

Happy 4th of July!

Let our flag proudly fly! To ever remind us of what we have won.
All the wars and the cost -of the lives that were lost -
so that we could all have such days in the sun!
The cookouts are great fun. Parades - we won't miss one!
And the fireworks - they leave us longing for more!
As we honor this day -in our freedom earned way -
let's think of the ones still on that distant shore.
All the women and men -who defend once again -America's right
to be "Land of the Free"! Let us raise our flags high!*And pray
they'll be home soon -where they're meant to be!
God Bless America



Bickford Happynings

Welcome...glad you're chose

Happy Birthday to all!

Enjoy your holiday!
Drive safely as you
travel to visit family
or friends but we
must remember.....
God Bless America and
may be thankful for
the freedom we have in
this country.

Good friends are like
stars.
You don't always see
them but you always
know they are there.
And remember: life is
like a roll of toilet
paper.
The closer it gets to
the end, the faster it
goes.
Only life lived for
others is a life
worth while.

We welcome our new
Bickford Friends
Evert Reimer
Eddie Holman Sr.
Hilda
Wanda Cubeck

WISDOM TIP
Crazy for Bananas
Eating more bananas
will help you get enough
vitamin B6 in your diet.
Research suggests that
vitamin B6 is important
for proper
neurotransmitter
functions. It may also
help in preventing mood
disorders, such as
depression. For an easy
vitamin B6 fix, add
banana slices to your
breakfast cereal. One
banana contains about a
milligram of vitamin B6.
Trouble getting a good
night' sleep?
If you are having trouble
getting a good nights
sleep, take a look at
your bedtime diet.
While a light snack may
help you relax before
sleeping, you should
avoid heavy meals and
fluids that stimulate
stomach acid production

Happy Birthday
Bickford Friends and
Family
7/4 Evert Reimer
7/5 Cyril Sandala
7/10 Elaine Jensen
7/16 Celvia Ishmael
7/23 Amy Cardaras

BFM's
7/17 Janiya Glover
Enjoy your special day!
Entertainment
7/2 Quinten Flagg
entertains us in the
Bistro at 2 pm
7/11 Ken and Marc
enterain at 1:30 pm
7/18 Sam Lozado
enterains plays the blues
music at 1:30 pm



Greetings from the Branch

Summer is here! The "dog
days of summer" are
going to make it tough to
deal with the heat and
humidity. Please
remember to keep your
apartments cool and
drink plenty of water or
liquids. The warm
weather can be hard on
the elderly.
If it is a nice day and
pleasant outdoors feel
free to go out and sit in
the court yard. Fresh air
is good and enjoy nature
at it's best. (If you have
not noticed, we have
benches and cushions on
the patio furniture.)
Thanks to all of the
gardeners who maintain
the flowers. They look
beautiful.
Please check the
calendar for all of the
events...if you are new or
want to come out and
join us there is always
room for everyone and
participate in the fun.
We have lots of laughs!!
Happy 4th of July Marnie

THE BEST MEDICINE
--A LAUGH
Want to improve your
health as well as your
disposition?
Have a good belly laugh
because laughter helps
relax the lining of the
blood vessels, easing
blood flow. Laughter
can reduce stress and
boost immunity.

A Little Humor
Seems an elderly
gentleman had serious
hearing problems.
He went to the doctor
and the doctor was able
to have him fitted for a
set of hearing aids that
allowed the gentleman
to hear 100%. The elderly
gentleman went back in
a month to the doctor
and the doctor said,
"Your hearing is perfect.
Your family must be
really pleased you can
hear again."
"Oh, I haven't told my
family yet. I just sit and
listen to them talk. I've
changed my will five
times!"



enriching happiness
Bickford
assisted living
& memory care



S

Catholic/communion
1st and 3rd Thursdays
at 2 pm/activity room

Join Chaplin Tracy/Rick
Worship service
Saturdays at 10am

M

*All Activities
Subject to change*

T

10:00 Stretches with Rich
10:30 Brain Fitness
1:30 Afternoon Walk
2:00 I Love America Jingo
3:00 Summer Sippers
6:00 Movie Nite

W

10:00 Daily Chronicle
10:15 Bible Study/ Tracy
10:30 8's are Wild Cards
**2:00 Quintin Flagg
entertains**
3:00 Clean up bistro

T

9:00 Salon Day
10:00 News and Views /
4th of July Fun Facts
11:00 Dice War
2:00 Catholic Service
3:00 Conversation
Starters

