia
11am Craft Time in the Activity Room
1:30 Po-Ke-No Game in the Activity Room
2:45pm Resident Council Meeting/Refreshments 24

10am Exercise/Trivia
11am Manicures/Buffering
1:30pm Bingo Game
2:45pm Read-A-Loud by the Bird Aviary
4/5:45 Apartment Visits with Roland-Bible Study 25

8am Podiatrist Visit
9 Catholic Communion
10am Exercise/Trivia
11Make Pumpkin Rolls
1:30 Bunco Game in the Activity Room
3 Music with Roger Weis 26

10am Exercise DVD
11am Adult Coloring Club in Activity Room
1:30pm Bingo with Brenda-Activity Room
3:00pm Movie/Popcorn in Activity Room
7:00 Lawrence Welk 27

10am Exercise DVD
11am Coloring Club in the Activity Room
1:30pm Marketplace Ministries Church Service
3pm Movie and Popcorn in Activity Room 28

10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
1:00pm Uno Card Game in the Activity Room
2Megan Massage Therapy
3:00 Rosary with Joyce 29

10am Exercise/Trivia
11 Manicures/Buffering /Adult Coloring Club
1:30pm Bingo Game
2:30 Apartment Visits with Chaplain Gloria
2:45pm Sing-A-Long in Activity Room 30

Halloween Wear A
10am Spooky Exercise
11am Frost Cookies
1:30 Po-Ke-No Game
3:00pm Les Wilson to Sing for us/Halloween Treats for all! 31

* All Activities Subject to Change.

