

**BICKFORD SENIOR LIVING**  
**\*Flu in the Branch ALERT\***

To our Valued Family Friends and Visitors

Please follow these Guidelines to Minimize Exposure to the Flu:

1. Please **do not visit the branch** until your family member or friend is free of any cold or flu-like symptoms for at least 48 hours.
2. Let the resident know you will visit as soon as you have recovered or consider a phone visit instead.
3. If you do wish to visit, Please see the Bickford nurse to help guide you in precautions while visiting.

**Symptoms to watch for:**

\*Sore Throat, cough

\*Runny nose or increase congestion or headache

\*fever, chills, body aches and fatigue

\*Please do not hesitate to check-in with the Bickford staff if you have any questions or concerns.

Thank you for your consideration and cooperation!

*Family Christmas Party*

*Thank you to everyone who joined us and made this event Special!*



Oswego  
**HAPPENINGS**

JANUARY

*Funny New Years Jokes*

Happy New Year. Let's bring in 2019 with a good laugh here are some funny new year's Jokes.

\*New Years Resolution Prayers  
God, grant me the serenity to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

Dear Lord,  
So far this year I've done well, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish, or over-indulgent. I'm very thankful for that. But in a few minutes, Lord- I'm going to get out of bed, and from then on, I'm probably going to need a lot more help, Amen.

A Bad Dream?

Jenima was taking an afternoon nap on New Year's eve before the festivities. After she woke up, she confided in her husband, "I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?" "Aha, you'll know tonight," answered Max, smiling broadly, At Midnight, as the new year was chiming, Max approached Jenima and handed her a small package. Delighted and excited, she opened it quickly. There in her hand rested a book titled "The Meaning of Dreams".

Have a Happy and Safe New Year! Looking forward to 2019



  
**Bickford**  
assisted living  
& memory care



## January Birthdays

Jannet Calvillo	22nd (BFM)
Louise DeFuss	13th (BFM)
Ingeborg Vruno	27th (Resident)
Frederick Senkpeil	21st (Resident)
Sandy Bish	31st (Resident)
Harriet Konetski	1st (Resident)
Marilyn McNary	21st (Resident)

## Bread Basket Corner

Fried Shrimp Dinner & Fresh Baked Bread



You can find all our recipies from our bread basket in our Recipe book located in the Bistro.



# January

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### New Years Day

10:00 Tournament of Roses Parade Ch.5  
12:00 Blackhawks Ch.5  
1:30 Exercise  
2:00 New Years Trivia & Frozen Treats  
3:00 New Year Puzzles

### Bears Jersey Day

10:30 Exercise DVD  
11:00 Word Puzzles  
2:00 Hymn & Prayer  
2:30 Bulls Ch.665  
3:30 Bears Playoff Ch.5

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### Pajama Day

10:00 Exercise  
10:15 T.V. Classics  
10:30 Walgreens  
1:30 Basketball Hoops  
2:30 Reminisce  
7:30 Blackhawks Ch.665

8

10:30 Exercise  
11:00 Art Corner  
1:30 Nail Care  
3:00 January IQ & Frozen Treats  
3:30 Popcorn & Movie

10:30 Exercise  
11:00 Mindstretch  
1:30 Pet Therapy  
2:00 Fly Swatter Volley  
3:00 Communion  
3:30 Popcorn & Movie  
7:00 Blackhawks Ch.665  
9:00 Bulls Ch.9

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### Hat Day

10:30 Exercise  
11:00 Hat Craft  
1:30 Musical Hat Game  
2:15 Best Hat Contest  
3:00 Prairie Point Kids  
3:30 Popcorn & Movie "Top Hat"

10

10:00 Exercise  
10:15 Documentary  
10:30 Red Robin  
2:00 Praise & Prayer  
3:00 Bean Bag Baseball  
9:30 Bulls Ch.665

11

10:30 Exercise  
11:00 Are you smarter than a 5th Grader?  
1:15 Guess Who?  
2:00 Snack Bingo  
3:00 Popcorn & Movie  
7:30 Blackhawks Ch.9  
9:30 Bulls Ch.665

