

## "5 Tips For Preventing The Cold & Flu"

**Tip 1: Avoid Germs:** Wash your hands before meals and after using the restroom.

**Tip 2 Healthy Diet:** Robust immunity to colds and flu starts with a healthy diet rich in vitamins and minerals.

**Tip 3 Get Enough Rest:** In general, people get sick often if they don't get adequate sleep.

**Tip 4 Manage Your Stress:** The longer you're stressed out, the more your immune system is suppressed, leaving you vulnerable to viral intruders.

**Tip 5 Keep Active:** Cardiovascular exercise also helps regulate cortisol, so you'll be less prone to stressors that can increase your risk of illness.

Happy Holidays!!!



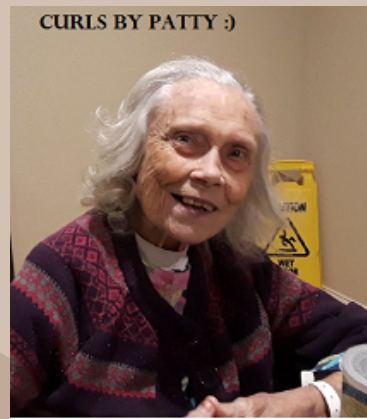
## "November Happynings Highlights"

"Veteran's Day Pin Service"

Mary B's & Turkeyville

Great Times Together

CURLS BY PATTY :)



# West Lansing HAPPYNNINGS

DECEMBER

"Please Join Us"

**"Holiday Party"**  
12.13.2018  
6pm-8pm



Family Fun Night for everyone!!!

