

"Do you ever feel off-balance while walking? Or dizziness while getting out of bed? Many people suffer from dizziness, vertigo, the "spins" or imbalance putting them at risk for falls and injury. Steven Tijerina, a local Physical Therapist is pleased to announce a dizziness and balance workshop for the residents at Bickford Tinley Park on December 15th at 2:00PM. Steven will provide education of the 3 common causes of dizziness and imbalance and what kind of treatment for those conditions looks like. Steven is excited to meet the residents and answer your balance related questions."

Thank You,  
Steven Tijerina, PT,DPT  
1-708-966-4386

GOODLIFE PHYSICAL THERAPY  
16517 S. 106th Ct.  
Orland Park, IL 60467

# Tinley Park HAPPENINGS

DECEMBER

May all the joys of Christmas fill your hearts throughout the New Year!  
*Happiness in Our Home!* *Season of Giving!*

Our Family Christmas Party will be on Sunday December 17th, from 2:00PM-4:00PM. Santa Claus will be joining us for photos. Please R.S.V.P with the number of family members by December 10th to Rene. You can inform us by calling us or in person.

**Happy Birthday:**  
John H - 12/3  
Genevieve C- 12/5  
Susan M - 12/13  
Jeanette M 12/29  
Ed G 12/30  
**\*\*We will be taking a trip to The Drury Lane Theatre. I will notify residents with more information 2 weeks in advance.**

We will be enriching happiness within our community this holiday season by donating toys to the 'Toy Box Connection' in Orland Park. We are asking families, residents and The Bickford Family Members to bring new, unwrapped toys to Bickford of Tinley Park from December 1st thru December 19th. We will be dropping off the toys with our residents on December 20th. Thank you all in advance for making a difference for providing toys and smiles to children in need.

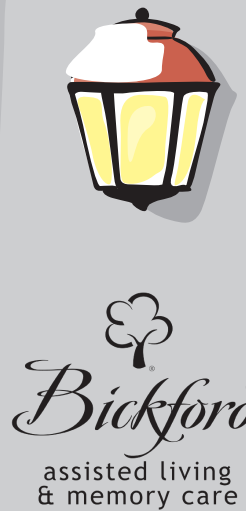
If you would like to bring in your favorite appetizer or dessert to share along with your recipe to our Christmas Party, please do so.

**Decorating Contest**  
We will once again have a resident holiday door decorating contest this December. There will be 3 prizes for the best decorated doors. All winners will be announced on Christmas morning. We are looking forward to all the creative doors. If you need assistance, please ask Rene and she will have a Bickford Family Member help you get in on the festivities.

## December 2017!

**Congratulations Tom!!**  
Tom has been promoted from his position as our Maintenance Coordinator to our new Assistant Executive Director! Tom will step into his new role on Monday, December 4th. Tom is married to his lovely wife Tammy and has 2 daughters - Becky and Tiffany along with 2 grandchildren - Shelby and Molly.

Tom enjoys his daily chats with our residents and wants everyone to know he will work hard everyday to make life at Bickford a great experience for everyone. Tom's experience managing his own lawn maintenance business for 26 years will undoubtedly be beneficial to help our home grow and prosper in the years to come.



S

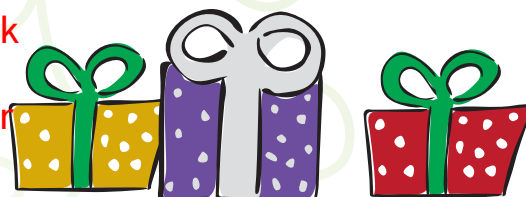
**\*\* New Year's Eve\*\***

12:00 Football - Bears vs Minnesota - FOX  
3:00 Dave Berger  
Guitar Whisperer  
8:00PM Champagne Countdown to the New Year!

31

M

Activites may be added or changed throughout the month. Please, check your daily activity sheets placed in your mail boxes.



T

Beauty Salon & Manicurist available every Thursday from 9:00AM-3:00PM. Appointment Book is located in the Beauty Salon.

