

It's a New Year- One of our goal's is that we avoid a Flu Outbreak! If you are NOT feeling well, PLEASE DO NOT VISIT!!

Bickford's flu policy is that if a resident has flu symptoms, we will quarantine for at least 72 hours. We will deliver room trays with a bland diet. If you have any questions or concerns, please contact Alexis- RNC, at 402-491-0400.

Thank you in advance for your understanding!

Omaha Blondo HAPPENINGS

JANUARY

Snow Flakes Falling

What a **JOYOUS** December we all enjoyed! Our home was beautifully decorated! We enjoyed many visits with friends & family. We had great entertainers, and tons of Holiday activities! **FUN!!**

Please look at your upcoming billing statement. Corporate will be sending their annual letter/rate increase shortly. If you have billing questions, please contact Lori Dyke, Director at 402-491-0400.

Pictures of some of our fun times this Christmas Season! Please join us for activities when available!!

Thanks to the Armstrong Family for being our Santa Family! What an **AMAZING** evening!! So great to celebrate with all our families!



HAPPY 2019!

Our Bickford Blondo Team wants to thank everyone for all the "holiday goodies" and wonderful kindness shown to us this Holiday Season! We are blessed to have amazing families, friends, neighbors, residents and co-workers that we share our days with!

Our 2019 New Year Resolution is that we continue to serve all. We strive to provide great care for all your needs: dining, activities, nursing concerns, and spiritual issues - mind, body and spirit. If you have any concerns, please don't hesitate to contact our Director Lori Dyke at 402-491-0400.

We hope that you had a fantastic Holiday Season, and we continue to pray that you enjoy many blessings throughout the year!

Next time you're visiting- please check your loved one's mail box and at the office. Things tend to pile up! Thanks!



Resident Birthdays:
 Janeen Moritz - 1/1
 Elizabeth Wirtz - 1/14

Our Facebook Address is:
[facebook.com/bickford/blondo](https://www.facebook.com/bickford/blondo)

Our Blog Address is:
enrichinghappiness.com/omaha/blondo

HAPPY NEW YEAR

S M T W T F S

January



10:30a Exercises
 11a State Game
 1:30p Rosary w/Barb - Cottage
 2:30p Manicures 2

10:30a New Year Stretches
 11a Thinking Thursday
 1p Holiday Tear Down
 6:15p Scattergories 3

10:30a Friday Fit
 11a Piano Medley
 1p Holiday Tear Down
 6p Music CD 4

10:15a Saturday Stretch
 11a Jokes & Stories
 2p Card Games
 6p Lawrence Welk 5

Wheel of Fortune Premier - 1975
 10:30a Exercises
 11:15a Catholic Services
 1:15p Manicures
 4p Pastor Mark
 7p Golden Globes 6

10:30a AM Workout
 11a Week Update
 2p Johnny Ray Gomez - Accordion
 5:45p Walking Club
 7p College Football Championship 7

10:30a Hip Sways
 11a Elvis Presley B-Day - 1935
 2p Elvis Movie Fun
 6:30p Pastor Laura's Youth Music Group 8

10:30a Hump Day Movement
 10:45a Pastor Laura
 11:30 Living Room Hymns & Singing
 1:30p Rosary w/Barb
 2:30p Popcorn 9

Hat Day
 10:30a Body Pump
 11a Piano Tunes
 2p Houston Solution - Music
 3:15p Red Hat Tea
 6:15p Putting Green 10

10:30a Morning Moves
 11a Ball Toss
 2p Boys Town Historian
 6:15p Friday Movie Night 11

10:30a Powercise
 11a Newspaper Highlights
 2p Winter Crafts
 6p Lawrence Welk 12

10:30a Exercises
 11:15a Catholic Services
 1:15p Manicures/Eye Glass Cleanings
 3p Alex - Piano
 4p Pastor Mark 13

10:30a Twist & Turn
 11a Tell All
 2p All Saints Communion Service
 5:45p Bickford Walking Club / Pastor Ron 14

10:30a Exercise Essentials
 11a Martin Luther King B-Day - 1929
 2p Men's Club
 6:15p Bingo 15

10:30a Wednesday Workout
 10:45a Pastor Laura
 1:30p Rosary w/Barb
 2p Joe Taylor - Entertainer 16

10:30a Sittercise
 11a Ben Franklin's B-Day - 1706
 3:15p Rod- Massage Therapist
 7p NU BB Game vs. Michigan State 17

10:30a Rise & Shine
 11a Finish the Phrase
 2p Cathie - Humorist
 6p Winter Jokes 18

10:15a Weekend Exercise
 11a Tongue Twisters!
 2p Wii Games
 6p Lawrence Welk 19

10:30a Exercises
 11:15a Catholic Services
 1:15p Manicures/Eye Glass Cleanings
 4p Church with Pastor Mark 20

10:30a Monday Moves
 11a Mindteasers
 2:30p January B-Day Party
 5:45p Bickford Walking Club 21

10:30a Balance & Strength
 11a Sing-A-Long
 2p Steven - piano
 6:15p Bingo 22

10:45a Visits w/Pastor Laura
 1:30p Rosary w/Barb
 2:30p Resident Council
 6:30p PAWS Pet Visits 23

Luau Party
 10:30a Limbo Exercises
 11a Hula Hoop
 2p Hawaiian Flower Craft
 6:15p Beach Ball Bounce 24

10:30a PE Time
 11a Current Events
 2p Chair Dancing
 6p Word Search 25

10:15a Exercise Twists
 11a Morning Chat
 2p Bag & Ring Toss
 6p Lawrence Welk 26

Chocolate Cake Day
 10:30a Exercises
 11:15a Catholic Services
 1:15p Manicures
 4p Pastor Mark 27

10:30a Flex Actions
 11a Name That Tune
 2p Spelling Bee
 5:45p Bickford Walking Club 28

10:30a Bickford Bootcamp
 11a Nursery Rhyme Memories
 2p Tuesday Trivia
 6:15p Bingo 29

10:45a Visits w/Pastor Laura
 1:30p Rosary w/Barb
 2p Fontenelle Forest 30

10:30a Aerobic Class
 11a Monthly Review
 2p Winter Craft
 6:15p Jeopardy 31

