



Bickord New You Can Use

Hello Families-

July is here bring on the fireworks, picnic, and pools. We also need to remember to drink plenty of water. Regardless if you feel the need for it or not we have to keep the body hydrated. We will be sure to have stations with fresh water & cups for your drinking pleasure.

We have two outing planned this month and our calendar is full of excitement. Please take a look inside and see what activity interest you and join us for some fun as we enrich happiness.

- July 4th-** "Shade for Seniors" TENT join us for the 4th of July Parade.
- July 17th-** Beauty Time Join us for makeovers, hand massages, and facials from Walgreens.
- July 19th-** Italian Theme Day join us for music, games and Italian treats.
- July 25th-** Outing to Craker Barrel join us for lunch as we fill out bellies with delicious food and good laughs.

We are always looking for volunteers and entertainment if you have someone in mind please contact me **Shakiah Grayned LEC** (champaignlec@enrichinghappiness.com).



The 4th Of July

As the fireworks Burst around in Circles and all the Different designs, the Evening gets longer. So cheers For all the Good times we've had. I wouldn't trade them for anything. It's Just so bitter sweet. Kids having the time of their lives, Lost in time. Memories in the making. Noises of the summer. Overwhelming excitement in the air. Patriotism, the red, white, and blue. Quick little moments fly by. Relatives and friends having a blast.

Smells of good ole homemade cooking. Just some toasting and traditions along the way. Unbelievable love and sacrifice. Visioning every night like this one. Water balloons flying in the air. Expectations of the night, blown away. Yelling and singing every word to every song. Zoned in honor and enjoying life on the 4th of July.



Happy Birthday
 Elieen Sanford -11th
 Dolores Metz-27th

July Fun Facts

- July's Birthstone is ruby associated with contentment, love, passion, and integrity.
- Many countries have their Independence Day during this month.
- July is known to be hay month because the grass dries due to lack of rain and can be made into hay.
- July's flower is Larkspur or Water Lily.
- July was originally the month of Quintilis in the Roman calendar.
- July was 5th month of year until January and February were added in 450 BC.

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9:45a Word Search
 11a Exercise
 1p Kings in the Corner
 3p Church Service
 6p Lemonade & Chat
 1

9:45a Brain Teaser
 11a Exercise
 1p Kaboom Door Decor
 2:30p Yankee Doodle Dandy & Popcorn
 7p Card Game
 2

10a Patio Talk
 11a Exercise
 1p Secret Message(CC)
 2:30p Balance Class
 3p Devotion w/ Rich
 6p Wheel Of Fortune
 3

Independence Day
 10:30a Parade
 11a Exercise
 1p Red White Blue Cookies
 2p 4th of July
 3p 4th of July Social
 6p

9:45a Morning Walk
 11a Exercise
 1p July IQ Test (CC)
 2p Pet Therapy Sam
 3p B-Volleyball
 6p Wheel Of Fortune
 5

9:45a Coffee & Donuts
 11a Exercise
 1p Guitar Solo John
 2p BINGO
 7p Classic TV Night
 6

9a Manicures
 10a Piano Solo Dee
 11a Exercise
 1p Skip-Bo
 2:15p Pop & Popcorn
 7

9:45a Word Search
 11a Exercise
 1p Kings in the Corner
 3p Church Service
 6p Lemonade & Chat
 8

9:45a Brain Teaser
 11a Exercise
 1p Crafty Bookmarks
 2:30p Little Rascals & Popcorn
 7p Card Game
 9

10a Patio Talk
 11a Exercise
 1p Unscramble Letters (CC)
 2p Darr's Music
 3p Devotion w/ Rich
 6p Wheel Of Fortune
 10

9:45a Word Search
 11a Exercise
 1p State Plate Game
 2p Seated Soccer
 3p Relax on Patio
 6p Bickford Piano Music & Lemonade
 11

9:45a Morning Walk
 11a Exercise
 1p Cranium Crunch
 2p Pet Therapy Morgan
 3p Stretch-ercise
 6p Wheel Of Fortune
 12

9:45a Coffee & Donuts
 11a Exercise
 1p Guitar Solo John
 2p BINGO
 7p Classic TV Night
 13

9a Manicures
 10a Piano Solo Dee
 11a Exercise
 1p Left Center Right
 1p Skip-Bo
 2:15p Pop & Popcorn
 14

9:45a Word Search
 11a Exercise
 1p Kings in the Corner
 3p Church Service
 6p Lemonade & Chat
 15

10:30a Kay's Ukele
 1:30p Relax on Patio
 2:30p Mr. Robinson & Popcorn
 7p Card Game
 16

10a Patio Talk
 11a Exercise
 1p Dan Ryan Express
 1p Beauty Time
 2:30p Balance Class
 3p Devotion w/ Rich
 6p Wheel Of Fortune
 17

9:45a Morning Walk
 11a Exercise
 1p Beach Scrabble (CC)
 2p Resident Council
 3p Birthday Party
 6p Bickford Piano Music & Lemonade
 18

Italian Theme
 9:45a Word Search
 11a Exercise
 1p Cranium Crunch
 2p Pet Therapy Sam
 3p Hank & Friends
 6p Hilary & Rebecca Sing Along
 19

9:45a Coffee & Donuts
 11a Exercise
 1p Guitar Solo John
 2p BINGO
 7p Classic TV Night
 20

9a Manicures
 10a Piano Solo Dee
 11a Exercise
 1p Left Center Right
 1p Skip-Bo
 2:15p Pop & Popcorn
 21

9:45a Word Search
 11a Exercise
 1p Kings in the Corner
 3p Church Service
 6p Lemonade & Chat
 22

9:45a Brain Teaser
 11a Exercise
 1p BINGO
 2:30p A League of their Own & Popcorn
 7p Card Game
 23

10a Patio Talk
 11a Exercise
 1p Never Have I Ever
 2:30p Balance Class
 3p Devotion w/ Rich
 6p Wheel Of Fortune
 24

9:45a Word Search
OUTING: Cracker Barrel
 11a Exercise
 1:30p July Heat (CC)
 3p B-Volleyball
 6p Bickford Piano Music & Lemonade
 25

9:45a Morning Walk
 11a Exercise
 1p Cranium Crunch
 2p Pet Therapy Morgan
 3p Stretch-ercise
 6p Wheel Of Fortune
 26

9:45a Coffee & Donuts
 11a Exercise
 1p Guitar Solo John
 2p BINGO
 4:30p Social Hour w/ Angelicka
 7p Classic TV Night
 27

9a Manicures
 10a Piano Solo Dee
 11a Exercise
 1p Left Center Right
 1p Skip-Bo
 2:15p Pop & Popcorn
 28

9:45a Word Search
 11a Exercise
 1p Kings in the Corner
 3p Church Service
 6p Lemonade & Chat
 29

9:45a Brain Teaser
 11a Exercise
 1p Scented Doily
 2:30p Sandlot & Popcorn
 7p Card Game
 30

10a Patio Talk
 11a Exercise
 1p Cranium Crunch
 2:30p Balance Class
 3p Devotion w/ Rich
 6p Bridget's Melody
 31

July

