

HAPPENINGS



ENJOYING THE JULY WEATHER



HAPPENINGS AT BICKFORD SENIOR LIVING

NATIONAL WELLNESS MONTH

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel! Research has shown self-care helps manage stress and promotes happiness. There are numerous ways to make those small changes.

- 1) Increase your water intake
- 2) Add more fruits and veggies to your diet
- 3) Better sleep habits
- 4) Yoga, walking or exercise class
- 5) Meditate, relaxation or read a book

MAKING ROOT BEER FLOAT PIES



RECIPE FOR ROOT BEER FLOAT PIE

ROOT BEER FLOAT PIE

- 1 carton (8 oz) frozen whipped topping, thawed
- 3/4 cup cold diet root beer
- 1/2 cup fat-free milk
- 1 package (1 ounce) sugar-free instant vanilla pudding mix
- 1 graham cracker crust
- Maraschino cherries, optional

Directions:

1. Set aside and refrigerate 1/2 cup whipped topping for garnish. In a large bowl, whisk the root beer, milk and pudding mix for 2 minutes. Fold in half the remaining whipped topping. Spread into crust.
2. Spread remaining whipped topping over pie. Freeze for at least 8 hours or overnight.
3. Dollop reserved whipped topping over each serving; top with a cherry if desired.

TASTY TREATS

Every Thursday we enjoy some Food Fun!! July was National Hot Dog Month, so we made some Hot Dog Nuggets. We also made Root Beer Float Pie and have included the recipe for all to enjoy. During the month we made Smore's and Cupcakes too. We enjoyed some outings to Pioneer Park, The Quilt Museum, Lake Wanahoo (on the Pontoon Boat). During July we enjoyed some Ice Cream Social, did some crafts and made some bird feeders. It was quite festive celebrating the 4th of July and Italian Day during the month of July. Please remember to look at our website and our Facebook page for more pictures.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



10:00 Balloon Toss
10:30 Chapel w/Ted
10:30 Catholic Communion
2:00 Ice Cream Social
6:00 Classic TV

1

10:00 Sittercise
10:30 Name Five Things
1:30 Manicures
6:00 Craft Corner

2

10:00 Coffee Social
10:30 Welcome to August/
County Fair Trivia
2:00 Bingo w/Pam
6:00 Yahtzee

3

COUNTY FAIR
10:00 Balloon Toss
10:30 How Many Words
2:00 County Fair Day
Music w/Chris Sayre
6:00 County Fair Food on
U-tube

4

10:00 Chapel Service
10:30 Morning Stretches
2:00 Food Fun "Let's Make
Frosted Lemonade"
6:00 Bingo w/Pam

5

10:00 Yoga w/Anita
10:00 Catholic Communion
10:30 Reminisce
2:00 Outing for Rootbeer
Floats
6:00 Cards Night

6

10:00 Beachball Bounce
10:30 Finish the Phrase
2:00 Painting
6:00 Lawrence Welk

7

10:00 Balloon Toss
10:30 Devotions
10:30 Catholic Communion
2:00 Bean Bag Toss and
Ice Cream
6:00 Game Shows

8

10:00 Sittercise
10:30 Did You Know?
1:30 Manicures
6:00 Crafting

9

10:00 Morning Social
10:30 The Year Was...
2:00 Bingo w/Pam
6:00 Game Night

10

10:00 Balloon Toss
10:30 Alphabet Word Game
1:30 Outing to Channel
10/11 News Station
6:00 Karaoke w/Candy

11

10:00 Chapel Service
10:30 Morning Stretches
2:00 Food Fun "Caramel
Apple Salad"
6:00 Bingo w/Pam

12

10:00 Yoga w/Anita
10:30 Reminisce
1:30 Resident Shopping
2:00 Movie & Popcorn
6:00 Cards Night

13

10:00 Beachball Bounce
10:30 Jokes/Laughter
2:00 Painting
6:00 Lawrence Welk

14

10:00 Balloon Toss
10:30 Devotions
10:30 Catholic Communion
2:00 Sunday Social with
Ice Cream Sundaes
6:00 Classic TV

15

10:00 Joanna the Comfort
Dog Visit
10:30 Lighthouse Trivia
1:30 Outing to Linoma
Lighthouse
3:00 Movie & Popcorn
6:00 Craft Corner

16

10:00 Coffee Social
10:30 Devines College of
Hair Design (Manicures)
2:00 Bingo w/Pam
3:00 Resident Council
Meeting
6:00 Yahtzee

17

10:00 Balloon Toss
10:30 How Many Words
2:00 Making Homemade Ice
Cream
6:00 Karaoke w/Candy

18

HOLLYWOOD DAY
10:00 Chapel Service
10:30 Morning Stretches
2:00 Hollywood Day
Celebration
6:00 Bingo w/Pam

19

10:00 Yoga w/Anita
10:30 Reminisce
2:00 Monthly Birthday Party
and Music w/Bill Chrastil
6:00 Cards Night

20

10:00 Beachball Bounce
10:30 Finish the Phrase
2:00 Painting
6:00 Lawrence Welk

21

10:00 Balloon Toss
10:30 Devotions
10:30 Catholic Communion
2:00 Bean Bag Toss and
Ice Cream
6:00 Game Shows

22

10:00 Sittercise
10:30 Did You Know?
1:30 Manicures
3:00 Outing for Afternoon
Drive
6:00 Craft Projects

23

10:00 Morning Social
10:30 Random Trivia
2:00 Bingo w/Pam
6:00 Game Night

24

10:00 Balloon Toss
10:30 Alphabet Word Game
2:00 Music w/Denell
6:00 Painting w/Candy

25

10:00 Chapel Service
10:30 Morning Stretches
2:00 Food Fun "Banana
Cocoa Delight"
6:00 Bingo w/Pam

26

10:00 Yoga w/Anita
10:30 Reminisce
1:30 Resident Shopping
2:00 Movie & Popcorn
6:00 Cards Night

27

10:00 Beachball Bounce
10:30 Jokes/Laughter
2:00 Painting
6:00 Lawrence Welk

28

10:00 Balloon Toss
10:30 Devotions
10:30 Catholic Communion
2:00 Ice Cream in the
Courtyard
6:00 Classic TV

29

10:00 Sittercise
10:30 Name Five Things
1:30 Manicures
6:00 Crafting

30

10:00 Coffee Social
10:30 The Year was...
2:00 Bingo w/Pam
6:00 Yahtzee

31

RESIDENT BIRTHDAYS
Pam T. 8/9
Barbara B. 8/12
Wanda G. 8/16
Glenda L. 8/21
Norma S. 8/29

STAFF BIRTHDAYS
Breanne Hecht 8/3
Madisen Masek 8/13
Robin Leuty 8/15
Sondra Bohmont 8/24
Abby Langton 8/28
Simone Collins 8/30
Reese Banks 8/31