



NURSE NOTES

Families and Friends please remember the flu season is here and we would like to keep all of our families and friends well and free from illness. Please remember to cover your cough and ALWAYS wash your hands!!! If you are ill please refrain from visiting the branch until you are all clear. Also if you will be taking your family member out for the holidays or coming in to the branch to have meals with your family please let a Bickford staff member know so the proper accommodations can be made.

Thanks in Advance and Happy Holidays!!

Omaha Hickory HAPPENINGS DECEMBER

DECEMBER HAPPENINGS

On December 18th, We invite all family members to join our "It's Christmas" family night starting at 6pm.

HO HO HO ! Santa Claus will be joining us for a fun visit and photos at 6:30 as well!

We encourage all residents, family members and BFM'S to wear your favorite christmas gear!

Our Bickford family will be cruising around Omaha on December 20th from 6-8pm to gaze at the beautiful Christmas lights around the city.

The cost will be \$10 per family member to attend this event.

Please RSVP to Tina by December 13th if you would like to attend this amazing sight-seeing adventure.

"It is Christmas in the heart that puts Christmas in the air"
-W.T. Ellis



UPDATES AND REMINDERS

On December 18, we will have our annual "Its' Christmas" family night along with our door decorating contest.

Residents and their families that would like to participate will decide on a fun theme and decorate their loved ones door for the holiday season. Judges will go around to each decorated door and choose 1st, 2nd and 3rd prize winners for 2018.

All doors to be entered must be completed by December 16th.

November was the month to remind us of all the many positive things we should be thankful for.

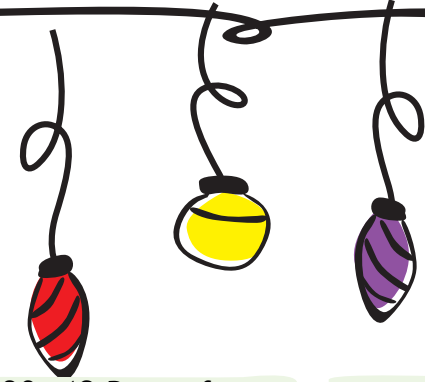
Here at Bickford, our family would like to say Thank-You for being a part of our family and welcoming us into your lives.

We are looking forward to all the fun & festive activities that December has in store for us all and hope you can join us or even pop in to visit.

Stay warm, bundled up and Blessed. Happy Holidays to You All!

S M T W T F S

December



10:15a Noodle Ball
10:45a Tell A Time When
2p Bingo
6p Lawrence Welk

10:15a Seated Exercises
10:45a Christmas Craft
2p Bingo
6p Lawrence Welk

10:15a Stretch and Flex
10:45a Hot Chocolate Social
2p Bingo
6p Lawrence Welk

10:15a Senior Motion
10:45a Christmas Craft
2p Bingo
6p Lawrence Welk

10:15a Noodle Ball
10:45a Apple Social
2p Bingo
6p Lawrence Welk

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10:30a Newspaper Finds
11:15a Mass
2:00p Pastor Ron

10:30a Adult Coloring Book
11:15a Mass
2:00p Pastor Ron

10:30a Holiday Word Search
11:15a Mass
2:00p Pastor Ron
4:00p Christmas Carolers

10:30a Newspaper Finds
11:15 Mass
2:00p Pastor Ron

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9:30a Chair Yoga
10:15a Dec Fun Facts
2p Bingo
3p Rosary
3:15p Winter Craft
6p Movie Night

9:30a Massage Therapy
10:15 Create Christmas Cards
2p Bingo
3:30 Winter Craft
6p Higher or Lower

9:30a Merry Fitmas
10:15a Tongue Twisters/Jokes
2:00 Bingo
3:30 Winter Craft
6p UNO

9:30a Chair Yoga
10:15a Hangman
2p Shirley and Larry Show
3:30 Winter Craft
6p Short Stories

9:30a 12 Days of Fitmas
10:15 Flower Arranging
2p Womens Club
3p Christine Coulson
6p Wii Games

9:30a Holly Jolly Workout
10:15 Flower Arranging
2p Houston Solutions
3:30p Book Club
6p The Polar Express

9:30a Winter Workout
10:15a Flower Arranging
2p Fontnelle Forest
3:30 Book Club
6p Christmas Party

Merry Christmas
10a Christmas Parade
2p Joy Bartling Animal Therapy
3:30p Book Club
6p Christmas Movies (Elf)

9:30a Walk and Talk
10:15 Potato Peeling
2p Chaplin Laura
3:30p Cooking Club
6p Higher or Lower

9:30a O' Fitness Tree
10:15a Potato Peeling
2p Chaplin Laura
3:30p Cooking Club
6p Slime Time

9:30a Snowball Toss
10:15a Reindeer
1p Village Inn
2p Chaplin Laura
3:15p Mens Club
6p Christmas Word Search

9:30a Parachute Fun
10:15a Potato Peeling
2p Chaplin Laura
3:30p Cooking Club
6p Jenga

9:30a Stretch & Flex
10:15a The Gratitude Game
2:00p Johnny Ray Gomez
3:30p Spa & Manicures
6p Bingo

9:30a Noodle Ball
10:15a The M&M Game
1p Aksarben Theater (Grinch Movie)
3:30 Spa & Manicures
6p Bingo

9:30a Christmas Cookie Crusher Workout
10:15a Reindeer Snacks
3:30p Spa & Manicures
6p Ollie The Trollie

9:30a Reindeer
10:15a Who Am I
2p Resident Council
3:30p Spa & Manicures
3:30 Mens Club/Pamper Party
6p Ring Toss

9:30a Rudolph Workout
10:15a Money Counting Game
1:30p Aaron Shoemaker
200p Social Hour
6p Wii Games

9:30a 12 Days of Christmas
10:15a Would you Rather
2p The Singing Nightingale
6p Puzzle Time

9:30a ELF-ERCISE
10:15a Christmas s
2p Plunkin Nuts
3:30p Snowman Race
6p Movie & Popcorn

9:30a Weightlifting
10:15a Finish the Phrase
2p Monthly Bday Party/ Happy Hour
3p Adult Coloring
6p Ornament Toss

