



Relax and enjoy the Dog Day's of Summer

Attention All Residents

Due to this hot weather it is really important to keep **Hydrated** by drinking water and keeping the air conditioning on in your rooms. It may not appear warm in your rooms but the humidity is very hard on you physically. So please, keep the air on to keep your room comfortable. BFM's will assist you if necessary.



Bickford Happynings

Happy Birthday, enjoy your day!

Food for Thought

Friends Birthdays

8-3 Bill Schipani
8-27 Carol Brandys

BFM's Birthdays

8-10 Mary Vahst
8-22 Fredericka White
8-24 Sophie Stefoski
8-27 Deborah Sidney

Growing old is not easy. Please have a little patience with others.

God test our patience!

Life is ten percent what you make it and ninety percent how you take it!

If you were born from July 23-August 22, you are a Leo, the lion. If you were born from August 23-September 22, you are a Virgo, the virgin. Leo is the most extroverted sign in the zodiac. They are ambitious, self-confident, and born leaders who thrive when faced with adversity. Virgos are logical, conscientious, hard-workers who value stability and are always ready to offer a helping hand.

Entertainment in the Bistro

8/6 2pm Jerry Vernon celebrates our for our western theme dinner
8/14 2pm Paul Vogrin entertains
8/22 2pm Sid evens on the Keyboard/sing-a-long
8/29 2pm Fred Walker entertains for Labor Day

'Work like you don't need the money. Sing like no one is listening. Dance like no one is watching because life is not measured by the number of breaths we take, but by the moments that take our breath away.

AUGUST IS FOOT CARE MONTH

FOR ALL FEET

- Wash your feet daily. Rinse off all soap and dry thoroughly, especially between the toes.
- Do not trim, shave, or use over-the-counter medicines to dissolve corns or calluses.
- Wear clean stockings or socks, changing daily. Don't wear any that are too short or too tight.
- Wear shoes that fit.

OR FEET THAT SWEAT

- Wear shoes made of leather or canvas - not synthetics.
- Switch shoes from day to day.
- Use foot powder.
- See your doctor if severe problems persist.

Welcome to Bickford of CP

Making the Emotional Transition when moving to your New Residency

Moving is hard. It can make anyone feel overwhelmed and stressed. However, these feelings are generally temporary and disappear after you establish your own routine. "Give it time and you will adjust," said one resident. In talking with other residents, you will find many of them felt the same way. Some residents found comfort in talking with clergy. Others found comfort in talking to a neighbor or close friend. Residents say the best strategy is to stay busy, introduce yourself to other residents, and participate in the activities. It is normal to have a tendency to stay in your apartment at first.

Yet, getting out and meeting other residents as well as participating in activities were repeatedly identified as the quickest ways to become comfortable with your new surroundings.

Come join us in the Programmed Activities

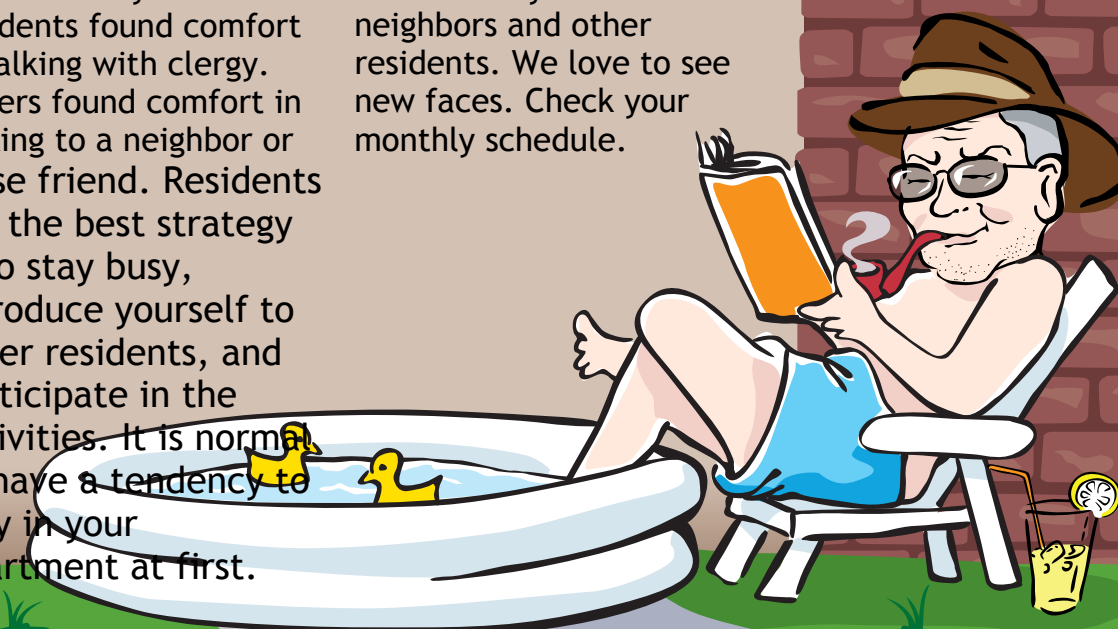
Read the activity schedule and choose two or three programs to attend early on to meet your neighbors and other residents. We love to see new faces. Check your monthly schedule.



