



Rockford HAPPENINGS

NOVEMBER



Resident Spotlight

Dorothy Carlson Glans
A Rockford native, Dorothy was born on Dec. 4, 1922, the youngest of 3 children. Her parents were of Swedish descent and many Swedish traditions were a part of family holidays, especially Christmas Eve. With the passing of her mother, Dorothy proudly carried on and instilled these special times and recipes in the next generations. She is a graduate of the last class of Rockford High School, class of 1940. In 1941, she and Ralph Glans were married and they enjoyed 56 wonderful years together before he died in 1998. They have three daughters, Gail, Linda and Becky. When their youngest daughter entered middle school, Dorothy went to work at the Winnebago County Courthouse in the

Township Assessor's office where she worked for 20 years. Downtown Rockford was a bustling place then, and she loved being in the center of it. She and Ralph were active in many community organizations. Nature is important to her and she used to spend many hours working in her gardens as an active member and officer of the Delavan Lake Garden Club. Her work ethic is unmatched. She and her best friend and neighbor called themselves "The Trustworthy Girls." The chance to travel came later in life when trips with her daughters took her to Hawaii, Austria, Germany, Nantucket, Martha's Vineyard, and Switzerland. These trips made for many wonderful memories that she still cherishes.



Happy fall to all!

I would like to thank those who took the time to complete our annual survey. We appreciate all the feedback we have received.

I would also like to officially welcome Dave Vrtol, our new Maintenance Coordinator to our Bickford family team.

Our Thanksgiving family dinner will be on Monday, November 19th at 5pm. For those who would like to attend reservations must be made by November 12th by 4:00pm.

Danielle Nelson
Director



Events to attend in November:

Lunch Trip at Fiesta Palace:

- Wednesday, November 7
- 1:00pm - 3:00pm
- Families/Volunteers welcome to join us on the Bickford Bus "Howie" (Happiness on Wheels Inspiring Exploration)

Family Thanksgiving Dinner:

- Monday, November 19th
- 5:00pm
- Cost for dinner is \$10 by check
- RSVP's due by November 12th by 4:00PM (Late reservations will not be accommodated)

November Birthday Party:

- Thursday, November 29th
- 2:00pm - 3:00pm
- Entertainment by Tom Stanfield



S M T W T F S

November

9:05 Catholic Communion
2:00 Chapel Service

4

9:15 Exercise
10:15 Current Events & Discussion
1:30 Bickford Store
3:00 Wii Bowling

5

9:15 Stretch Session
10:15 Poker Games
1:15 Catholic Mass
2:00 Pinochle
3:15 Bell Choir

6

9:15 Exercise
10:15 Coffee Hour
10:15 Dog Therapy
1:00 Trip: Lunch at Fiesta Palace
6:00 Bingo

7

9:15 Chair Yoga
10:30 Bible Study
10:30 Bickford Store
6:30 Veteran's Day Celebration with entertainment from Bill Dunnan

8

9:15 Exercise
10:15 Scrabble
1:30 Movie Matinee: Planes, Trains, and Automobiles (With popcorn, soda, and candy)

9

Anytime
Garden level fun: Billiards
Fuse ball
Table Tennis
Air Hockey
2:00 Bingo

10

Veteran's Day
9:05 Catholic Communion
2:00 Chapel Service

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9:15 Exercise
10:15 Current Events & Discussion
1:30 Bickford Store
3:00 Drum Circle

12

9:15 Stretch Session
10:15 Poker Games
2:00 Pinochle
3:15 Bell Choir

13

9:15 Exercise
10:15 Coffee Hour
10:15 Dog Therapy
1:00 Trip: AMC Showplace 16 Movie
6:00 Bingo

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9:15 Chair Yoga
10-2:00 Free 10 min Chair Massages
10:30 Bible Study
1:30 Scrabble
3:00 Music Therapy with Maggie

15

9:15 Exercise
10:15 Fall Acrylic Painting on canvas
1:30 Happyness Hour (Apple Pie à la Mode)

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Anytime
Garden level fun: Billiards
Fuse ball
Table Tennis
Air Hockey
2:00 Bingo

17

10:35 Catholic Communion
2:00 Chapel Service

18

9:15 Exercise
10:15 Current Events & Discussion
1:30 Bickford Store
5:00 Thanksgiving Family Dinner

19

9:15 Stretch Session
10:15 Poker Games
2:00 Pinochle
2:00 Walgreens free BP screening
3:15 Bell Choir

20

9:15 Exercise
10:15 Coffee Hour
1:00 Trip: Loves Park SCUBA for Water Exercise

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Thanksgiving Day
8:00 Live coverage of the 91st annual Macy's Thanksgiving Day Parade on NBC

22

9:15 Exercise
10:15 Scrabble
1:30 Movie Matinee: Home for the Holidays (With popcorn, soda, and candy)

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Anytime
Garden level fun: Billiards
Fuse ball
Table Tennis
Air Hockey
2:00 Bingo

24

9:05 Catholic Communion
2:00 Chapel Service

25

9:15 Exercise
10:15 Current Events & Discussion
1:00 Bickford Store
2:00 Decorate 2nd floor Christmas trees

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9:15 Stretch Session
10:15 Poker Games
1:30 Resident/Food Council
3:15 Bell Choir

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8:00 Foot Doctor
9:15 Exercise All day trip to Fireside Theater for performance of: "Elf"
6:00 Bingo

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9:15 Chair Yoga
10:30 Chair Volleyball
2:00 November Birthday Party

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9:15 Exercise
10:15 Wii bowling
1:30 Decorate Garden Level Christmas Trees

30

