



### Reflexology

Reflexology is a pressure technique that is used to stimulate areas of the feet (and sometimes hands) that relate to each and every organ, system and body part. There are over 7,200 nerve endings in the feet that can send messages to the body. A reflexology session aims to balance and improve the functions of the body's systems. It can also help to reduce pain, detoxify and improve things like sleep and circulation. This is all accomplished using an intricate pressure technique to encourage deep relaxation and stimulation of the nervous system. The cost is \$55 an hour or \$35 for half hour session. If you would like to schedule an appointment here at Bickford, please contact **Breanne Johnson 708-228-7147 - Breanneshands82@hotmail.com**

Tinley Park

# HAPPENINGS

NOVEMBER  
2018



## Memories captured throughout our home!

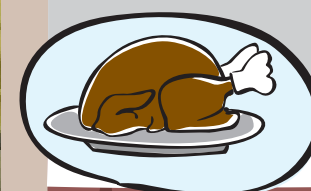
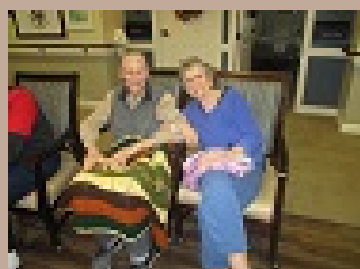
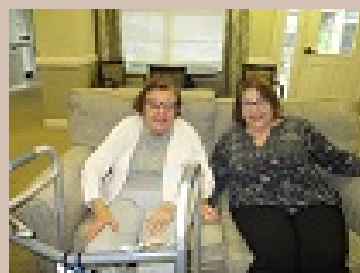
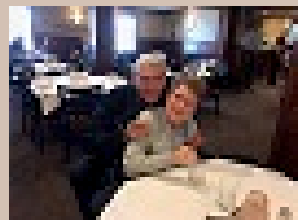
### Thanksgiving Day Meals

With the holiday season upon us, please let Francisco or Rene know if you will be staying home for Thanksgiving, or visiting your family or friends for the holiday.

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Christian Church Services will be held every Sunday at 1:30pm in the Activity Room. Please be on time for services.

Chaplin Steve Hayes  
1(309)721-8384  
stevehayes@mchapusa.com



## Welcome to our Home

Hello Everyone, I am a retired Chaplin: I retired from Ill. Dept of Corrections after serving as the Senior Chaplin at the prison-located in East Moline Correctional Center for over 20 years. Then I served as a In Hospice Chaplin for 10 years for two agencies based in the Quad Cities with most of the facilities and the Pt's (residences) in Iowa. Also, I ended my time in the Quad Cities as an On-Call Chaplin for the Unity Point Trinity Hospitals. My lovely wife Cheri is a retired School Nurse. We moved to Mokena to be closer to our children.

My daughter - Emily and Son-in-Law live in Mokena with my three Grandsons. My son Marcus + Daughter-in-Law live in Skokie with my two Grandsons + our only Granddaughter. Life is Good + love being a Grandpa ("Pa"), I just can't afford being married to a Grandma. I am an Ordained Assemblies of God Minister since 1978. I enjoy being a Chaplin and have learned + love that we all work for the same boss--Jesus Christ!! If there is anything I can do for anyone at Bickford-Please ask. I just want to listen and care. Thank You, Steve Hayes



S M T W T F S

# November



May the warmth of the season fill your home and heart with joy and happiness!

Happy Thanksgiving!