12

10:30 Exercise DVD  
11:00 Word Puzzles  
3:00 Popcorn & Movie

13

### Pajama Day

10:00 Exercise  
10:15 T.V. Classics  
10:30 Walmart  
1:30 Basketball Hoops  
2:30 Reminisce  
6:00 Blackhawks Ch.665

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10:30 Exercise  
11:00 Game Corner  
1:30 Resident Meeting  
2:00 Nail Care  
3:00 Random Trivia & Frozen Treats  
3:30 Popcorn & Movie  
9:30 Bulls Ch.9

15

10:30 Exercise  
11:00 Mindstretch  
1:15 Lutheran Service  
1:30 Pet Therapy  
2:00 Fly Swatter Volley  
3:00 Communion  
3:30 Popcorn & Movie

16

10:30 Music Exercise with Simone  
11:00 Crossword  
1:00 Library Outing  
2:00 T.V. Classics  
3:00 Prairie Point Kids  
6:00 Blackhawks Ch.665  
8:00 Bulls Ch.665

17

10:00 Exercise  
10:15 Documentary  
10:30 Piggy's BBQ  
2:00 Praise & Prayer  
3:00 Bean Bag Baseball

18

10:30 Exercise  
11:00 You be the Judge  
1:15 Guess Who?  
2:00 Dirty Bingo  
3:00 Sing-A-Long  
7:00 Bulls Ch.9

19

10:30 Exercise DVD  
11:00 Word Puzzles  
11:30 Blackhawks Ch.5  
2:00 Hymn & Prayer  
3:00 Popcorn & Movie

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### Pajama Day

10:00 Exercise  
10:15 T.V. Classics  
10:30 Walgreens  
12:00 Bulls Ch.665  
1:30 Basketball Hoops  
2:30 Reminisce

21

10:30 Exercise  
11:00 Art Corner  
1:30 Nail Care  
3:00 Category Trivia & Frozen Treats  
3:30 Popcorn & Movie  
7:30 Blackhawks Ch.9

22

10:30 Exercise  
11:00 Mindstretch  
1:30 Pet Therapy  
2:00 Fly Swatter Volley  
3:00 Communion  
3:30 Popcorn & Movie  
7:00 Bulls Ch.9

23

10:30 Exercise  
11:00 Luau Craft  
1:30 Luau Games  
3:00 Prairie Point Kids  
3:45 Tropical Smoothie

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10:00 Exercise  
10:15 Documentary  
10:30 Salsa Verde  
2:00 Praise & Prayer  
3:00 Bean Bag Baseball  
7:00 Bulls Ch.665

25

10:30 Exercise  
11:00 Save the Snowperson Game  
1:15 Guess Who?  
2:30 Community Chocolate Cake Bingo  
3:45 Popcorn & Movie

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### Chocolate Cake Day

10:30 Exercise DVD  
11:00 Word Puzzles  
2:00 Chocolate Cup Cakes & Movie "Chocolat"  
2:30 Bulls Ch.9

27

### Pajama Day

10:00 Exercise  
10:15 T.V. Classics  
10:30 Target  
1:30 Basketball Hoops  
2:30 Reminisce

28

10:30 Exercise  
11:00 Game Corner  
1:30 Nail Care  
3:00 Ice Cream Sundae Social with Rose  
3:30 Popcorn & Movie  
6:30 Bulls Ch.9

29

10:00 Exercise  
10:30 Fire Drill  
11:00 Mindstretch  
1:30 Pet Therapy  
2:00 Fly Swatter Volley  
3:00 Communion  
3:30 Popcorn & Movie  
6:30 Bulls Ch.665

30

10:30 Exercise  
11:00 Crossword  
1:30 Library Outing  
2:00 Musical Ball Toss  
3:00 Prairie Point Kids  
3:30 Facials with Elsa

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\*ACTIVITIES ARE SUBJECT TO CHANGE\*

OUTINGS = PURPLE

SPECIAL EVENTS & ACTIVITIES = BLUE

SPORTS GAMES = GREEN