

HAPPENINGS.

Santa came to town and the staff at 'Health at Home' and 'St. Croix Hospice' helped spread the holiday cheer at our Winter Festival



Happy New Year!

This past year has been full of changes. We are glad that one of those changes is that we get to see more visitors! We have also gone more than a whole year without Covid in our branch. With that blessing it has brought us the joy of spending more time in person with our families for the holidays. December was filled with Christmas spirit as we welcomed carolers, choirs, musicians, and especially Santa. We spent our days enjoying music and cozying up by the warm fireplace with hot chocolate.

All of us at Bickford are so thankful for our "bags of sunshine"! A huge THANK YOU to all that shared their appreciation.



Welcome January

With colder weather upon us so will cold and flu season. How are some ways you will protect yourself? Fortunately, there are plenty of steps you can take to prepare yourself. Regular hydration is an essential component of a healthy body. Cover your coughs and sneezes in your elbow. Wash your hands often with soap and water. Even skimping on your sleep will decrease your immunity and increase your chances of contracting the flu virus. Let's work on staying healthy together!

Looking forward we have some fun theme days this month!
 Hat Day on the 13th and we will have a Mad Hatter Tea Party
 Luau Day on the 20th with a Luau Party
 What month is complete without a Chocolate Cake Day on the 27th

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



10:00 Exercise DVD
10:30 Gospel Sing Alongs
10:30 Catholic Communion
2:00 Ice Cream Social
6:00 Classic Movie

30

9:00 Chapel Service w/Laura
10:00 Light & Lively Exercise
10:30 Trivia
1:30 Manicures
3:00 Write to Pen Pals
6:00 Winter Craft

31

RESIDENT BIRTHDAYS

ELAINE P 1/16
BARBARA L 1/17
CHERYL S 1/29

BFM BIRTHDAYS

AMANDA 1/3
MCKENNA 1/6
HALEY 1/11
KARA 1/25
TERESE 1/31

NEW YEAR'S DAY

10:00 Balloon Toss
10:30 Melody Lane Sing Along
2:00 New Year's Phrase Game
6:00 Lawrence Welk

1



10:00 Exercise DVD
10:30 Gospel Sing Alongs
10:30 Catholic Communion
2:00 Ice Cream Social
6:00 Classic Movie

2

9:00 Chapel Service w/Tom
10:00 Light & Lively Exercise
10:30 Trivia
1:30 Manicures
3:00 Write to Pen Pals
6:00 Crafting

3

10:00 Coffee Social
10:30 Sign Language w/Adam
2:00 BINGO w/Pam
6:00 Adult Coloring

4

10:00 Snowball Toss
10:30 Word Games
2:00 Food Fun
3:00 Getting Together to Plarn
6:30 Karaoke w/ Candy

5

10:00 Chapel Service w/Jodi
10:30 Sittercise
2:00 Winter Crafts
3:00 Card Fun
6:30 BINGO w/Pam

6

10:00 1st Friday Catholic Communion
10:00 Morning Stretches
10:30 Chicken Soup for the Soul
1:30 Resident Shopping
2:00 Movie & Popcorn
6:00 Game Night

7

10:00 Balloon Toss
10:30 Elivs Trivia
2:00 Elivs Presley - A Biography
6:00 Lawrence Welk

8



10:00 Exercise DVD
10:30 Gospel Sing Alongs
10:30 Catholic Communion
2:00 Hot Chocolate and Snacks
6:00 Classic Movie

9

10:00 Balloon Toss
10:30 Trivia
1:30 Manicures
3:00 Write to Pen Pals
6:00 "Let It Snow" Craft

10

10:00 Coffee Social
10:30 Sign Language w/Adam
2:00 BINGO w/Pam
6:00 Word Puzzles

11

10:00 Snowball Toss
10:30 Word Puzzles
2:00 Music w/Mike McCracken
6:00 Trivial Pursuit

12

HAT DAY
10:00 Chapel Service w/Jodi
10:30 Sittercise
2:00 Mad Hatter Tea Party
6:30 BINGO w/Pam

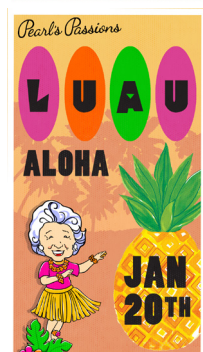
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10:00 Morning Stretches
10:30 Chicken Soup for the Soul
1:30 Afternoon Drive
2:00 Movie & Popcorn
6:00 Game Night

14

10:00 Balloon Toss
10:30 Melody Lane Sing Along
2:00 Getting Together to Plarn
6:00 Lawrence Welk

15



10:00 Exercise DVD
10:30 Gospel Sing Alongs
10:30 Catholic Communion
2:00 Ice Cream Social
6:00 Classic Movie

16

MLK JR BIRTHDAY
9:00 Chapel Service w/Laura
10:00 Joanna the Comfort Dog
10:30 Trivia
1:30 Manicures
3:00 Music w/ Jack Rodenburg

17

10:00 Coffee Social
10:30 Sign Language w/Adam
2:00 BINGO w/Pam
3:00 Resident Council Meeting
6:00 Puzzles

18

10:00 Snowball Toss
10:30 Word Games
2:00 Food Fun
3:00 Painting w/Robin
6:30 Karaoke w/ Candy

19

LUAU
10:00 Chapel Service w/Jodi
10:30 Sittercise
2:00 Luau Party
6:30 BINGO w/Pam

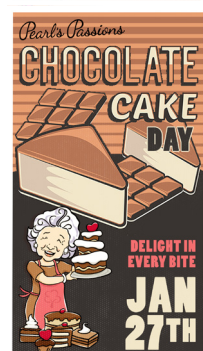
20

10:00 1st Friday Catholic Communion
10:00 Morning Stretches
10:30 Chicken Soup for the Soul
1:30 Resident Shopping
2:00 Movie & Popcorn
6:00 Game Night

21

10:00 Balloon Toss
10:30 Melody Lane Sing Along
2:00 Getting Together to Plarn
6:00 Lawrence Welk

22



10:00 Exercise DVD
10:30 Gospel Sing Alongs
10:30 Catholic Communion
2:00 Hot Chocolate and Snacks
6:00 Classic Movie

23

6:00 Documentary
10:00 Light & Lively Exercise
10:30 Trivia
1:30 Manicures
3:00 Write to Pen Pals
6:00 Winter Craft

24

10:00 Coffee Social
10:30 Sign Language w/Adam
2:00 BINGO w/Pam
6:00 Adult Coloring

25

10:00 Snowball Toss
10:30 Word Challenge
2:00 Music w/ Denell Danner
6:00 Documentary

26

CHOC CAKE DAY
10:00 Chapel Service w/Jodi
10:30 Sittercise
2:00 Food Fun "Chocolate Cake Day"
3:00 Card Games
6:30 BINGO w/Pam

27

10:00 Morning Stretches
10:30 Chicken Soup for the Soul
2:00 Music w/Rick Clarence
6:00 Game Night

28

10:00 Balloon Toss
10:30 Melody Lane Sing Along
2:00 Getting Together to Plarn
6:00 Lawrence Welk

29