

Happy New Year!
Welcome 2020

Bickford Residents with January Birthdays

Paul Evers---January 4th
Yosh Bush---January 8th
Clarence Fuegen---January 9th
Marilyn McCrudden---January 9th

Clinton
HAPPENINGS

JANUARY

New Year's Resolutions

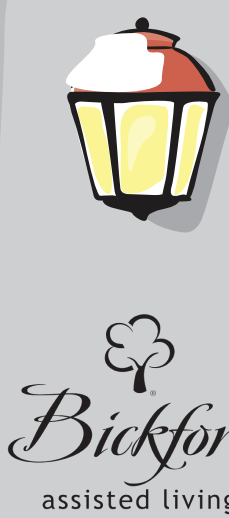
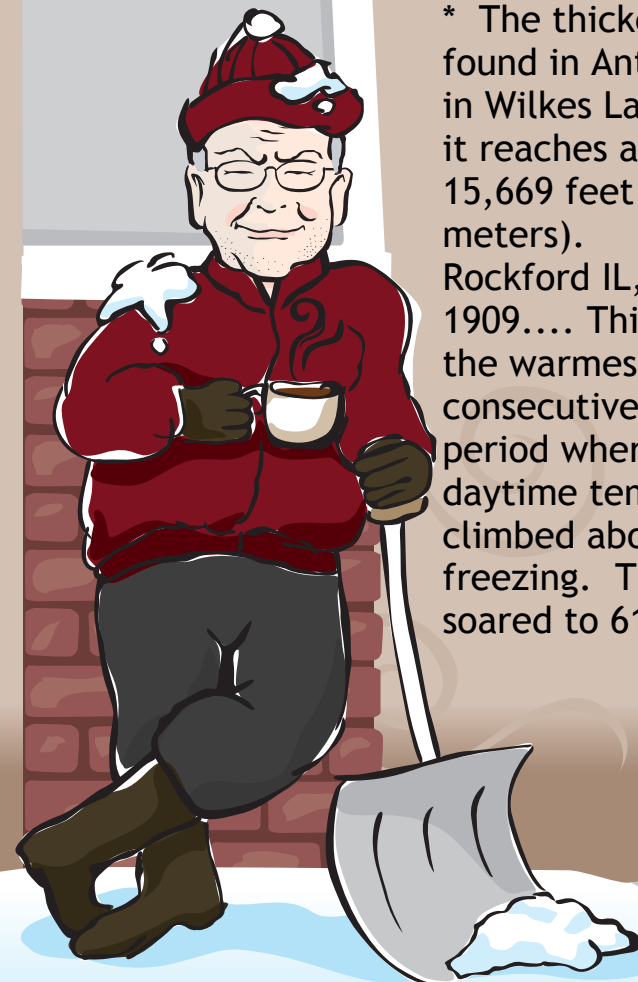
- * On average, about 45% of Americans make a resolution for the new year.
- * Every year over 1 million people gather in Times Square, NY to watch the famous ball drop to ring in the new year + welcome in their resolutions---but a whopping 1 billion people are setimated to watch it on television.
- * The most common resolution made is to increase the amount of exercise that one gets.
- * Unfortunately, about 22% of resolutions fail after about a week, 40% after a month, 50% after 3 months, and 60% after 6 months. Which group do you fit in?

- * Tradition says that the more leafy greens a person eats on New Year's day signifies prosperity that is to come for them.
- * Americans alone drink an estimated 360 million bottles of champagne which is ironic considering that cutting back on alcohol consumption is consistently the second most popular resolution made.
- * Around 38% of people claim to never make a resolution.
- * Of those achieving their resolutions, about 40% were successful on the first try. The rest took multiple attempts with as much as 17% taking over 6 tries.



Interesting Weather Facts

- * Can it snow from clear skies? Yes. Ice crystals sometimes fall from clear skies when temperatures are in the single digits or colder.
- * The thickest ice found in Antarctica is in Wilkes Land, where it reaches a depth of 15,669 feet (4, 776 meters). Rockford IL, Jan. 24, 1909.... This date was the warmest in a ten consecutive day period where the daytime temperature climbed above freezing. The mercury soared to 61 degrees.
- * The record for the most snowfall from a single storm in the U.S. belongs to Mt. Shasta, California, where 189 inches fell from Feb. 13-19, 1959.
- * The coldest NFL football game ever played was on December 31, 1967 in Green Bay, Wisconsin the temperature fell to -13F degrees.
- * First use of the term "blizzard" as it pertained to weather-appeared in an Esterville, Iowa newspaper.
- * The snowiest winter in the Twin Cities, MN, occurred the winter of 1983-84, 98.6 inches.



January

S

M

T

W

T

F

S

* All Activities Subject to Change

New Year's Day
 Rose Bowl Parade/Rose Bowl Football Game
 10am Exercise DVD
 11am Coloring/Word Puzzles in Activity Room
 1:30 Bingo Game
 3:00pm Watch Football!