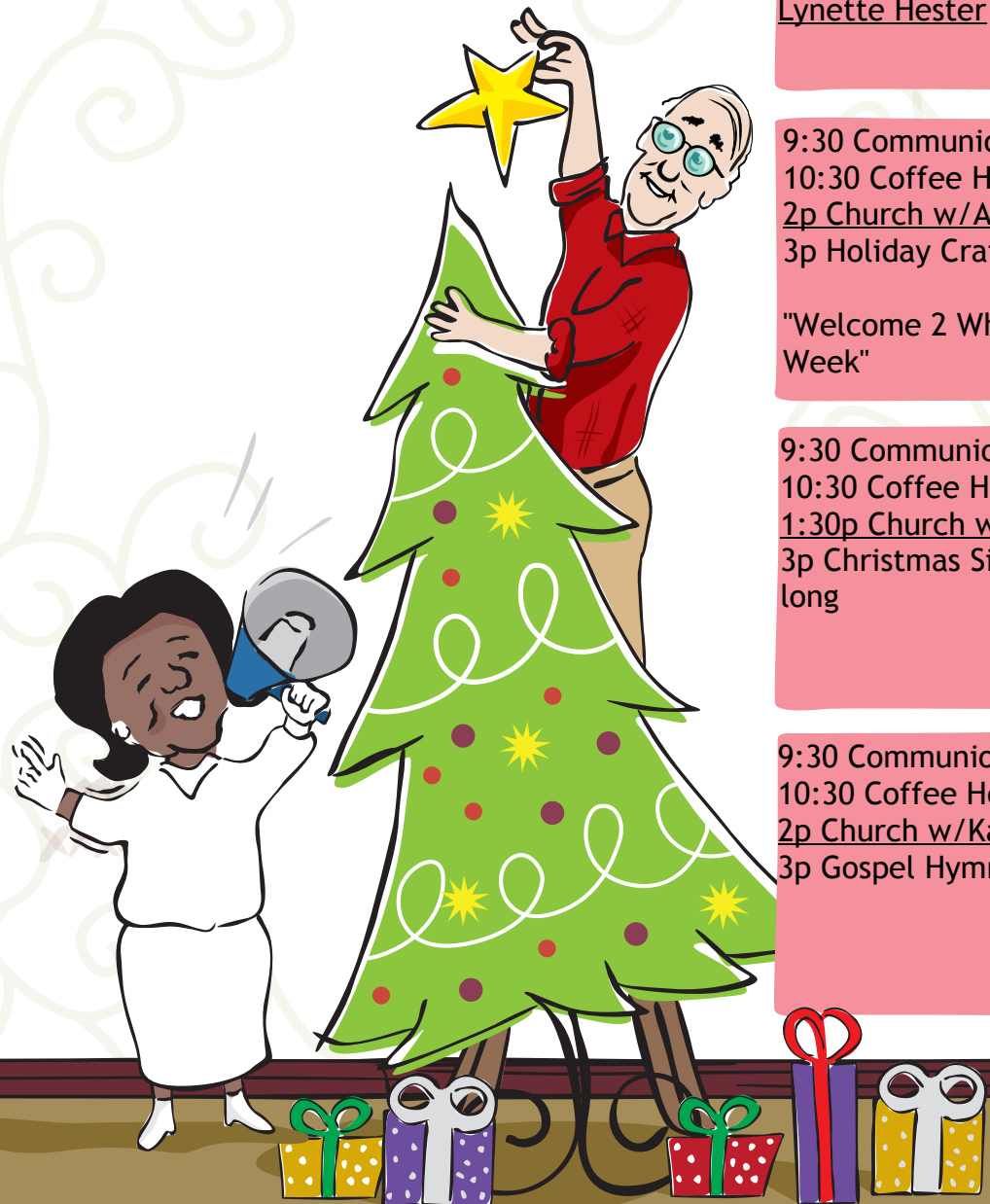


12/2 Old School Fellas & Lynette Hester  
12/4 Nutcracker @ Regal  
12/6 Resident Council  
12/7 J stars & Christmas Tour  
12/8 Kick Out  
12/10 Laura R Christmas  
12/11 Dollar Tree  
12/13 Christmas Party  
12/14 Whoville Social & Secret Santa  
12/15 Unique Christmas  
12/18 Lansing Christian & PT Strummers  
12/19 Lunch Bunch & Travel Club  
12/20 Mary Kay & Music  
12/21 Christmas Idol  
12/22 Cracker Barrel & Kingdom Life Choir  
12/24 White Elephant Gift Exchange  
12/27 Paint & Sip  
12/28 Birthday Party w/ Jay  
12/29 Music w/ Linda  
12/31 New Year's Eve Count Down & Evening Social



*Bickford*  
assisted living  
& memory care



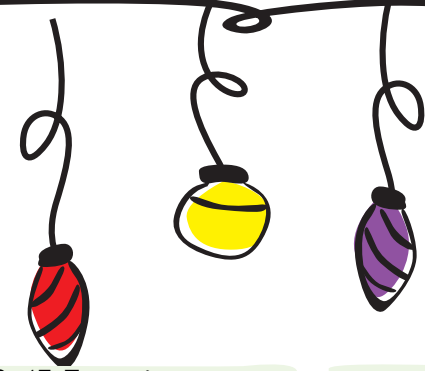


S M T W T F S

# December

9:30 Communion  
10:30 Coffee Hour  
2p Hymn Sing/ Trivia  
3p National Bacon Day  
30

10:45 Exercise  
12:00 Count Down  
2p Bible Study  
3p Euchre  
6:30 New Year's Social  
31



9:30 Communion  
10:30 Coffee Hour  
1:30 Bingo  
3p Old School Fellas & Lynette Hester  
2

9:30 Meet & Greet  
10:45 Exercise  
11a For Get Me Not  
2p Bible Study  
3p Frost Sugar Cookies  
6:30 Love Leash  
3

10:45 Exercise  
11:15 Daily News  
2:30 Woman's Group  
3p Movie  
6p Euchre  
TTBA Nutcracker @ Regal  
Happy Cookie Day  
4

10:45 Exercise  
11:15 Disney Facts  
1:15 Bible Study  
2p Manicures  
3p Bingo  
6p Movie Night  
5

10:45 Exercise  
11:15 Radio TV  
2:30 Resident Council  
3p Men's Group  
4p Christmas Ornaments  
6p Scrabble  
6

