



Q: How do snowman travel around?

A: By icicle.

Q: Where do snowman go to dance?

A: The snow ball.

Q: What do you get when you cross a snowman and a vampire?

A: Frostbite

Q: How does one snowman greet another snowman?

A: Ice to meet you.

Overland Park HAPPENINGS

JANUARY



From The Director's Desk

Happy New Year!!
It is offically 2019!
Here's to new begininnings!

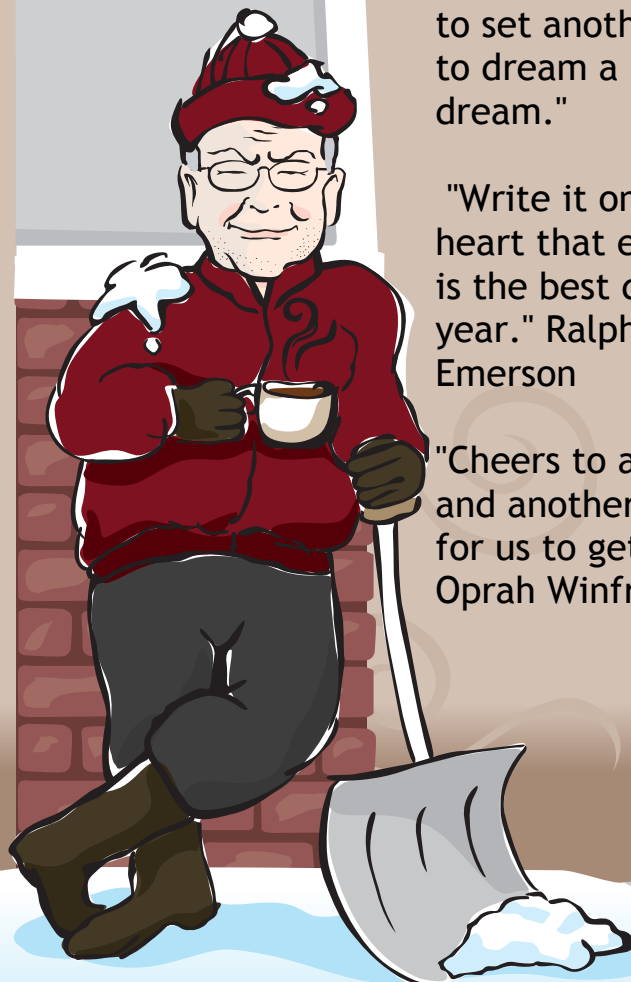
C.S. Lewis once said,
"You are never too old
to set another goal or
to dream a new
dream."

"Write it on your
heart that every day
is the best day of the
year." Ralph Waldo
Emerson

"Cheers to a New Year
and another chance
for us to get it right."
Oprah Winfrey

The American
Geriatrics Society's
Health in Aging
Foundation
recommends these
top 10 healthy New
Year's resolutions:

1. Eat fruits, vegetables, whole grains, low fat dairy, healthy fats and fish.
2. Consider a multivitamin.
3. Be active.
4. See your provider regularly.
5. Toast with a smaller glass.
6. Guard against falls.
7. Give your brain a workout.
8. Quit smoking
9. Speak up if you feel anxious or depressed
10. Get enough sleep.



Our Blog is on: enrichinghappiness.com/branch/bickford-of-overland-park
Amy's Activity Adventures

All are welcome to attend:

* Rosary Circle every Monday in Mary B's Neighborhood.

* Sit down tennis with James is every Saturady at 2:30 in Mary B's Neighborhood.

*The Chiefs are in the playoffs! Let's celebrate together, treats & beverages will be provided for the big game, downstairs in the living room, don't forget to wear your Chiefs gear.

Birthdays Of Residents This Month:

*Lorna L:
January 5th

*George R:
January 17th

*Eleanor S:
January 15th

*Wanda H:
January 19th

Outings This Month:

* Tuesday January 8th, at 11:30: Out To Eat At Jack Stacks

* Tuesday, January, 15th at 11:30 Out To Eat At Red Lobster

*Wednesday, January, 16th at 1:30: Johnson county Museum



January

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New Year's Day
 9:00 Rose Parade
 10:00 Exercise
 10:30 This Day in History
 2:00 Hot CoCo Social
 Currents Events
 4:00 Rose Bowl

10:00 Exercise
 10:30 Superstitions
 1:30 Marilyn & Ray Perform
 2:30 Bible Study
 6:00 Rueben on Piano

10:00 Exercise
 11:00 Famous New Years Babies
 1:00 Food Council
 2:00 Art Class:
Time Square
 4:00 Pets-4-Life

