

We are marching head first into the holiday season, things are about to get a whole lot busier! Watch for some WIU students to be in this month to lead an activity of their own, as well as the Accordion Group coming to perform for us. Also, a reminder that our Thanksgiving meal is only a few short weeks away, so get those reservations in soon! I am proud to say I've been your LEC for a year now, and I am growing and learning, and loving every oppportunity provided to me to enrich all of your lives. I proudly stand by the motto, Whatever It Takes To Make You Happy! Let's have a joyous, wonderful, exciting, memorable holiday season!

Sincerely,

Nicole-Life Enrichment Coordinator



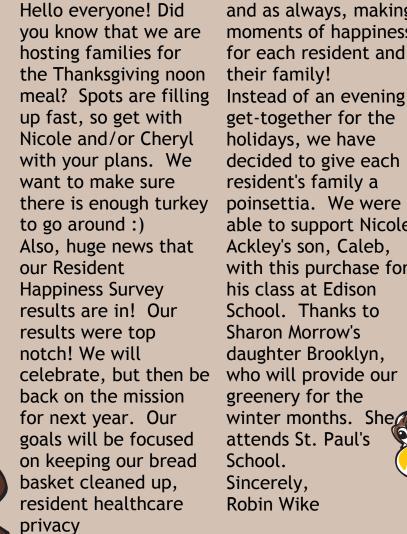
BFM November Spotlight

We'd like to introduce you to Deb Christner! Deb is our second shift LPN. She has been with Bickford for two and a half years. The best part about working in assisted living for her is getting to say hello to Deb and know the residents and the back stories of their lives. All while providing them excellent, quality care.

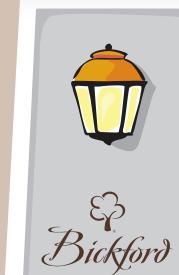
A few fun facts about Deb: her favorite color is green, her favorite food is chicken, and her favorite band is KISS. Deb's favorite movie is Seven Brides for Seven Brothers and her favorite show is Bonanza.

Deb is most inspired just simply by life. She describes herself as dependable, determined and opinionated. Next time you stop by in the evening, make sure to maybe you'll even catch her when she has a few minutes to play Qwirkle or help a resident with a puzzle. Thank you for all that you do Deb, we appreciate you!





and as always, making moments of happiness for each resident and their family! get-together for the holidays, we have decided to give each resident's family a poinsettia. We were able to support Nicole Ackley's son, Caleb, with this purchase for his class at Edison School. Thanks to Sharon Morrow's daughter Brooklyn, greenery for the winter months. She attends St. Paul's School. Sincerely, Robin Wike



assisted living

















November

Happy Birthday Melba!

10:15 Coffee & Chat 1:00 Praise/Worship 1:30 Fellowship 2:30 Candy Time!

National Donut Day

10:15 Exercise 11:00 Singalongs 1:00 Nifty Nails 1:30 Mac Park District 6:15 Donut Trivia

9:00 Coffee & News 10:15 Noodle Ball 2:00 Resident Council 2:45 WIU Music Therapy 6:00 Folding Linens

9:00 Coffee & News 10:15 Exercise & Trivia 1:00 Salon Day 2:30 Pound Class with **Greg Todd** 6:30 Finish That 7 Phrase

9:00 Coffee & News 10:15 Exercise 1:00 Praise & Worship 2:15 BINGO 6:30 Balloon Volleyball

9:00 Coffee & News

1:00 Praise/Worship

6:30 Movie Night &

10:15 Exercise

2:15 BINGO

Popcorn

9:00 Coffee & News 10:15 Noodle Ball 2:15 Thankful Leaves 3:00 Social Hour 6:30 Snacks & Reminisce

9:00 Coffee & News

2:00 Performance by

6:30 Movie & Popcorn

10:15 Noodle Ball

Accordion Group

10:00 Coffee & News 2:00 Cards & Games 3:00 Social Hour 6:30 Strengthening **Exercises**

10:00 Coffee & News

2:00 Cards & Games

6:30 Strengthening

3:00 Social Hour

Exercises

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6:00 Movie Night

Veteran's Day

10:15 Coffee & Chat 1:00 Praise & Worship 1:30 Fellowship 3:00 Social Hour 6:00 Movie Night

9:00 Coffee & News 10:15 Exercise 1:00 Nifty Nails 1:30 Mac Park District 6:30 Snacks & Reminisce 12 9:00 Coffee & News 10:15 Noodle Ball 2:00 Turkey Crafts 2:45 WIU Music Therapy 6:00 Folding Linens

10:00 Visit from St. Paul 2nd Grade Class 1:00 Salon Day 2:15 Cooking Class 3:00 Pickle Fun Facts 6:30 Exercise

9:00 Coffee & News 10:15 Exercise 1:00 Praise & Worship 2:00 Mickey Mouse Activity with WIU Student 6:15 Mickey Movie

9:00 Coffee & News 10:15 Noodle Ball 1:30 Mac Park District 3:00 Social Hour 6:30 Movie & Popcorn

2:00 Cards & Games 3:00 Social Hour 6:30 Strengthening Exercises

10:00 Coffee & News

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1pm-3pm Big **Brothers/Big Sisters** Visit-Thanksgiving Crafts 10:15 Coffee & Chat 1:00 Praise & worship 1:30 Fellowship

9:00 Coffee & News 10:15 Exercise 11:00 Singalongs 1:00 Nifty Nails 1:30 Mac Park District 6:30 Folding Linens

9:00 Coffee & News

Happy Birthday BFM Cindy!

9:00 Coffee & News 10:15 Noodle Ball 2:15 Homemade Card Creations 6:15 Finish That 20 Phrase

9:00 Coffee & News 10:15 Exercise & Trivia 1:00 Salon Day 2:15 Gingerbread Cookies 6:15 Movie & Popcorn Thanksgiving

9:00 Macy's Day Parade 12:00 Noon Feast with Family & Friends 3:00 Coffee & Chat 6:15 Movie Night

9:00 Coffee & News 10:15 Noodle Ball 1:00 Praise & Worship 2:15 BINGO Exercises 6:30 Snacks &

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10:00 Coffee & News 2:00 Cards & Games 3:00 Social Hour 6:30 Strengthening

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10:15 Coffee & Chat 1:00 Praise & Worship 1:30 Fellowship

3:00 Social Hour 6:00 Movie Night

10:15 Exercise 1:00 Nifty Nails 1:30 Mac Park District 6:30 Snacks & Reminisce 26

9:00 Coffee & News 10:15 Noodle Ball 2:00 Holiday Decorating 3:30 Social Hour 6:30 Folding Linens

10:15 Exercise & Trivia 1:00 Salon Day 2:15 Cooking Class 6:15 Balloon Volleyball 6:15 Movie & Popcorn

9:00 Coffe & News

10:15 Exercise 1:00 Praise & worship 2:15 BINGO

9:00 Coffee & News

Happy Birthday BFM Chervl! 9:00 Coffee & News 10:15 Noodle Ball 1:30 Mac Park District

Reminisce

3:00 Social Hour 30



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