F

Happy 4th of July
to all of our
friends and family!
12:00 Special Lunch

S

10:00 Worship with
Chaplin Tracy /Rick
2:00 Resident Choice
Game
6:30 **Saturday Nite
Bingo/CNA calls in
activity room**

9:00 Worship with Joel
Osteen on Big TV
10:00 Resident led
Game
Check out Sports on
the Big TV

10:15 Shopping Outing
10:15 4,5,6 Dice Game
11:00 Rosary in Mary B's
1:30 LCR Game
3:00 Table Talk

10:00 Stretches with Rich
10:30 Brain Fitness
1:30 Afternoon Walk
2:00 Music Bingo
3:00 Summer Sippers
6:00 Movie Nite

10:00 Daily Chronicle
10:15 Bible Study with
Tracy
10:30 Picnic in the Park
1:30 Dominoes
3:00 Discussion Group

9:00 Salon Day
10:00 News and Views
10:30 Bocce Ball in Court
yard
1:30 Country Ride with
Mary B friends
2:00 Dominoes

10:00 Daily Chronicles,
Devotions
10:15 Senior Stretches
1:30 Ken and Marc
entertains /Happy
Hour
6:00 TGIF Movie Nite

10:00 Worship with
Chaplin Tracy /Rick
2:00 Resident Choice
Game
6:30 **Saturday Nite
Bingo/CNA calls in
activity room**

9:00 Worship with Joel
Osteen on Big TV
10:00 Resident led
Game
Check out Sports on
the Big TV

10:00 Daily Devotions,
Chronicle
10:15 Senior Stretches
10:30 Bunco Dice
11:00 Rosary in Mary B's
1:30 8's are Wild Cards
3:00 Down Memory Lane

10:00 Stretches with Rich
10:30 Volley Balloon
1:30 Afternoon Walk
2:00 Bistro Games
3:00 Summer Sippers
6:00 Movie Night

10:00 Daily Chronicles
10:15 Bible Study /Tracy
10:30 7 up Card Game
11:30 Let's Do Lunch
1:30 Dominoes
2:00 Stories for Seniors

9:00 Salon Day
10:00 News and Views
10:30 Men's Corner
2:00 Catholic Service
3:00 Shake Loose a
Memory

10:00 Daily Devotions,
Chronicles
10:15 Senior Stretches
10:30 Toss up Dice
1:30 Sam Lozado
entertains/Happy
Hour
6:00 TGIF Movie Nite

10:00 Worship with
Chaplin Tracy /Rick
2:00 Resident Choice
Game
6:30 **Saturday Nite
Bingo/CNA calls in
activity room**

9:00 Worship with Joel
Osteen on Big TV
10:00 Resident led
Game
Check out Sports on
the Big TV

10:15 Thrift Store
Shopping
10:15 Toss up Dice
11:00 Rosary in Mary B's
1:30 Resident Council
Meeting
2:30 Snack and Chat

10:00 Stretches with Rich
10:30 Word in a Word
1:30 Afternoon Walk
2:00 Popcorn Bingo
3:00 Summer Sippers
6:00 Movie Night

10:00 Daily Chronicle
10:15 Bible Study with
Tracy
**11:30 Fast Food
Outing/Culvers**
1:30 Dominoes
3:00 Conversations
Starters

Italian Theme
9:00 Salon Day
10:00 News and Views
10:30 Italian Fun Facts
11:00 Dominoes
2:00 Happy hour

10:00 Daily Chronicles,
Devotions
10:15 Senior Stretches
10:30 Dominoes
1:30 Scenic Ride
6:00 TGIF Movie Nite

10:00 Worship with
Chaplin Tracy /Rick
2:00 Resident Choice
Game
6:30 **Saturday Nite
Bingo/CNA calls in
activity room**

9:00 Worship with Joel
Osteen on Big TV
10:00 Resident led
Game
Check out Sports on
the Big TV

10:00 Daily Devotions,
Chronicle
10:15 Senior Stretches
10:30 Dice War
11:00 Rosary in Mary B's
1:30 Country Ride with
Mary B friends

10:00 Stretches with Rich
10:30 Remember When?
1:30 Afternoon Walk
2:00 Bistro Games
3:00 Summer Sippers
6:00 Movie Night

10:00 Daily Chronicle
10:15 Bible Study with
Tracy
11:30 Lunch Bunch
1:30 Dominoes
3:00 Spelling Bee

9:00 Salon Day
10:00 News and Views
10:30 Puttin' the Ball on
Patio
1:30 Table Game
3:00 Snack and Chat

July

