

BROWNIES with Benefits

Ingredients: 1 1/3 cups all-purpose flour; 3/4 cup unsweetened cocoa powder; 1/2 tsp salt; 1/4 tsp baking powder; 1 cup sugar, divided; 4 room temperature eggs; 2 tsp vanilla extract; 1/2 tsp espresso powder (optional); 6 Tbsp unsalted butter; 1 cup light-brown sugar; 1/2 very ripe avocado; 4 oz semisweet chocolate chips, melted; 1 oz unsweetened chocolate, melted

Directions: Preheat oven to 350°F. Line bottom of 8-inch sq pan with parchment paper. In a large bowl, whisk flour, cocoa powder, salt and baking powder. In a medium bowl, whisk 1/2 cup sugar and eggs until sugar dissolves. Stir in vanilla extract, espresso powder, if using. Cream together butter, 1/2 cup sugar and light-brown sugar until combined. Add avocado, pureed in a blender until smooth; mix well. Beat in egg mixture. Mix in semisweet chocolate and unsweetened chocolate. Stir in flour mixture. Pour into pan; bake 50 to 60 minutes, until a toothpick inserted into center comes out clean. Let cool before cutting. Enjoy! *(Inspired by Toni Arnold)*



Grand Island HAPPENINGS

FEBRUARY



Reduce Stress, LOVE Your Heart

Emergency stress stoppers are actions to help you defuse stress in the moment. Here are some ideas:

Count to 10 before you speak or react.

Take a few slow, deep breaths until you feel your body un-clench a bit.

Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.

Try meditation or say a prayer to gain perspective.

If it's not urgent, sleep on it and respond tomorrow.

This works especially well for stressful emails and social media trolls.

Walk away from the situation for a while, and handle it later once things have calmed down. Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.

Turn on some chill music or an inspirational podcast to help you deal with road rage.

Take a break to pet the dog, hug a loved one or do something to help someone else.

Work out or do something active.

Exercise is a great antidote for stress.

Use these stress reducers to LOVE your heart!



Bickford
assisted living

"LOVELY" ACTIVITY PICTURES... HAPPINESS IN EVERY HEART

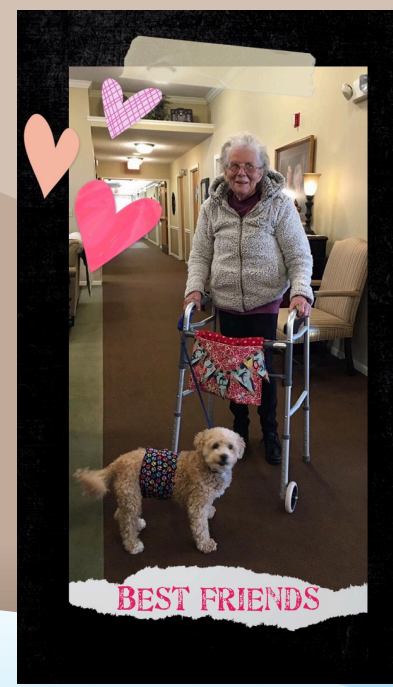


TABLE HOCKEY



FUN!



HAPPY FEBRUARY BIRTHDAY

Candy Kennedy (PRN NURSE) -2
 Irene Bixenmann -3
 Duke Bartlett -4
 Bill Schnase (MAINTENANCE MAN) -4
 Tasha Swanson (BFM)-5
 Mary Jeanne Krebbs -8
 Wilma Keown -10
 Mykayla Chapa (BFM) -12
 Tina Ramirez (BFM) -24
 Nancy Kauffman -26

BFM ANNIVERSARIES

January:

