

## 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. need for it or not we have to keep the body hydrated. We wil be sure July 25th- Outing to 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. Regardless if you feel the July 19th- Italain Theme Day join us for music, games and italain treats. Craker Barrel join us for lunch as we fill out bellies with delicous food and good laughs.

> We are always looking for volunteers and entertainment if you have someone in mind please contact me Shakiah Grayned LEC (c hampaignlec@enriching happiness.com).



## The 4th Of July

As the fireworks Burst around in Circles homemade cooking. and all the Different designs, the Evening gets longer. So cheers the way. Unbelievable 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. Batriotism, the red, white, and blue. Quick little moments fly by. Relatives and friends having a blast.

Smells of good ole Just some toasting and traditions along 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.



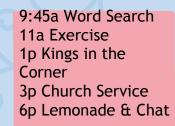




**Happy Birthday** Elieen Sanford -11th Dolores Metz-27th

## **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 hav.
- July's flower is Larkspur or Water Lily.
- July was originally the month of Quintilis in the Roman calendar.
- July was 5th month if year until January and February were added in 450 BC.



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

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

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

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

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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

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

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

9:45a Morning Walk

1p Beach Scrabble

2p Resident Council

6p Bickford Piano 18

Music & Lemonade

9:45a Word Search

**OUTING: Cracker** 

1:30p July Heat (CC)

6p Bickford Piano 25

Music & Lemonade

3p Birthday Party

11a Exercise

(CC)

Barrel

11a Exercise

3p B-Volleyball

6p

11a Exercise 1p Cranium Crunch 2p Pet Therapy Morgan 3p Stretch-ercise 6p Wheel Of Fortune

9:45a Morning Walk

1p July IQ Test (CC)

2p Pet Theapy Sam

6p Wheel Of Fortune

9:45a Morning Walk

3p B-Volleyball

11a Exercise

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

9:45a Coffee &

1p Guitar Solo John

7p Classic TV Night

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11a Exercise

2p BINGO

Donuts

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

9a Manicures

11a Exercise

1p Skip-Bo

10a Piano Solo Dee

2:15p Pop & Popcorn

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

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3p Church Service

6p Lemonade & Chat

11a Exercise

Corner

1p Kings in the

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

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

10a Patio Talk

11a Exercise

Message(CC)

2:30p Balance Class

3p Devotion w/ Rich

6p Wheel Of Fortune

10a Patio Talk

1p Unscramble

2p Darr's Music

10a Patio Talk

1p Beauty Time

11a Exercise

3p Devotion w/ Rich

6p Wheel Of Fortune

1p Dan Ryan Express

2:30p Balance Class

3p Devotion w/ Rich

6p Wheel Of Fortune

11a Exercise

Letters (CC)

1p Secret

Italian Theme

9:45a Word Search 11a Exercise 1p Cranium Crunch 2p Pet Theapy Sam 3p Hank & Friends 6p Hilary & Rebecka Sing Along

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

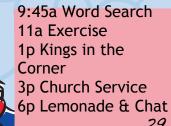
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9a Manicures

9:45a Coffee & **Donuts** 11a Exercise 1p Guitar Solo John 2p BINGO 4:30p Social Hour w/ **Angelicka** 

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





Night