



FRIED APPLE DIPPERS

INGREDIENTS: Cooking Spray, 4 apples, cored, peeled, and cut into wedges, 1/2 cup cornstarch, 2 cups graham cracker crumbs, 6 tablespoons brown sugar, 4 eggs beaten, caramel sauce.

DIRECTIONS: 1. Spray the air fryer basket with cooking spary. 2. Toss apples and cornstarch in a large bowl. Set aside. 3. Combine graham crackers and brown sugar in a small bowl. Place beaten eggs in a shallow dish. 4. Preheat air fryer for 3 minutes at 350 degrees. 5. Roll apple slices in the eggs, coating completely. Roll apples in graham cracker crumbs and place in the air fryer basket in a single layer. 6. Cook at 350 degrees for 3-4 minutes, flipping halfway through. Repeat to cook the remaining apples. Serve warm with caramel sauce. - Makes 8 servings.

Grand Island
HAPPENINGS



CARING IS HAVING FUN WITH ACTIVITIES



CARING IS ESSENTIAL

This year, COVID has been an enormous, unforeseen challenge that has resulted in every person working in long term care to step up and go above and beyond expectations. At a time when the entire profession is doing so much, this year's National Assisted Living Week theme, Caring is Essential, reflects the hard work and dedication of all the essential caregivers in assisted living facilities across the country. Current social distancing rules and the inability of friends and family to enter the buildings due to COVID restrictions has changed much of the day-to-day life of the

staff and the residents for the time being. Despite these hurdles, staff continue to play a critical role in caring for residents in senior living and should be honored for the incredible work they do every day. In addition to honoring staff, National Assisted Living Week is also a time to recognize the residents and their families in our community and the special relationships they have with staff. -artical from : National Center For Assisted Living-

We would like to take this time to thank all our BFM'S (Bickford Family Members), Families and Friends for being kind and patient as we coninue to care for those we all love. -Caring is Essential.



HAPPY SEPTEMBER BIRTHDAYS:

Darletta Wood - 5
 Margaret Cadieux - 8
 Anna Lee Young - 8
 Fred Larson - 12
 Norma Kreutz - 29

HAPPY BICKFORD ANNIVERSARIES:

Mike Ponte - 9 years
 Felicia Ramirez - 6 years
 Tori Johnson - 2 years

HOLIDAYS & FUN THEME DAYS:

American Chess Day - 1
 Worlds Coconut Day - 2
 College Colors Day - 4
 National Coffee Ice Cream Day - 6
 Labor Day - 7
 Telephone Tuesday - 8
 Kick-Off Day - 10
 Patriot Day - 11
 Chocolate Milkshake Day - 12
 Grandparents Day - 13
 National Assisted Living Week 13-19
 Apple Dumpling Day - 17
 Talk Like A Pirate Day - 19
 Autumn Begins - 22
 50's Theme Day - 23
 Good Neighbor Day - 28

September

S M T W T F S

9:45 Good News Stories
 10:30 Peace Lutheran Dvd Service
 2:00 Coffee Ice Cream
 4:00 Church Service
 6:00 Funniest Home Videos 6

LABOR DAY
 10:30 Sittercise
 11:00 Identify The Occupation
 2:00 Bingo
 3:00 Funny Job History & Ice Cream
 6:00 What's My Job 7

GRANDPARENTS DAY
 9:45 Sunday Comics
 10:30 Show Off The Grandkids
 2:00 Grand Surprise!
 4:00 Church Service
 6:00 Movie & Popcorn 13

9:45 Sittercise
 10:30 Self Care Day
 2:00 Pajama Bingo
 3:00 Cookies & Milk
 6:00 Slumber Party 14

9:45 News & Views
 10:30 Peace Lutheran Dvd Service
 2:00 Creative Coloring
 4:00 Church Service
 6:00 Funniest Home Videos 20

10:30 Sittercise
 11:00 Manicures & Massages
 2:00 Bingo
 3:00 Remembering With The Scenses
 6:00 Kickball 21

9:45 Sunday Comics
 10:30 Peace Lutheran Dvd Service
 2:00 Magazine Memories
 4:00 Church Service
 6:00 Movie & Popcorn 27