enriching happiness



assisted living & memory care





9:00 Worship with Joel Osteen on TV
10:00 Resident Led Game
Enjoy golf or baseball on the Big TV

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ACTIVITIES
Subject to change

Sign up for any scheduled outing

Enjoy working on a jigsaw puzzle?
Puzzle and Games now available on the tables in the dining area (window area)

August

9:00 Worship with Joel Osteen on TV
10:00 Resident Led Game
Enjoy golf or baseball on the Big TV

3

10:00 Daily Devotions/Chronicle
10:15 Senior Stretches
10:30 4,5,6 Dice Game
11:00 Rosary/ Mary B's
1:30 Dollar Tree
3:00 Dominoes

4

10:00 Stretches Class
10:30 Brain Fitness
2:00 Music Bingo
3:00 Summer Sippers
6:00 Movie Nite

5

Western Day
10:00 Daily Chronicles
10:15 Bible Study/Tracy
12:00 Special Lunch
2:00 Jerry Vernon entertains
3:00 Photo Shoots

6

9:00 Salon Day
10:30 News and Views
11:00 Bunco
1:30 Hike the Halls
2:00 Catholic Service
3:00 Discussion Group

7

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

8

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

9

9:00 Worship with Joel Osteen on TV
10:00 Resident Led Game
Enjoy golf or baseball on the Big TV

10

10:00 Daily Devotions, Chronicle
10:15 Senior Stretches
10:30 Toss up Dice
11:00 Rosary in Mary B's
1:30 Walmart
3:00 Dominoes

11

10:00 Stretches Class
10:30 Mind Stretchers
2:00 Bingo
3:00 Summer Sippers
6:00 Movie Night

12

10:00 Daily Chronicles
10:15 Bible Study /Tracy
11:30 Culver's Lunch Outing
2:00 Dominoes
3:00 Spelling Bee

13

9:00 Salon Day
10:30 News and Views
11:00 4,5,6 Dice Game
1:30 Hike the Halls
2:00 **Paul Vogrin in the Bistro**
3:00 Table Game

14

10:00 Daily Devotions, Chronicles
10:15 Senior Stretches
10:30 Dominoes
1:30 Out and About the Town
6:00 TGIF Movie Nite

15

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

16

9:00 Worship with Joel Osteen on TV
10:00 Resident Led Game
Enjoy golf or baseball on the Big TV

17

10:00 Daily Devotion, Chronicle
10:15 Senior Stretches
10:30 Dice War
11:00 Rosary in Mary B's
1:30 Walgreens
3:00 Dominoes

18

10:00 Stretches Class
10:30 Brain Games
2:00 Resident Council Meeting
3:00 Summer Sippers
6:00 Movie Night

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10:00 Chronicle
10:15 Bible Study with Tracy
11:30 Men's Lunch Outing/Golden Apple
2:00 Stories for Seniors
3:00 Conversation Corner

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9:00 Salon Day
10:30 News and Views
11:00 8's are Wild Cards
1:30 Hike the Halls
2:00 Catholic Service
3:00 Design a Mandela and Music

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10:0 Daily Chronicles, Devotions
10:15 Senior Stretches
10:30 Dominoes
2:00 **Sid Evans entertains in Bistro**
6:00 TGIF Movie Nite

22

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

23

9:00 Worship with Joel Osteen on TV
10:00 Resident Led Game
Enjoy golf or baseball on the Big TV

24

10:00 Daily Devotions, Chronicle
10:15 Senior Stretches
10:30 Bunco
11:00 Rosary in Mary B's
1:30 Thrift Store Outing
3:00 Dominoes

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10:00 Stretches Class
10:30 A-Z Trivia
2:00 Jack Pot Dice
3:00 Summer Sippers
6:00 Movie Night

26

10:00 Daily Chronicle
10:15 Bible Study wTracy
11:30 Let's Do Lunch
2:00 Travelogue
3:00 Chit Chat and Coffee

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9:00 Salon Day
10:30 News and Views
11:00 Dice War
1:30 Hike the Halls
2:00 Games in the Court Yard
3:00 Table Talk

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10:00 Daily Chronicles, Devotions
10:15 Senior Stretches
10:30 Dominoes
1:30 **Fred Waker entertains/Labor day**
6:00 TGIF Movie Nite

29

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

30