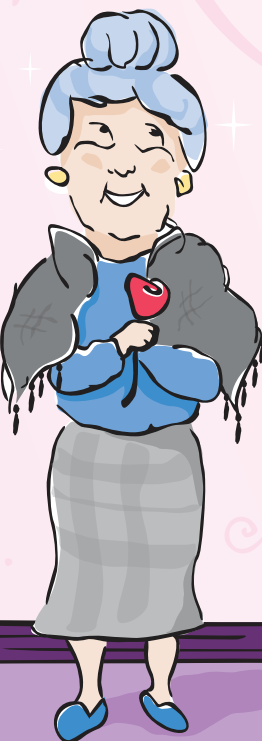
Bill Schnase - 1 year
 Laurie Boots - 4 years

February:

Mykayla Chapa - 1 year

FEBRUARY EVENTS & FUN DAYS

Super Bowl LIV-2
 Wear Red -7
 Valentines's Day 14
 President's Day-17
 Silly Sock Day-20
 Mardi Gras-25
 Ash Wednesday-26
 Leap Year- 29



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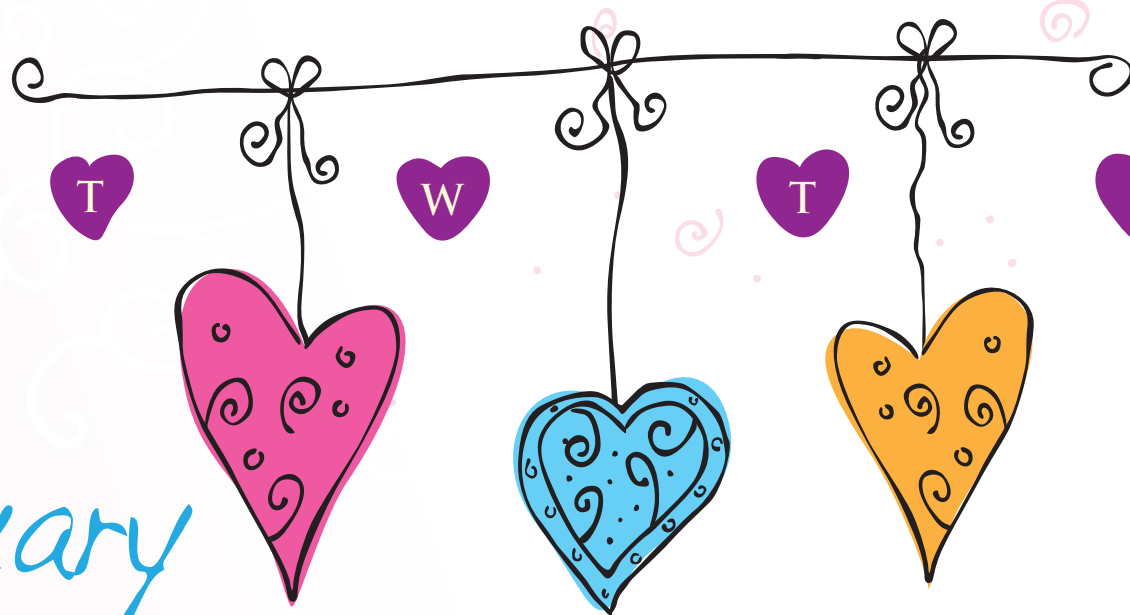
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February



SUPER BOWL DAY
 9:30 Our Daily Bread
 10:00 Peace Lutheran DVD Service
 2:00 Super Word Sheet
 4:00 Church Service
 5:30 Super Bowl 2

10:30 Sittercise
 1:45 Bingo
 3:00 Nail Care & Massages
 6:00 Art -Roses 3

9:30 Thank You Notes
 10:30 Walking Group
 1:30 Bible Study
 3:00 Valentine Cards & Coffee
 6:00 Kindness Bookmarks 4

10:30 Chair Tai Chi
 11:00 Resident Council
 2:00 Door Decorations & Valentine Reminisce
 6:00 Heart Bean Bag Toss 5

9:30 Lovely Walkers
 10:30 Heart Balloon Volleyball
 1:45 Bingo
 3:00 Friends & Frozen Yogurt
 6:00 Craft-Felt Rose 6

WEAR RED DAY
 9:30 Shopping Trip
 10:30 Heart to Heart Moments
 2:00 Heart Balloon Volleyball
 6:00 Heart Tic Tac Top 7