10:00 Exercise
 10:30 New York Ball Drop History & Pictures
 2:00 Bingo
 4:00 Short Stories
 6:00 Relax & Color

10:00 Exercise
 10:30 Fun Pages
 2:30 Tennis (Mary B's)
 3:15 Donna on Piano
 6:00 Card Games

10:00 Exercise
 10:30 Communion
 1:30 Worship Service
 2:30 Movie
 6:00 Puzzle Corner

10:00 Exercise
 10:30 Pictures of Us & Trivia
 2:00 Bingo
 4:00 Stacking Hats Competition
 6:00 History Show

10:00 Boxing Exercise
 11:00 Sr. Barn Players
 11:30 Outing
 2:00 Hot CoCo Social
 Animals in Hats
 4:00 Guess Who

10:00 Exercise
 10:30 Sing With Jerry
 1:30 Steve on Guitar
 2:30 Bible Study
 6:00 Movie Night

^ Hat Day
 10:00 Exercise
 11:00 Pick a Hat
 12:00 Photo Booth
 2:00 Art Class:
Famous Hats
 6:00 The Carol Burnett Show

10:00 Exercise
 10:30 Famous Hat Wearers
 2:00 Bingo
 4:00 Happy Hour
 6:00 Relax & Color

10:00 Exercise
 10:30 Jim Presents:
 The Wornall house & The Civil War
 2:30 Tennis (Mary B's)
 3:30 Tennis
 6:00 Card Games

10:00 Exercise
 10:30 Communion
 1:30 Worship Service
 2:30 Movie
 6:00 Puzzle Corner

10:00 Exercise
 10:30 Pictures of Us & Trivia
 2:00 Bingo
 4:00 Rhyme Time
 6:00 History Show

10:00 Exercise
 10:30 Heads Up
 11:30 Outing
 2:00 Hot CoCo Social & Who am I?
 4:00 Brain Tease
 6:00 Crossword Puzzle

10:00 Exercise
 10:30 Who Am I?
 1:30 Outing
 2:30 Bible Study
 4:00 Hangman
 6:00 Wynn On The Violin

10:00 Exercise
 11:00 Poetry Reading
 2:00 Art Class:
Waterfall
 4:00 Pets-4-Life
 6:00 The Carol Burnett Show

10:00 Exercise
 10:30 Rob McHenry Sings
 12:00 Waffle Lunch
 2:00 Movie & Popcorn
 4:00 Short Stories
 6:00 Relax & Color

10:00 Exercise
 10:30 Fun Pages
 2:30 Tennis (Mary B's)
 3:30 Nick on Guitar
 6:00 Card Games

10:00 Exercise
 10:30 Communion
 1:30 Worship Service
 2:30 Movie
 6:00 Puzzle Corner

10:00 Exercise
 10:30 Pictures of Us & Trivia
 2:00 Bingo
 4:00 ABC Game
 6:00 History Show

10:00 Boxing Exercise
 11:00 50 States Game
 2:00 Hot CoCo Social & Joke Jar
 4:00 Name That Tune
 6:00 Word Search

10:00 Exercise
 10:30 Resident Council
 1:30 Steve on Guitar
 2:30 Bible Study
 4:00 Heads Up
 6:00 Movie Night

Luau Party
 10:00 Exercise
 12:45 BFM Hula Competition
 2:00 Art Class:
The Beach
 6:00 The Carol Burnett Show

Lunch Theater Day
 10:00 Exercise
 10:30 Movie Begins "Sound Of Music"
 12:00 Pizza Lunch
 2:00 Bingo
 4:00 Happy Hour
 6:00 Relax & Color

10:00 Exercise
 10:30 Bingo
 2:00 Cathy on Piano
 2:30 Tennis (Mary B's)
 6:00 Card Games

Chocolate Cake Day
 10:00 Exercise
 10:30 Communion
 1:30 Worship Service
 2:30 Movie
 6:00 Puzzle Corner

10:00 Exercise
 10:30 Pictures of Us & Trivia
 2:00 Bingo
 4:00 New In February
 6:00 History of Little Debbies

10:00 Exercise
 10:30 How Many Cakes Can You Name?
 2:00 Big Birthday Bash
 Famous January Birthdays
 4:00 Word Games
 6:00 Radio Comedy

10:00 Exercise
 10:30 Taste Test
 1:30 Steve on Guitar
 2:30 Bible Study
 4:00 Picture Word Game
 6:00 Movie Night

10:00 Exercise
 11:00 Famous Quotes
 2:00 Art Class:
A Still Life
 6:00 The Carol Burnett Show