



October Resident Birthdays

Judy Welcher----October 6th

Ed Shannon----October 10th

Pauline Kitteringham----October 20th

George Leslie----100th Birthday! On October 27th

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



Clinton

HAPPENINGS

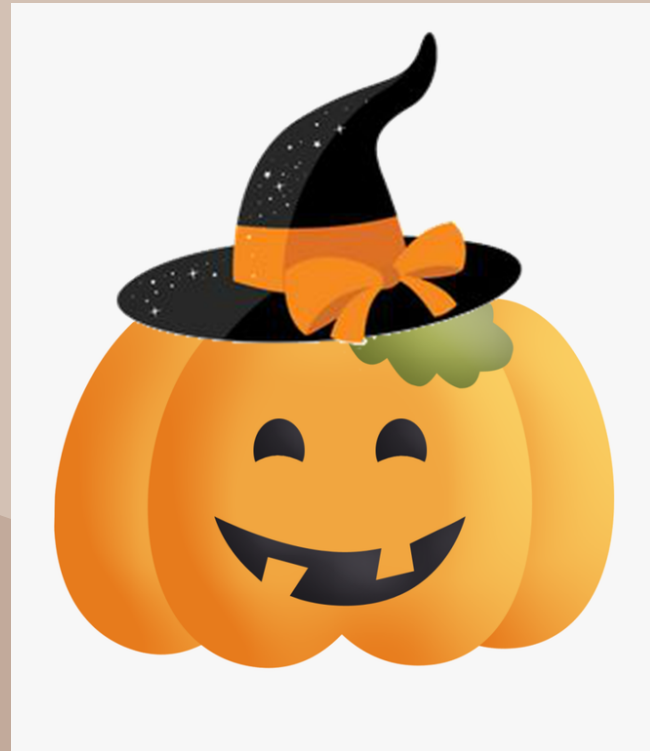
OCTOBER

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 the year.

* President Truman made the first presidential telecast address from the [White House](#) on October 5, 1947.

* October 11, 2020 is the ninth annual "Star Wars Reads Day".

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

* 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.



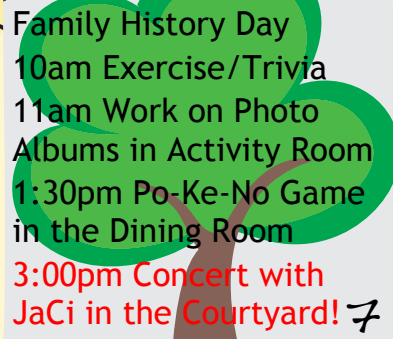

Bickford
assisted living





* All Activities are subject to change.

October



10am Stretch Yoga DVD
11am Coloring, Checkers, Puzzles in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Patio Time!
4pm Walking Club 4

10am Exercise/Trivia
11am Rosary by the Bird Aviary
1:30pm Po-Ke-No Game in the Dining Room
2:45pm Bickford Bucks Store Open!
4pm Walking Club 5

10am Exercise/Trivia
11am Manicures/Coloring/Puzzles
1:30pm Bingo Game
2:30pm **Chaplain Gloria Visits with Residents**
3:00pm Courtyard time!
4pm Walking Club 6

Family History Day
10am Exercise/Trivia
11am Work on Photo Albums in Activity Room
1:30pm Po-Ke-No Game in the Dining Room
3:00pm **Concert with JaCi in the Courtyard!** 7

10am Exercise/Trivia
11am Let's make Apple Dumplings!
1:30pm Bingo Game in the Dining Room
2:45pm Apple Dumplings & Connect 4 Game
4pm Walking Club 1
5:45pm **Bible Study**

10am Exercise/Trivia
Eye Glass Cleaning
11am Bible Study-Walking Through the 1st Missionary journey with Paul
1:30pm Bunco Game
2:45pm Read-A-Loud by 2 the Bird Aviary

10am Exercise DVD
11am Coloring Club/Crossword Puzzles in Activity Room
1:30pm Bingo Game in the Dining Room
3pm Movie with Bob
6:00pm Lawrence Welk 3

10am Stretch Yoga DVD
11am Coloring, Checkers, Puzzles in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Patio Time!
4pm Walking Club 11