W

# December

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S

10:30 Ageless Grace - Exercise with Patrice  
12:00 Football- Bears vs San Francisco - CBS  
2:30 Chocolate Bingo  
1:00 Bible Study  
6:00 Andrew High School Quartet Performance

3

10:30 Sit & Stretch  
11:00 Holiday Riddles  
1:30 UNO Card Game  
2:30 Left Right Center  
3:30 Walgreens Trip  
6:30 Wheel of Fortune

4

10:00 P.A.W.S Visit  
11:00 Sit & Stretch  
1:00 Tinley Park Library  
1:30 Christmas Craft  
3:30 Bingo Bucks  
7:00 Puzzles

5

Winter Festival  
10:30 Sit & Stretch  
11:00 Cranium Crunches  
1:30 St. Stephen Rosary  
2:00 Games With Mary  
3:30 Holiday Social  
6:30 Evening Movie

6

10:30 Mens Gathering with Tom & Frank  
10:45 Sit & Stretch  
1:15 Your Inner Artist  
2:00 Hymns with Chaplin Tia  
3:30 Bingo Bucks  
6:30 Wheel Of Fortune

7

10:30 Sit & Stretch  
11:00 Holiday Trivia  
11:30 The Patio Lunch Trip  
1:15 Quilting with Jill  
2:45 Quarter Bingo  
4:00 Bunco

8

10:00 Juinor Girl Scouts Troop #60392 & Brownie #65135 Visit  
2:30 Bingo - Treats

9

10:00 Word Searches  
12:00 Football - Bears vs Cincinnati - FOX  
1:00 Bible Study with Chaplin Anah  
2:30 Snack Bingo

10

10:30 Sit & Stretch  
11:00 Cranium Crunches  
1:30 Bible Study with Chaplin Anah  
3:00 Bruce Korosa Entertainment  
4:15 Walgreens Trip

11

10:30 Sit & Stretch  
11:00 Family Feud  
1:30 Cards with Sue  
3:00 Culinary Delights with Joann  
7:00 Evening Movie & Popcorn

12

10:30 Preschool Visit  
1:30 St. Stephen Church Catholic Mass  
2:00 Games with Mary  
2:30 Frank Rossi Entertainment  
3:45 Quarter Bingo  
6:30 Wheel of Fortune

13

10:00 Muffins & Coffee  
10:45 Exercise  
1:30 St. Stephens Church Holiday Presentation  
2:30 Hymns with Chaplin Tia  
3:00 Holiday Cocktails  
4:00 Holiday Craft

14

10:00 Crafts with Patrice  
11:00 Sing A Long  
1:30 Quilting with Jill  
2:00 Good Life Therapy  
2:30 Trinity Lutheran Church Sevice  
6:00 Mary B's Symphony Christmas Party

15

10:30 Word Searches  
2:30 Bingo Bucks  
3:00 Movie & Popcorn  
4:00 Puzzles

16

2:00PM-4:00PM

Family Christmas Party!  
Entertainment By John Trimmal

17

10:30 Sit & Stretch  
11:00 Cranium Crunches  
1:30 Bible Study with Chaplin Anah  
2:30 Left Right Center  
3:30 Walgreens Trip  
6:30 Wheel of Fortune

18

10:30 Jingle Bell Stretch  
11:00 Heart to Heart  
1:30 Christmas Tree Crafts with Sue  
3:00 Bingo Buck Store  
6:15 Christmas Lights Scenic Drive

19

10:30 Mens Gathering with Tom  
10:30 Toy Donations\*\*\*  
1:30 St. Stephen Church Rosary  
2:00 Games with Mary  
3:30 Quarter Bingo  
4:00 Holiday Cocktail

20

10:30 Jingle Bell Stretch  
1:30 Ice Cream Social  
2:00 Ugly Christmas Sweater Contest  
2:30 Hymns with Chaplin Tia  
3:30 Heartland Hospice Gathering

21

10:30 Ageless Grace with Patrice  
11:30 Ashford House  
1:30 Quilting with Jill  
2:45 Bingo  
4:00 Winter Crafts  
6:00 Christmas Carols with Marilyn

22

2:30 Bingo Bucks  
3:00 Movie & Popcorn  
4:00 Puzzles

23

10:00 Word Searches  
12:00 Football - Bears vs Browns - CBS  
2:30 Chocolate Bingo

24

**MERRY CHRISTMAS**  
10:30 Christmas Morning Gift Giving  
7:00 Movie - 'Miracle on 34th Street'

25

10:30 Sit & Stretch  
11:00 Getting to Know You  
1:30 Bingo Bucks  
3:00 Clairinet Duets Entertainment

26

10:30 Sit & Stretch  
11:00 Trivia Time  
1:30 St. Stephen Church Communion  
2:30 Candy Bingo  
3:30 Resident/Dining Council Meeting

27

10:00 Pastries & Coffee  
11:00 Cranium Crunches  
1:30 Baking Cookies  
2:30 Hymns with Chaplin Tia  
2:30 Bingo Bucks  
3:45 Your Inner Artist

28

10:30 Sit & Stretch  
11:00 Heart to Heart  
11:30 Tokyo Steakhouse  
1:30 Quilting with Jill  
2:45 Quarter Bingo  
3:45 Yahtzee  
7:00 Evening Movie

29

10:30 Word Searches  
2:30 Bingo Bucks  
3:00 Movie & Popcorn  
4:00 Puzzles

30