



CORNER BEEF and CABBAGE (slow cooker)

Ingredients: 1 corned beef brisket (3-4lbs); 1 onion; 3 cloves garlic; 2 bay leaves; 2.5 - 3 cups water; 2 lbs potatoes , *peeled & quartered*; 2 large carrots , *chopped*; 1 small head of cabbage , *cut into wedges*
 Instructions: Chop onion into large chunks and place in the bottom of a 6 qt slow cooker. Top with corned beef and seasoning packet. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves. Cook on low 8-10 hours. After the initial 3 hours, add potatoes and carrots to the slow cooker. Two hours before serving, add cabbage wedges to the slow cooker. Remove corned beef from slow cooker and let rest 15 minutes before slicing. Serve with potatoes, carrots and cabbage.

Grand Island
HAPPENINGS
 MARCH

Activities at Bickford are in full Spring Swing



National Nutrition Month

Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. SuperTracker provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at SuperTracker.usda.gov
Enjoy your food but eat less Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.
Strengthen your bones Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.

Make half your plate fruits and vegetables Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.
Drink water - Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.
Eat whole grains more often - Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



HAPPY MARCH BIRTHDAYS:

Pat Larson-17
Lori Bebee - 20
Nina Stirn -23
Mareena R -26
Darcy Hansen - 31

HAPPY BICKFORD ANNIVERSARY:

Sarah Stephens - 17 years
Ellison Verba - 1 year

HOLIDAYS & FUN DAYS:

Celebrate your Name week 1-8
Cat in The Hat Day-2
World Day of Prayer-3
Casino Fun Day-4
Name Tag Day-5
St. Patrick's Day-17
First Day of Spring-19
Puppy Day-23
First Day of Baseball-26



9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Midday Walkers
4:00 Church Service
6:00 Movie & Popcorn **1**

10:30 Sittercise
1:45 Bingo
3:00 Nail Care & Massages
6:00 Hat Toss Game **2**

9:45 Walking Group
10:30 Music-Tim Mohanna
1:30 Bible Study
3:00 March Memory Stretcher
6:00 Craft-Lanyards **3**

CASINO FUN
9:45 Circus Circus Exercise
10:30 Big Dice Game
2:00 Viva Las Vegas Party
6:00 Horse Race Game **4**

9:45 Walking Group
10:30 Name Tag Fun
1:45 Bingo
3:00 Name Games & Refreshments
6:00 Hit The Target **5**

9:45 Fun Fiday Exercises
10:30 100 Years of Names
2:00 Afternoon Art
6:00 Lucky Charm Dominoes **6**

9:45 Saturday Strolls
10:30 Chair Yoga
2:00 Lucky 7 Puzzle
3:00 Bistro Buddies
6:00 Old Time Favorite Shows **7**

DAYLIGHT SAVINGS
9:30 Sunday Funnies
10:00 Peace Lutheran Dvd Service
2:00 Color Me Happy
4:00 Church Service
6:00 Funniest Home Videos **8**

10:30 Sittercise
1:45 Bingo
3:00 Nail Care & Massages
6:00 Craft - St. Paddy's Decoration **9**

9:45 Clover All Over Day Walkers
10:30 Bickford Bakers
1:30 Bible Study
3:00 March Trivia & Mint Parfaits
6:00 Support Group **10**

10:00 Chair Zumba
11:00 Resident Council
2:00 Reminisce & Johnny Appleseed Treats
6:00 Ping Pong Basketball **11**

9:30 Music with Don
10:00 Giggles Preschool
1:45 Bingo
3:00 Sips & Spiritual Reflections
6:00 Twister Fun **12**

9:45 Shopping Trip
11:00 Garden Group Planning
2:00 Outing To Fonner Park Horse Races
6:00 Bowling Fun **13**

9:45 Shape Up Saturday
10:30 Group Word Search
2:00 Pie & Coffee Social
6:00 Card Games **14**

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Lovely Rose Puzzle
4:00 Church Service
6:00 Movie & Popcorn **15**

10:30 Sittercise
11:00 Men Get Together
1:45 Bingo
3:00 Nail Care & Mocktails
6:00 Craft-Pins/Jewelry **16**

St. Patrick's Day
9:45 Little Chair Jig
10:30 Irish Humor
1:30 Bible Study
3:00 Shamrock Shakes
6:00 Free Throw Relay **17**

9:45 Walking Group
10:00 Name That Tune
2:00 Follow Your Nose Sensory Game
3:00 Chocolate Carmel Shakes
6:00 Midweek Movie **18**

FIRST DAY OF SPRING
9:45 Spring Stretching
10:30 Let's Laugh Day
1:45 Bingo
3:00 Coffee & Chat
6:00 Music- Paul Ramp **19**

9:45 Chair Exercises
10:30 Quilting Project
2:00 Music-Delores K.
3:00 Ice Cream You Scream
6:00 Tick Tac Throw **20**

9:45 Saturday Strolls
10:30 Walk & Wheel
2:00 Flower Creative Adult Coloring
3:00 Bistro Buddies
6:00 Old Time Favorit Shows **21**

9:30 Sunday Funnies
10:00 Peace Lutheran Dvd Service
2:00 Knitters Nook
4:00 Church Service
5:30 Voices of the Rock **22**

10:00 Outing To Humane Society
1:45 Bingo
3:00 Nail Care & Massages
6:00 Ball Toss **23**

9:45 Walking Group
10:30 Bean Bag Music
1:30 Bible Study
3:00 Tuesday Travel Talks
6:00 Wheel of Fortune **24**

9:45 Sittercise
10:30 Helping Hands
11:00 Lunch Outing
2:00 Music-Kevin & Heidi
6:00 Craft-Baseball Cap Decorating **25**

First Day of Baseball
~~9:30 Music with Don~~
~~10:30 Batter Up!~~
1:45 Bingo
3:00 Managers Special
6:00 Baseball Theme Games **26**

9:30 Shopping Trip
10:30 Funny Friday Jokes
2:00 Karaoke Dance Party
3:00 Name 5 & Green Smoothies
6:00 Picture Bingo **27**

9:45 Shape Up Saturday
10:30 Current Events
2:00 Cranium Crunches
3:00 Relax & Refreshments
6:00 Card Games **28**

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Midday Walkers
4:00 Church Service
6:00 Movie & Popcorn **29**

10:30 Sittercise
1:45 Bingo
3:00 Nail Care & Massages
6:00 Noodle Ball **30**

9:45 Poker Walkers
10:30 Luckey Dog Game
1:30 Bible Study
3:45 Music by Johnny Gomez
6:00 Ring Toss **31**

March