10:30 Sittercise
 11:00 Spa Nails & Neck Massages
 2:00 Bingo
 3:00 Neighborly Treats
 6:00 Finish The Saying... 28

9:45 Island Walkers
 10:30 Music-Tim Mohanna
 1:30 Bible Study
 3:00 Coffee & Chess Trivia
 6:00 Chess or Checkers Game 1

9:45 Morning Movers
 10:30 Music -Johnny Cash Tribute
 1:30 Bible Study
 3:00 Number Please & Punch
 6:00 Card Games 8

9:45 Island Walkers
 10:30 Back To School Memories
 1:30 Bible Study
 3:00 Riddles & Refreshments
 6:00 Paper Airplane Toss 15

9:45 Morning Movers
 10:30 Bickford Bakers
 1:30 Bible Study
 3:00 The ABC's of Autumn & Ice Cream Cones
 6:00 Elephant Jokes 22

9:45 Island Walkers
 10:30 YouTube & You
 1:30 Bible Study
 3:00 Coffee Chat & Trivia
 6:00 Parachute Fun 29

9:45 Welcome September
 10:30 Chair Zumba
 2:00 Craft: Door Decor
 3:00 Coconut Day Popsicles
 6:00 Short Stories 2

9:45 News & Views
 10:30 Chair Exercise
 2:00 Arts & Crafts: Sead Painting Mosaic
 3:00 What's The Scoop
 6:00 Noodle Ball 9

9:45 Morning Mingles
 10:30 Chair Zumba
 2:00 Higher or Lower Card Game
 3:00 Afternoon Drinks & Music
 6:00 Your Inner Artist 16

50's THEME DAY
 9:45 Rock & Roll
 10:30 Sock Hop Fun
 2:00 Music-Kevin & Heidi
 3:00 Soda Fountain
 6:00 Drive In Movie 23

9:45 Morning Mingles
 10:30 Chair Zumba
 2:00 September Birthday Celebration
 3:00 Birthday Games
 6:00 Uno 30

9:45 Walk & Talk
 10:30 Mens Group -Fishing Fun
 2:00 Bingo
 3:00 Bait Bar & "Salt" Water
 6:00 Word Search 3

9:45 Football Toss & Referee Signals
 10:30 Football Charades
 2:00 Bingo
 3:00 Water Break
 6:00 Watching Football 10

9:45 Walk & Talk
 10:30 Bickford Bakers
 2:00 Bingo
 3:00 Fall Craft & Apple Bar
 6:00 Movie-Apple Dumpling Gang 17

9:45 Nature Scavenger Walkers
 10:30 Craft: Sewing Gift Bag
 2:00 Bingo
 3:00 Managers Special
 6:00 Twister Toss & Trivia 24

9:45 Fun Friday Exercise
 10:30 The Price Is Right
 2:00 Tailgate BBQ Event
 6:00 Football Games 4

9:45 Stretch & Tone
 10:30 Helping Hands
 11:00 Moment of Silence
 2:00 Alzheimers Walk-Strides for Smiles
 3:00 Purple Snack Bar
 6:00 Board Games 11

9:45 Chair Yoga
 10:30 Caring Together
 2:00 Food Truck Friday
 3:00 Karaoke Happy Hour
 6:00 Card Games 18

9:45 Stretch & Tone
 10:30 Balloon Volleyball
 2:00 Facebook Friday
 3:00 Ice Cream Social
 6:00 Triominos 25

9:45 Saturday Stroll
 10:30 Kentucky Derby Day
 2:00 Target Practice
 3:00 Football Fill In The Blanck & Drinks
 6:00 I Spy 5

9:45 Morning Moingles
 10:30 Exercise Video
 2:00 Chocolate Milkshakes & Jokes
 3:00 Courtyard Chats
 6:00 Classic T.V. Shows 12

9:45 Learn To Talk Like A Pirate
 10:30 Captain Hook Toss
 2:00 Treasure Hunt
 3:00 Pirate Punch & Puns
 6:00 Movie - Hook 19

9:45 Saturday Stroll
 10:30 Slogan Saturday
 2:00 Apples To Apples Game
 3:00 Relax with Refreshments
 6:00 National Parks 26