10a Communion  
10:45 Exercise  
11:15 Judge or Not?  
1p Christmas Cards  
2p Cream Pies  
3p J stars  
6p Christmas Tour  
7

10:45 Exercise w/D  
11:15 News & Trivia  
1p Football Social  
2p Christmas Cards for troops  
3p Cookies & Punch  
1  
Donna Weekend

10:45 Exercise w/T  
11:15 Current Event  
2p Kick Out  
3p Gingerbread & Coco Social  
4 Assorted Puzzles  
8  
Tia Weekend

9:30 Communion  
10:30 Coffee Hour  
2p Church w/Andrea  
3p Holiday Crafts  
"Welcome 2 Whoville Week"  
9

10:45 Exercise  
11:15 Current Event  
1:30 Apple Smashers  
2p Bible Study  
3:30 Laura R Christmas  
6:30 Love Leash  
10

10:45 Exercise  
11:15 Thinkercise  
2p Dollar Tree  
2:30 Woman's Group  
3:30 Whoville Craft  
6p Euchre  
11

10:45 Exercise  
11:15 Poinsettias  
1:15 Bible Study  
2p Manicures  
2:30 Christmas Count Down  
3:30 Whoville Door12  
6p Movie Night

10:45 Exercise  
11:15 Mona Lisa  
1:30 Read Group  
2:30 Guess Who  
3p Men's Group  
Christmas Party  
6p-8p  
13

10:45 Exercise  
11:15 Christmas Carols  
2p Whoville Social  
3p Grinch Movie  
4p Secret Santa  
6p Holiday Craft  
14

10:45 Exercise w/ D  
11:15 Balloon Bop  
2p National Cupcake Day  
3p Bingo  
Unique Christmas House w/ Tia  
Donna Weekend  
15

9:30 Communion  
10:30 Coffee Hour  
1:30p Church w/Bob  
3p Christmas Sing A-long  
16

10:45 Exercise  
11:15 Christmas Carol  
2p Bible Study  
3p Christmas Craft  
(musical Instruments)  
6:30 Love Leash  
17

10:30 Believe it???  
11a Lansing Christian  
2p PT Strummers  
3:30 Kickball  
6p Euchre  
18

10:45 Exercise  
11:15 Name that  
12p Lunch Bunch  
Christmas Carol  
1:15 Bible Study  
2p Manicures  
3p Travel Club  
6p Movie Night  
19

10:30 Jamie w/Mary Kay  
11:30 Current Event  
1:30 Euchre  
2:30p Polar Express Read  
3p Men's Poker  
4p Music  
20

10:45 Exercise  
11:15 Holiday Music  
2:30 Christmas Idol  
4p Popcorn Garland  
6p Winter Wonderland Movie  
"Christmas Attire"  
First Day of Winter  
21

8am Cracker Barrel  
11:30 Kickball w/ T  
1:30 Kingdom Life Choir  
3p Euchre  
Tia Weekend  
22

9:30 Communion  
10:30 Coffee Hour  
2p Church w/Karen  
3p Gospel Hymn Sing  
23

10:45 Exercise  
11:15 Ball Toss  
2p Bible Study  
3p White Elephant Gift Exchange  
6:30 Love Leash  
24

10a Coffee Hour  
2p Family Feud  
3p Christmas Music  
6:30 Hallmark Christmas Story  
25

10:45 Exercise  
11:15 Puzzle Me  
1:15 Bible Study  
2p Manicures  
3:30 Candy Cane Door Decorations?  
6p Movie Night  
26

10:45 Exercise  
11:15 Current Event  
12p Men's Lunch  
2:30 Paint & Sip  
3p Men's Group  
6p Uno  
27

10:45 Exercise  
11:15 Balloon Bop  
1:30 Mall Walking Club  
3:30 Birthday Party w/Jay Corey  
6p Happy Hour  
28

10:45 Exercise w/ D  
11:15 News & Trivia  
2p Music w/Linda  
3:30 Bird Feed Craft  
Donna Weekend  
29