



October Birthdays at Bickford

Lois Cook-----October 10th

Ed Shannon-----October 10th

Corrine Evers-----October 19th

October has two birthstones--Opals and Tourmaline. The birth flower is the Calendula, and you are classified as a "peacemaker".

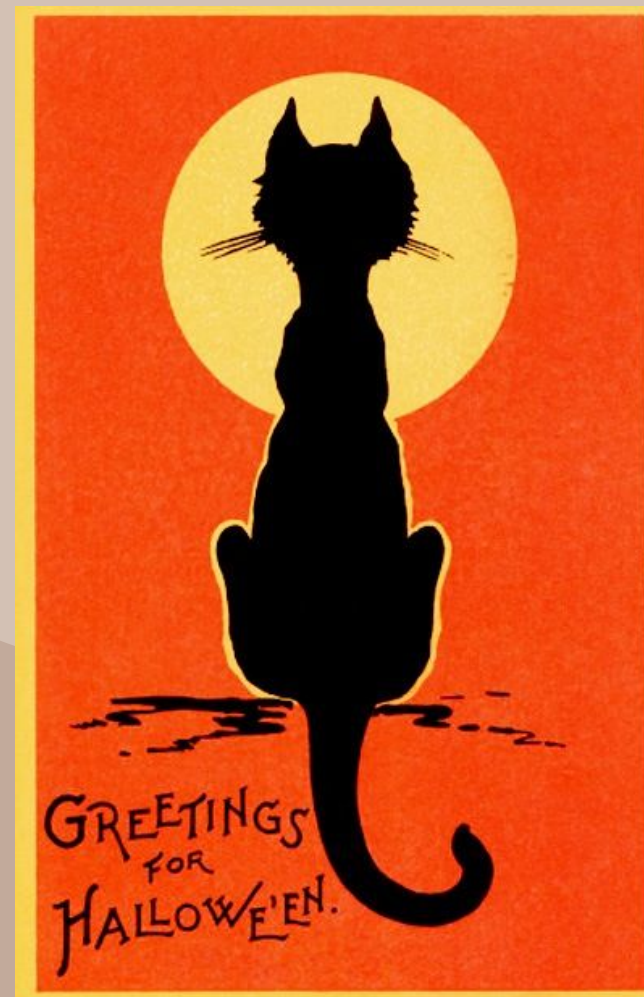


Health Message from Heidi

It's getting to be that dreaded time of year, Flu Season. Bickford will be giving flu shots to our residents the beginning of October. Flu vaccines will be provided by Valumed and given by Heidi, RN. Valumed will bill Medicare for the cost. Please make sure we have a copy of the updated Medicare cards. See Heidi with any questions. Also, remember you too can prevent the spread of flu by following 3 simple steps: Wash your hands, cough/sneeze into your elbow vs hand and staying away when you are sick.

Please help us keep your loved ones healthy.

Having soap and paper towels available in your loved ones apartment will also help cut down on the spread of germs.



Happy October!

* In the Southern Hemisphere, October is the seasonal equivalent to April.

* In the early Roman calendar, it was actually the eighth month of the year.

* President Truman made the first presidential telecast address from the White House on October 5, 1947.

* October 11, 2019 is the eighth annual "Star Wars Reads Day."

* New Zealand was discovered in October 1769; Middle Earth fans are forever grateful.

* October 20 is World Statistics Day.

* Rural delivery of mail in the United States was not free until October 1, 1896. Prior to this, rural farmers had to pay a private carrier or pick up from their "local" post office.

* John Adams, Rutherford B. Hayes, Chester Arthur, Theodore Roosevelt, Dwight Eisenhower and Jimmy Carter were all born in October---the most Presidential month!

* Some famous October birthdays include Julie Andrews, Angela Lansbury, John Kransinski, and Bill Gates.





* All Activities subject to change

October

10am Exercise/Trivia
11am Manicures/Buffering
Noon Lunch Outing
1:30pm Bingo Game in the Activity Room
2:30 Visits with Chaplain Gloria 1

10am Exercise/Trivia
11am Small Group Activity/Craft Time
1:00pm Po-Ke-No Game in the Activity Room
3:00pm Music with Teresa Jacobsen in the Family Room 2

10am Exercise/Trivia
11am Manicures/Buffering/Coloring Club/Puzzles
1:30pm Bingo Game in the Activity Room
3:00pm Bus Ride to Get Ice Cream!
5:45 Bible Study with Chaplain Roland 3

9Catholic Communion
10am Exercise/Trivia
11am Let's make some Pumpkin Bread!
1:30pm Bunco and Left, Right, Center Games
3:00 Conversation and Cocktails-Activity Room 4

10am Exercise DVD
11am Coloring Club in Activity Room
1:30pm Bingo with Brenda in Activity Room
3:00pm Patio Time with Conversation!
7:00pm Lawrence Welk 5

10am Stretch Yoga DVD
11am Adult Coloring Club in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Movie Time with Popcorn in Activity Room 6

