

SUMMER FAMILY SOCIAL

THANKS TO ALL THAT VOLUNTEERED AND SPONSORED OUR SUMMER FAMILY SOCIAL!! I would like to thank Kevin from Screammers for providing the terrific music!! Also thanks to St. Croix Hospice for providing games and chips, Physicians Choice for providing cotton candy, Costco for providing fruit and snacks, and to Home Instead for the fun flamingo toss and prizes. It was a beautiful day, perfect weather and a great turnout. Thanks to all the volunteers and Bickford Family Members that helped with everything also!! It is always nice to see everyone enjoy the events!!

Teresa Sutton

Life Enrichment Coordinator



HAPPENINGS IN MAY & JUNE



During the month of May and June we went to Lake Wanahoo with Live Well Go Fish to take a pontoon boat ride. Then there was the Summer Family Social, Western Day an outing to Penelope's for Lunch, Flag Day with Patriotic Music by Anne Bremmer, we celebrated Father's Day with Ice Cream Soda's and had our Drive Up Lunch Fundraiser.

Upcoming events in July will be 4th of July, outing to Mahoney State Park for a picnic, outing for ice cream, Italian Day and our Family Social.



Just a reminder with the warmer weather here to drink plenty of fluids. We have a bistro area with water, fruit and snacks available; there is also coffee, ice tea and juices available at all times.

There is a new Bickford Website:

bickfordseniorliving.com

Just a reminder also that we have a FB page (it is a closed group) the group is **Bickford of Lincoln Family**, if you would like to be added please send request to be added. If you have any questions please let me know my email

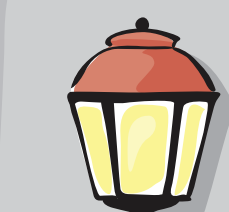
is lincolnlec@bickfordseniorliving.com

Dementia Support Group every 2nd Tuesday of the month at 4:00pm located at Nebraska Healthcare Association.

Every 2nd Wednesday of the Month is Pie & Conversation at 2:00 pm located at Stauffer's Cafe. There is a different speaker monthly.

FRIDAY JULY 12TH 5:30-6:30 will be our Family Council Social "Little Sons Motorcycle Club" will be attending with their bikes and we will have a **SMORE'S BAR.**

Come and meet our Bickford Family Members and Delegating Family Group.



**JULY BIRTHDAYS
RESIDENT BIRTHDAYS**

LORETTA MICHAEL 7/8
SHIRLEY SCHEER 7/12
MAXINE BANKS 7/26

BICKFORD FAMILY MEMBERS

ANDRESSA MATAYOSHI 7/12
MABRY BRANK 7/17
ALMA PEREZ 7/23

*Sitting in the sun gives you Vitamin D which is essential for many functions. The sun's light can kill bad bacteria, is beneficial on skin disorders, lowers cholesterol, lowers blood pressure, increases oxygen in human blood, builds the immune system and can help with depression. But remember to keep protected with sunblock and not sitting for too long in the direct sunlight. Also drink plenty of water to stay hydrated!!

July

9:30 Balloon Toss
10:00 Devotions w/Ethan Rathjen
10:30 Catholic Comm
2:00 Ice Cream Social
6:30 Documentary (Tales by Light) N 7

9:30 Balloon Toss
10:00 Devotions w/Jeff Collins
10:30 Catholic Comm
2:00 Ice Cream Social
6:30 Documentary (Tales by Light) N 14

9:30 Balloon Toss
10:00 Devotions
10:30 Catholic Comm
2:00 Ice Cream Social
6:30 Documentary (Tales by Light) N 21

9:30 Balloon Toss
10:00 Devotions w/Jeff Collins
10:30 Catholic Comm
2:00 Ice Cream Social
6:30 Documentary (Tales by Light) N 28

9:45 Catholic Mass w/Father Bourek
10:00 Year of Invention
10:30 Yoga w/Anita
1:30 Manicures
6:30 Game Night 1

9:45 Catholic Mass w/Father Bourek
10:00 Year of Invention
10:30 Yoga w/Anita
1:30 Manicures
6:30 Game Night 8