10am Exercise DVD
 11am Coloring Club or Word Puzzles in the Activity Room
 1:30pm Marketplace Ministries Church Service
 3pm Movie and Popcorn in the Activity Room 5

10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
11:30 Piano with Ann
 1:30 Kings in the Corner & Uno Card Games
 2:45 Book Club to Meet
3pm Rosary with Joyce 6

10am Exercise/Trivia
 11 Manicures/Buffing/Coloring/Word Puzzles
 1:30pm Bingo Game
2:30pm Visits with Chaplain Gloria
4pm Clinton High School Cheerleaders-Hurray! 7

10am Exercise/Trivia
10:45 Clinton County Naturalist Presentation
 1:30pm Po-Ke-No Game in the Activity Room
 2:45pm Small Group activity in Activity Room
 2:45pm Walk the Halls 8

10am Exercise/Trivia
11:15 Lunch Outing
 1:30pm Bingo Game in the Activity Room
 2:45pm Read-A-Loud by the Bird Aviary
4/5:45 Visits with Chaplain Roland and Bible Study 9

9:30 Catholic Mass
 10am Exercise/Trivia
 Eye Glass Cleaning
 11am Let's Make some fun treats!
 1:30 Bunco and Pig Games in Activity Room
 3pm Cocktails Served! 10

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

10am Exercise DVD
 11am Coloring Club or Word Puzzles in the Activity Room
 1:30pm Marketplace Ministries Church Service
 3pm Movie and Popcorn in the Activity Room 12

10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
 1:30 Kings in the Corner & Uno Card Games
3:00 Rosary with Joyce
 3:00pm Foot Bath Spa Time-Activity Room 13

Hat Day
 10am Exercise/Trivia
11am Scott to Sing in the Family Room
 Noon Wear a hat today!
 1:30pm Bingo Game
3:00pm Lori and her Antiques-Tea Party 14

10am Exercise/Trivia
 11am Winter Craft in the Activity Room
 1:00 Po-Ke-No Game in the Activity Room
3:00pm Let's go Antique Sight Seeing to the Broken Spoke! 15

10am Exercise/Trivia
 11am Coloring Club & Word Puzzles
 1:30pm Bingo Game in the Activity Room
3:00pm 1921 Boyscout Trip to Yellowstone Movie-Activity Room 16
 4/5:45 Chaplain Roland

9Catholic Communion
 10am Exercise/Trivia /Eye Glass Cleaning
 11am Let's make some delicious Apple, Pear Sauce in Activity Room
 1:30 Bunco and Left, Right, Center Games 17

10am Exercise DVD
 11am Adult Coloring Club in Activity Room
1:30pm Bingo with Brenda-Activity Room
1:40 Watanye Serve Ice Cream Cones! 18
 3:00pm Movie & Popcorn
 7pm Lawrence Welk

10am Exercise DVD
 11am Coloring Club or Word Puzzles in the Activity Room
 1:30pm Marketplace Ministries Church Service
 3pm Movie and Popcorn in the Activity Room 19

10am Exercise/Trivia
11am Bible Study with Jim in 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 20

10am Exercise/Trivia
 11am Manicures/Buffing /Coloring & Puzzles
 1:30pm Bingo Game in Activity Room
2:45pm Sing-A-Long with Chaplain Gloria in the Family Room 21

10am Exercise/Trivia
 11am Small Group activity in Activity Room
 1:30pm Po-Ke-No Game in the Activity Room
 2:45pm Walk the Halls and Play Faces & Places Game in Family Room 22

Luau Party
 10am Exercise/Trivia
 11am Beach Type Games in Family Room
 1:30 Beach Bingo Game
3:00pm Luau Party entertainment with Jaci & Refreshments! 23
 4/5:45 Chaplain Roland

9Catholic Communion
 10am Exercise/Trivia
 Eye Glass Cleaning
 11am Bunco Game in the Activity Room
1:30pm Go for a Bus Ride to look for our National Bird 24

10am Exercise DVD
 11am Adult Coloring Club in Activity Room
1:30pm Bingo with Brenda-Activity Room
 3:00pm Movie and Popcorn in Family Room
 7pm Lawrence Welk 25

10am Exercise DVD
 11am Coloring Club or Word Puzzles in the Activity Room
 1:30pm Marketplace Ministries Church Service
 3pm Movie and Popcorn in the Activity Room 26

Chocolate Cake Day
 10am Exercise/Trivia
11am Bible Study with Jim in Activity Room
 1:00pm Uno Card Game in the Activity Room
2:00pm Massages with Megan in Activity Room 27
Ke Day

10am Exercise/Trivia
 11am Manicures/Buffing /Coloring & Puzzles
 1:30pm Bingo Game
2:30 Visits with Chaplain Gloria in Family Room
 2:45pm Resident Council Meeting-Refreshments 28

10am Exercise/Trivia
 11am Let's make treats for our Reception today
 1:30pm Bing Game in the Activity Room
3:00pm Material Girls Quits & Reception in the Family Room 29

10am Exercise/Trivia
 11am Ladies Facials in the Activity Room
 1:30pm Bingo Game
 2:45pm Book Club Meeting to Discuss Book
4/5:45 Visits and Bible Study with Roland 30

9Catholic Communion
 10am Exercise/Trivia
 Eye Glass Cleaning
 11am Let's Make some Chex Mix to enjoy!
 1:30 Bunco and Left, Right, Center Games
2:45 Roger Weiss to sing for us-Family Room 31