10am Exercise/Trivia
11am Bible Study with Jim-Activity Room
11:30 Piano with Ann
1:30 Kings in the Corner & Uno Card Game
3pm Rosary with Joyce
3pm Balloon Volleyball 7 in the Family Room

10am Exercise/Trivia
11am Music with Scott
1:30pm Bing Game in the Activity Room
2:30pm Visits with Chaplain Gloria
3:00pm Let's make our favorite Treat! 8

10am Exercise/Trivia
11am Small Group Activity
1:30pm Po-Ke-No Game in the Activity Room
3:00pm Read-A-Loud by the Bird Aviary 9

10am Exercise/Trivia
11am Sweathart Cake Decorate Demonstartion
1:30pm Bingo Game in the Activity Room
2:45 Les Wilson to Sing
4pm Bus Trip to see Shroud Exhibit 10
5:45 Bible Study Roland

Family History Day
9:30am Catholic Mass
10am Bus to Genealogy Center to make Family Photo Coasters
1:30 Bus Tour of Clinton Historical sites
3pm Bunco Game 11

10am Exercise DVD
11am Coloring Club in Activity Room
1:30pm Bingo with Brenda in Activity Room
3:00pm Movie/Popcorn in Activity Room
7:00pm Lawrence Welk 12

10am Stretch Yoga DVD
11am Adult Coloring Club in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Movie Time with Popcorn in Activity Room 13

10am Exercise/Trivia
11am Bible Study with Jim-Activity Room
1:30 Kings in the Corner & Uno Card Games
3:00pm Rosary with Joyce 14

10am Exercise/Trivia
11am Trip to the Arboritum to see Margo!
1:30pm Bingo Game in the Activity Room
2:45pm Sing-A-Long with Chaplain Gloria-Family Room 15

10am Exercise/Trivia
11am Trip to Rock Creek Marina and Lunch
1:00pm Po-Ke-No Game in the Activity Room
2:00pm Concert DVD in the Family Room
3:00pm Penny Ante Games & Refreshments 16

10am Exercise/Trivia
11am Manicures/Buffering Coloring Club
1:30pm Bingo Game in the Activity Room
3:00pm Read-A-Loud by the Bird Aviary
5:45pm Bible Study with Chaplain Roland 17

9CatholicCommunion
10 Exercise/Trivia/Eye Glass Cleaning
11am Let's Make Apple Sauce-Activity Room
1:30pm Bunco/Left, Right, Center Games
3:00pm Cocktail Time! 18

10am Exercise DVD
11am Coloring Club in Activity Room
1:30pm Bingo with Brenda in Activity Room
3:00pm Movie/Popcorn in the Activity Room
7pm Lawrence Welk 19

10am Stretch Yoga DVD
11am Adult Coloring Club in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Movie Time with Popcorn in Activity Room 20

10am Exercise/Trivia
11am Bible Study with Jim-Activity Room
1:30 Kings in the Corner & Uno Card Games
2:30 Rosary with Joyce
3:00pm Music with John and Kay-Family Room 21

10am Exercise/Trivia
11am Manicures/Buffering /Coloring/Puzzles
1:30pm Bingo Game in the Activity Room
2:30pm Apartment Visits with Chaplain Gloria
3:00pm Go for a ride to see the pretty leaves! 22

10am Exercise/Trivia
11am Make a gift to give the Sunbeams
1:30pm Po-Ke-No Game in the Activity Room
3:00pm Let's have some fun with Puzzles! 23

10am Exercise/Trivia
11am Music with the Sunbeams-Family Room
1:30pm Bingo Game in the Activity Room
3:00pm Read-A-Loud by the Bird Aviary
5:45 Bible Study with Chaplain Roland 24

9Catholic Communion
10 Exercise/Trivia/Eye Glass Cleaning
11am Let's make some pumpking Goodies!
1:30pm Bunco and Pig Games in Activity Room
3:00pm Refreshments 25 Served in Activity Room

10am Exercise DVD
11am Coloring Club in Activity Room
1:30pm Bingo With Brenda in Activity Room
3:00pm Movie/Popcorn in the Activity Room
7pm Lawrence Welk 26

10am Stretch Yoga DVD
11am Adult Coloring Club in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Movie Time with Popcorn in the Activity Room 27

10am Exercise/Trivia
11am Bible Study with Jim-Activity Room
1:00 Skip Bo and Uno Card Games with Chocolate tasting!
2:00pm Massage Therapy with Megan 28
3pm Rosary by the birds

10am Exercise/Trivia
11am Put together baskets for Rock Creek
1:30pm Bingo Game in the Activity Room
2:30 Visits with Chaplain Gloria
3pm Spooky Bus Ride 29

10am Exercise/Trivia
11am Decorate Wheel Chairs & Walkers for Halloween
1:30pm Po-Ke-No Game
3:00pm Roger Wiess to Sing-Family Room 30

Halloween
10am Exercise/Trivia
Am Trick or Treaters pay us a visit!
1:30 Spooky Bingo--Wear your Costumes!
3:00pm Family Council Meeting-Refreshment 31

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