9:45 Catholic Mass w/Father Bourek
10:00 Year of Invention
10:30 Yoga w/Anita
1:30 Manicures w/Paul Mitchell School
6:30 Game Night 15

9:45 Catholic Mass
10:00 Year of Invention
10:30 Yoga w/Anita
1:30 Manicures
3:00 Resident Council Meeting
6:30 Game Night 22

9:45 Catholic Mass w/Father Bourek
10:00 Year of Invention
10:30 Yoga w/Anita
1:30 Manicures
6:30 Game Night 29

9:45 Coffee Social (Wimbledon begins)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Documentary (The Farthest: voyager in space) N 2

9:45 Coffee Social (Cow appreciation month)
10:30 Current Events
NOON Outing to Mahoney State Park
6:30 Just Us 9

9:45 Coffee Social (Italian Trivia)
10:30 Current Events
2:00 Italian Day w/Tom Roth
6:30 Just Us 16

9:45 Coffee Social (Shark Awareness)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 23

9:45 Coffee Social (One Giant Leap)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Documentary (The Last Man on the Moon) N 30

9:45 Beach Ball Toss
10:15 Chapel Service w/ Communion
2:00 Old Time Music w/Dennel
6:30 Painting 3

9:45 Beach Ball Toss
10:30 Cookbook Chat
2:00 Folk Music w/ Bill Behmer & Gwen Meister
6:30 Painting 10

9:45 Beach Ball Toss
10:30 Cookbook Chat
2:00 Outing for Ice Cream
6:30 Painting 17

9:45 Beach Ball Toss
10:30 Cookbook Chat
2:00 Music w/Anne Bremmer
6:30 Painting 24

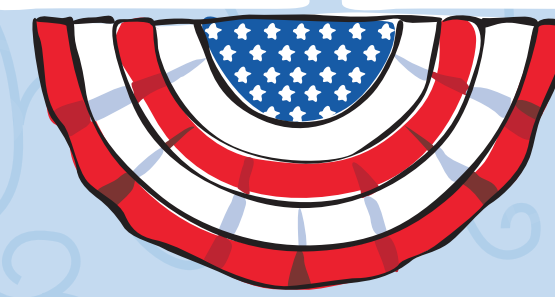
9:45 Beach Ball Toss
10:30 Cookbook Chat
2:00 Music w/Justin Brooks
6:30 Painting 31

Independence Day
9:45 Exercise Video
2:00 4th of July Party
Firework show on TV (Time & Channel TBA) 4

9:45 Reminisce
10:15 Chapel Service
2:00 Bingo w/Pam
6:30 Patriotic Sing Along w/Candy 11

9:45 Reminisce
10:15 Chapel Service w/Communion
2:00 Pie in July w/ Horizon Hospice
6:30 Ladies Night w/Candy 18

9:45 Reminisce
10:15 Chapel Service
1:30 Resident Shopping
2:00 Movie & Popcorn
6:30 Summer Sing Along w/Candy 25



9:45 Cracker Jack Day
10:00 1st Friday Communion
10:30 Yoga w/Anita
2:00 Fun w/Food (Hot Diggity Dog Day)
6:30 Cards 5

9:45 Things That Go Together
10:30 Yoga w/Anita
1:30 Resident Shopping
2:00 Movie & Popcorn
5:30 FAMILY SOCIAL/ MOTORCYCLE CLUB 12

9:45 Purple/Pink Day (wear purple or pink)
10:30 Yoga w/Anita
2:00 Fun w/Food (Diabetic Peanut Butter Fudge)
6:30 Cards 19

9:45 Things That Go Together
10:30 Yoga w/Anita
2:00 Music w/Norma (Art's Sister)
6:30 Cards 26

9:45 Exercise Video
10:30 Wii Games
2:00 Crafts (Oh Beans Day)
6:30 Bingo w/Pam 6

9:45 Exercise Video
10:30 Wii Games
2:00 Crafts (T-Shirts)
6:30 Bingo w/Pam 13

9:45 Exercise Video
10:30 Wii Games
2:00 Crafts (Spool Photo Holder)
6:30 Bingo w/Pam 20

9:45 Exercise Video
10:30 Wii Games
2:00 Crafts (Birdfeeders: cheerios & blueberries)
6:30 Bingo w/Pam 27