10am Exercise/Trivia
11am Rosary by the Bird Aviary
1:30pm Po-Ke-No Game in the Dining Room
2:45pm Balloon Volleyball- **Family Room**
3:15pm **Refreshments** 12

10am Exercise/Trivia
11am Let's Make Apple Sauce!
1:30pm Bingo Game
2:30 **Chaplain Gloria visits with Residents**
3pm Refreshments with "Faces and Places" game 13
4pm Walking Club

10am Exercise/Trivia
11am Make a Craft in Activity Room
1:15 **Concert with Ron Lubbers in Courtyard**
3:00pm **Bus Ride to See the Leaves**
4pm Walking Club 14

10am Exercise/Trivia
11am Manicures/Puzzles Coloring-Activity Room
1:30pm Bingo Game
3:00pm **Bus Ride to See the Leaves**
4pm Walking Club
5:45 **Bible Study** 15

10am Exercise/Trivia
Eye Glass Cleaning
11am Bible Study in the Activity Room
1:30pm Wheel of Fortune Game!
3:00pm Refreshments and conversation 16
4pm Walking Club

10am Exercise DVD
11am Coloring Club/Crossword Puzzles in Activity Room
1:30pm Bingo Game in the Dining Room
3pm Movie with Bob
6:00pm Lawrence Welk 7

10am Stretch Yoga DVD
11am Coloring, Checkers, Puzzles in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Move Time
4pm Walking Club 18

10am Exercise/Trivia
11am Rosary by the Bird Aviary
1:30 Wheel of Fortune Game in Dining Room
2:45pm **Concert with Scott in the Courtyard**
4pm Walking Club 19

10am Exercise/Trivia
11am **Small Group** fun in Activity Room
1:30pm Bingo Game in the Dining Room
2:30pm **Chaplain Gloria visits with Residents**
2:45pm Connect 4 Game 20
4pm Walking Club

10am Exercise/Trivia
11am Let's make old cards into new!
1:30pm Po-Ke-No Game
2:00pm Concert DVD in Family Room
4pm Walking Club 21

10am Exercise/Trivia
11am Coloring Club to meet in Activity Room
1:30pm Bingo Game
2:45pm Nifty Nineties Club to meet!
4pm Walking Club
5:45 **Bible Study-Roland** 22

10am Exercise/Trivia
Eye Glass Cleaning
11am Bible Study in the Activity Room
1:30pm Bunco Game in the Dining Room
2:45pm **Book Club to meet to discuss book** 23

10am Exercise DVD
11am Coloring Club/Crossword Puzzles in Activity Room
1:30pm Bingo Game in the Dining Room
3pm Movie with Bob
6:00pm Lawrence Welk 24

10am Stretch Yoga DVD
11am Coloring, Checkers, Puzzles in Activity Room
1:30pm Marketplace Ministries Church Service
3:00pm Movie Time
4pm Walking Club 25

10am Exercise/Trivia
11 Rosary by the Birds
1:30pm Po-Ke-No Game in the Dining Room
2:45 Parachute Fun and Refreshments
4pm Walking Club 26

10am Exercise/Trivia
11am Craft Time! Decorate Pumpkins
1:30pm Bingo Game
2:30 **Visits & Sing-A-Long with our Chaplain Gloria**
2:45pm Work on our Pumpkin Craft 27
4pm Walking Club

10am Exercise/Trivia
11am Let's Make Carmel Corn in Activity Room
1:30pm Po-Ke-No Game in the Dining Room
2:45pm Read-A-Loud by the Bird Aviary
4pm Walking Club 28

10am Exercise/Trivia
11am Facials in the Activity Room
1:30pm Bingo Game in the Dining Room
2:45pm Resident Council Meeting-Dining Room
5:45pm **Bible Study** 29

10am Exercise/Trivia
11am Bible Study in the Activity Room
1:30pm **Go for a bus ride to see Halloween decorations**
3:00pm **Go for a bus ride to see Halloween decorations** 30

Halloween
10am Spooky Exercise
11am Wear your Costume to lunch
1:30pm Haunted Bingo Game in Dining Room
3pm Movie with Bob
6:00pm Lawrence Welk 31