9:30 Sit & Be Fit
 10:30 Valentine Word Scramble
 2:00 Mugs and Muffins Social
 6:00 Triominos 8

9:30 Lovely Devotions
 10:00 Peace Lutheran DVD Service
 2:00 Kindness Rocks
 4:00 Church Service
 6:00 Music- Tim Javorsky 9

10:30 Sittercise
 11:00 Men's Gather
 1:45 Bingo
 3:00 Lovely Nail Care & Massages
 6:00 Heart Finger Print Frame 10

9:45 Walking Group
 10:30 Music-Cindy Boehler
 1:30 Bible Study
 3:00 Coffee & Chat
 6:00 Crochet/Knit
 6:00 Support Group 11

10:00 Chair Zumba
 2:00 Kay & The Cloggers
 3:00 Queen of Hearts Card Game & Drinks
 6:00 Midweek Movie & Popcorn 12

FIRE DRILL
 9:00 Music with Don
 10:00 Giggles Kids
 1:45 Bingo
 3:00 Let's Talk
 6:00 Valentine Toss Game 13

VALENTINE'S DAY
 9:45 Morning Stretches
 10:30 Newlywed Game
 2:00 Valentine's Party
 3:00 Cupid Cocktail Floats
 6:00 Heart Bingo 14

9:30 Social Stroll
 10:30 Word Search
 2:00 Puzzle Pals
 3:00 Refreshments & Riddles
 6:00 Classic T.V. Shows 15

9:30 Our Daily Bread
 10:00 Peace Lutheran DVD Service
 2:00 Adult Coloring Group
 4:00 Church Service
 5:00 Voices of the Rock 16

President's Day
 10:30 Sittercise
 11:00 Acts of Kindness
 1:45 Bingo
 3:00 Name That President
 6:00 Paint & Sip 17

9:45 Walking Group
 11:00 Piano Music-Glen
 1:30 Bible Study
 3:00 Travel Talks Tuesday
 6:00 Bird Feeders 18

9:45 Whimsical Wands Workout
 10:30 Roll & Respond
 2:00 Music -Kevin & Heidi
 3:00 Helping Hands
 6:00 Music-Paul Ramp 19

SILLY SOCK DAY
 9:45 Fit While You Sit
 10:30 Name That Sound
 1:45 Bingo
 3:00 Sock It To Me & Sherbert
 6:00 Bowling Fun 20

9:45 Fun Friday Exercise
 11:00 Lunch Outing
 2:00 Birthday Bash & Music-Delores K.
 6:00 Noodle Ball 21

9:30 Sit & Be Fit
 10:30 Morning Brew Crew
 2:00 Table Top Games & Drinks
 6:00 Uno Card Game 22

9:30 Lovely Devotions
 10:00 Peace Lutheran DVD Service
 2:00 Picture Books & Banana Bread
 4:00 Church Service
 6:00 Movie & Popcorn 23

10:30 Sittercise
 1:45 Bingo
 3:00 Nail Care & Massages
 6:00 Put Put Golf 24

MARDI GRAS
 10:00 Parade Walkers
 10:30 Bickford Bakers
 1:30 Bible Study
 3:00 Mardi Gras Party
 6:00 Mardi Gras Bingo 25

ASH WEDNESDAY
 10:00 Name That Tune
 10:00 Catholic Mass
 2:00 Cranium Crunches
 3:00 Bird Area Reminisce
 6:00 Bunco Game 26

9:00 Music with Don
 10:30 Dancing to Polka Music
 1:45 Bingo
 3:00 Managers Special
 6:00 Sitterball 27

9:30 Shopping Trip
 10:30 Facebook Friday
 2:00 Leap Year Fun & Green Snacks
 6:00 Helping Hands - Green Decorations 28

LEAP YEAR
 9:30 Social Stroll
 10:30 Brain Teasers
 2:00 Bistro Buddies & Board Games
 6:00 Classic T.V. Shows 29