

HAPPENINGS



Wonderful Things are Happening at Bickford



I Am Thrilled to Help Make our Folks Smile

As Rae mentioned in the last newsletter her and Linda stepped down, they will be missed and we appreciate all they did. I am honored to have the opportunity to brighten our folks days with exciting activities each and everyday!

Yours Truly
Mari Adkins, LEC

New Chef

We hated to see Chef Shelley leave us and we wish her all the luck at her new thrilling journey as head chef at the Main View, we are excited to welcome Chef John back.

John is a spectacular Chef with an amazingly positive attitude. We look forward to enjoying his tasty dishes.

We welcome Chef John back with big smiles.

Never Stop

Please keep bringing me your wonderful ideas for activities! There are no silly ideas!

Fun and busy is the name of the game! I am very full of great ideas but I can never have too many!

Very soon I will be able to transport our folks in my personal vehicle this is exciting! Tell me where you want to go! Walmart, McDonalds, give me ideas.....

Let's have a blast in July!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Yoga for Seniors

Recently we tried Yoga for seniors here at Bickford, it has been a huge hit! The benefits are incredible!

1. Yoga for seniors strengthens bones, and can help prevent Osteoporosis.
2. Yoga can help reduce stress. Yoga offers a relaxing way to let go of the tension you're holding in your body.
3. Yoga helps improve sleeping habits.
4. Yoga enhances balance, flexibility, mobility and strength.
5. Yoga can lessen the risk for depression. Yoga is a mood-booster; the combination of movement, breathing, and meditation can create an overall sense of well-being.
6. Yoga can alleviate aches and pains.

Yoga for Seniors
American Senior Communities
Exercise & Fitness March 31, 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



4TH OF JULY
 11:00a Small Talk- Lounge
 2:00p 4th of July Party- Patio
 3:30p Church Service- Lounge
God Bless America

11:00a Small Talk- Lounge
 2:00p Kindness Toss- Dining Room
 3:30p Church Service
You are the light of the world.
Matthew 5:14

11:00a Small Talk- Lounge
 2:00p Noodle Smack- Dining Room
 3:30p Church Service
We love because he first loved us.
John 4:19

11:00a Small Talk- Lounge
 2:00p Parachute- Dining Room
 3:30p Church Service
Every good and perfect gift is from above.
James 1:17

10:00a Exercise with Linda- on the patio
 12:15p- Jokes with Oliva
 3:30p- Balloon Toss- Lounge
"Believe you can and you are half way there"

10:00a Exercise with Linda- on the patio
 12:15p- Jokes with Janie- Dining Room
 3:30p- Puzzles- Dining Room
"Don't let anyone dull your sparkle!"

10:00a Exercise with Linda- on the patio
 12:15p- Poems with Pam- Dining Room
 3:30p Coloring Pictures
"You are the greatest project you will ever work on"

10:00 Exercise with Linda- on the patio
 12:15- Jokes with Sarah- Dining Room
 3:30p Ball Toss- Dining Room
"Don't let yesterday take up too much of today"

10:00a Manicures- Private Dining Room
 12:00p Finish the Phrase- Dining Room
 3:30p Food Council
What kind of egg did the evil chicken lay?
A deviled egg!

10:00a Manicures- Private Dining Room
 12:00p Trivia with Mari- Dining Room
 3:30p Resident Council- Lounge
Don't trust atoms. They make up everything!

10:00a Manicures
 12:00p Finish the Phrase- Dining Room
 3:00p Lemonade on the patio.
What kind of music is a balloon scared of?
Pop Music!

10:00a Manicures
 12:00p Trivia with Mari- Dining Room
 2:30 Candy the Comedian
Why can't a bike stand up on it's own?
Because it's two tired!

10:00a Bingo-Dining Room
 12:00p Trivia
 3:30p Bible Study
Do you want to hear a construction joke?
Sorry, i'm still working on it!!!

10:00a Bingo-Dining Room
 12:00p Trivia
 3:30p Bible Study
Why shouldn't you trust trees?
Because they are shady!

10:00a Bingo-Dining Room
 12:00p Trivia-Dining Room
 3:30p Bible Study
Did you hear about the fire at the circus?
It was in tents!!!!

10:00a Bingo-Dining Room
 12:00p Trivia-Dining Room
 3:30p Bible Study
How do you make a tissue dance?
Put a little boogie in it!

10:00a Trivia - Dining Room
 2:30p Exercise- Dining Room
 6:00p Movie and Popcorn- Lounge
"Make Someone Smile Today"

10:00a Trivia - Dining Room
 2:30p Exercise- Dining Room
 6:00p Movie and Popcorn- Lounge
"Spread love everywhere you go!"

ITALIAN DAY
 10:00a Trivia - Dining Room
 2:30p Exercise- Dining Room
 6:00p Movie and Popcorn- Lounge

10:00a Trivia - Dining Room
 2:30p Exercise- Dining Room
 6:00p Movie and Popcorn- Lounge
"Try to be a rainbow in someone's cloud!"

10:00a Trivia - Dining Room
 2:30p Exercise- Dining Room
 6:00p Movie and Popcorn- Lounge
"Be the reason someone Smiles today!"

10:00a Pet Therapy- Lounge
 2:30p Yoga for Seniors- Dining Room
 4:30p Lame Jokes
What do you call fake noodle?
An im-pasta

10:00a Creative Corner- Dining Room
 2:30p Yoga for Seniors- Dining Room
 4:30p Lame Jokes
What has more letters than the alphabet?
The post office!

10:00a Pet Therapy- Lounge
 2:30p Yoga for Seniors- Dining Room
 4:30p Lame Jokes
What do you call a cow with a twitch?
Beef Jerky!

10:00a Creative Corner- Dining Room
 2:30p Yoga for Seniors- Dining Room
 4:30p Lame Jokes
Why did the tomato blush?
He saw the salad dressing!

10:00a Creative Corner- Dining Room
 2:30p Bingo Store
 4:30p Lame Jokes
Where do snowmen keep their savings?
A snowbank!

9:00a Chit Chat- Patio- weather permitting
 12:00p Trivia
 1:30p Baking Class
 6:00p Game Night
Why do celebrities stay so cool? They have so many fans!

9:00a Chit Chat- Patio- weather permitting
 12:00p Trivia
 1:30p Baking Class
 6:00p Game Night
Shout out to my fingers. I can always count on them!!1

9:00a Chit Chat- Patio- weather permitting
 12:00p Trivia
 1:30p Baking Class
 6:00p Game Night
I used to play piano by ear. Now I use my fingers!

9:00a Chit Chat- Patio- weather permitting
 12:00p Trivia
 1:30p Baking Class
 6:00p Game Night
I used to hate facial hair. But then it grew on me!

9:00a Chit Chat- Patio- weather permitting
 12:00p Trivia
 1:30p Baking Class
 6:00p Game Night
Spring is here! I got so excited I wet my plants!!