<p>10:30 Silver Sneakers with Colleen 1:30 Christian Service with Chaplin Steve 6:30 Funniest Home Videos - Channel 7</p> <p>4</p>	<p>10:30 Sit &amp; Stretch 11:00 Brain Quest 1:30 Marcus Theater 2:00 Crafts with Patrice 3:30 Yahtzee 6:30 Wheel of Fortune</p> <p>5</p>	<p>10:30 Ageless Grace 1:30 Quarter Bingo 3:00 Blackjack with Sue 4:15 Name that Tune 6:30 Kings in the Corner with Colleen</p> <p>6</p>	<p>10:30 Sit &amp; Stretch 11:00 Jeopardy 1:30 Rosary 2:15 Rummikub 3:45 Ice Cream Social 4:30 Name that Tune</p> <p>7</p>	<p>10:30 Sit &amp; Stretch 11:00 Charades 1:30 Hymns/Praise with Chaplin Tia 2:00 Baking with Belize 3:30 Bingo Bucks 6:30 Wheel of Fortune</p> <p>1</p>	<p>10:30 Sit &amp; Stretch 11:00 Reflections 1:30 Walgreens 2:30 Ice Cream Social 3:30 Yahtzee 7:00 Movie Night</p> <p>2</p>	<p>10:30 Silver Sneakers with Colleen 1:30 Snack Bingo with Samantha 3:00 Bean Bag Toss 4:00 Adult Coloring</p> <p>3</p>
<p><b>Veteran's Day</b> 1:30 Christian Services with Chaplin Steve 2:30 Veterans Pinning 3:00 Entertainment starring John Trimmal</p> <p>11</p>	<p>10:30 Sit &amp; Stretch 11:00 Brain Quest 1:30 Walgreens 2:30 Luck of the Draw 4:00 Uno Cards 6:30 Wheel of Fortune</p> <p>12</p>	<p>10:30 Ageless Grace 1:30 Blackjack with Sue 3:00 Scarecrow Painting with Sue 6:30 Kings in the Corner with Colleen</p> <p>13</p>	<p>10:30 Sit &amp; Stretch 11:00 Jeopardy 1:30 Catholic Mass 2:15 Games with Mary 3:30 Yahtzee 6:30 Wheel of Fortune</p> <p>14</p>	<p>10:30 Sit &amp; Stretch 11:00 Charades 1:30 Hymns/Praise with Chaplin Tia 2:00 Bingo Bucks 3:30 Bunco 6:30 Wheel of Fortune</p> <p>15</p>	<p>10:30 Sit &amp; Stretch 11:00 Cranium Trivia 2:15 Bingo Bucks 2:30 Trinity Lutheran Church Service 3:30 Left Right Center with Colleen</p> <p>16</p>	<p>10:30 Silver Sneakers with Colleen 1:30 Quarter Bingo with Samantha 2:45 Bunco 6:00 Word Seraches</p> <p>17</p>
<p>10:30 Silver Sneakers with Colleen 1:30 Christian Service with Chaplin Steve 6:30 Funniest Home Videos - Channel 7</p> <p>18</p>	<p>10:30 Sit &amp; Stretch 11:00 Brain Quest 2:00 Ice Cream Social 2:45 Happy Days Sing-A-Long 6:30 Wheel of Fortune</p> <p>19</p>	<p><b>Happy Birthday Gunner</b> 10:30 Ageless Grace 1:30 Blackjack with Sue 3:00 Quarter Bingo 6:30 Cards with Colleen</p> <p>20</p>	<p>10:30 Sit &amp; Stretch 11:00 Jeopardy 1:30 Rosary 2:00 Games with Mary 3:30 Cupcake Social 6:30 Bingo Bucks with Colleen</p> <p>21</p>	<p>9:00 Thanksgiving Day Parade 10:30 Holiday Trivia/Reflections 11:30 Chicago Bears Game 3:00 Movie &amp; Popcorn</p> <p>22</p>	<p>10:30 Sit &amp; Stretch 11:00 Reflections 2:30 Men's Club with Leonard &amp; Francisco 3:30 Bingo Bucks 6:30 Wheel of Fortune 7:00 Movie &amp; Popcorn</p> <p>23</p>	<p>10:30 Silver Sneakers with Colleen 1:30 Snack Bingo with Samantha 2:45 Scrabble 4:00 Group Puzzles</p> <p>24</p>
<p>10:30 Silver Sneakers with Colleen 1:30 Christian Service with Chaplin Steve 6:30 Funniest Home Videos - Channel 7</p> <p>25</p>	<p>10:30 Sit &amp; Stretch 11:00 Brain Quest 2:30 Bingo Buck Country Store 6:30 Wheel of Fortune</p> <p>26</p>	<p>10:30 Ageless Grace 11:30 Tokyo Hibachi 2:15 Fall Craft 3:00 Quarter Bingo 6:00 Vitas- Alzheimer's Support Group 7:00 Family Bingo</p> <p>27</p>	<p>10:30 Sit &amp; Stretch 11:00 Jeopardy 1:30 Communion 2:15 Games with Mary 3:00 Fall Crafts 6:30 Wheel of Fortune</p> <p>28</p>	<p>10:30 Sit &amp; Stretch 11:00 Draw The Story 1:30 Hymns/Praise with Chaplin Tia 3:00 Entertainment starring Liz Goss 6:00 Kindred Hospice Family In-Service</p> <p>29</p>	<p>10:30 Sit &amp; Stretch 11:00 Pictionary 2:00 Happy Hour with John 3:30 Resident/Dining Council Meeting 7:00 Movie &amp; Popcorn</p> <p>30</p>	<p>Buzz Cut &amp; Bee Hives Hair Salon/Pedicures and Manicures is open every Thursday at 8:30AM.</p>

