

Be Healthy Talks Presents...

EATING FOR HEALTHY LIVING

Presenter: Marty Johnson from Carle

DECEMBER 20, 2018 at 1:30 pm

Be Healthy Talks are monthly presentations presented by professionals from the Champaign-Urbana area. All talks are open to the public. We welcome anyone to attend!

Champaign HAPPENINGS DECEMBER

Happy Holidays!

The Holidays are a special time of year to remember those that are close to our hearts. Decorating, presents, cooking, Christmas lights, and stockings all pale in comparison, to the joy that we feel when we are surrounded by those that we love. I am so appreciative to the Bickford Family and the joy that you have brought each

day to me and to each other. I hope this season provides you with the clarity to reflect on the past year without dwelling, the commitment to love others without judgement and the faith to do His will. I truly consider you a blessing and I will thank God for you during this time of year and always.

Merry Christmas!

With Love,

Pam
Director



BREAKFAST WITH SANTA *****

Join us
Saturday, December 15
from 9 - 11 am
for
Breakfast with Santa!

Enjoy a complimentary
breakfast with a new toy
donation to Toys for
Tots!

No donation?
No problem?

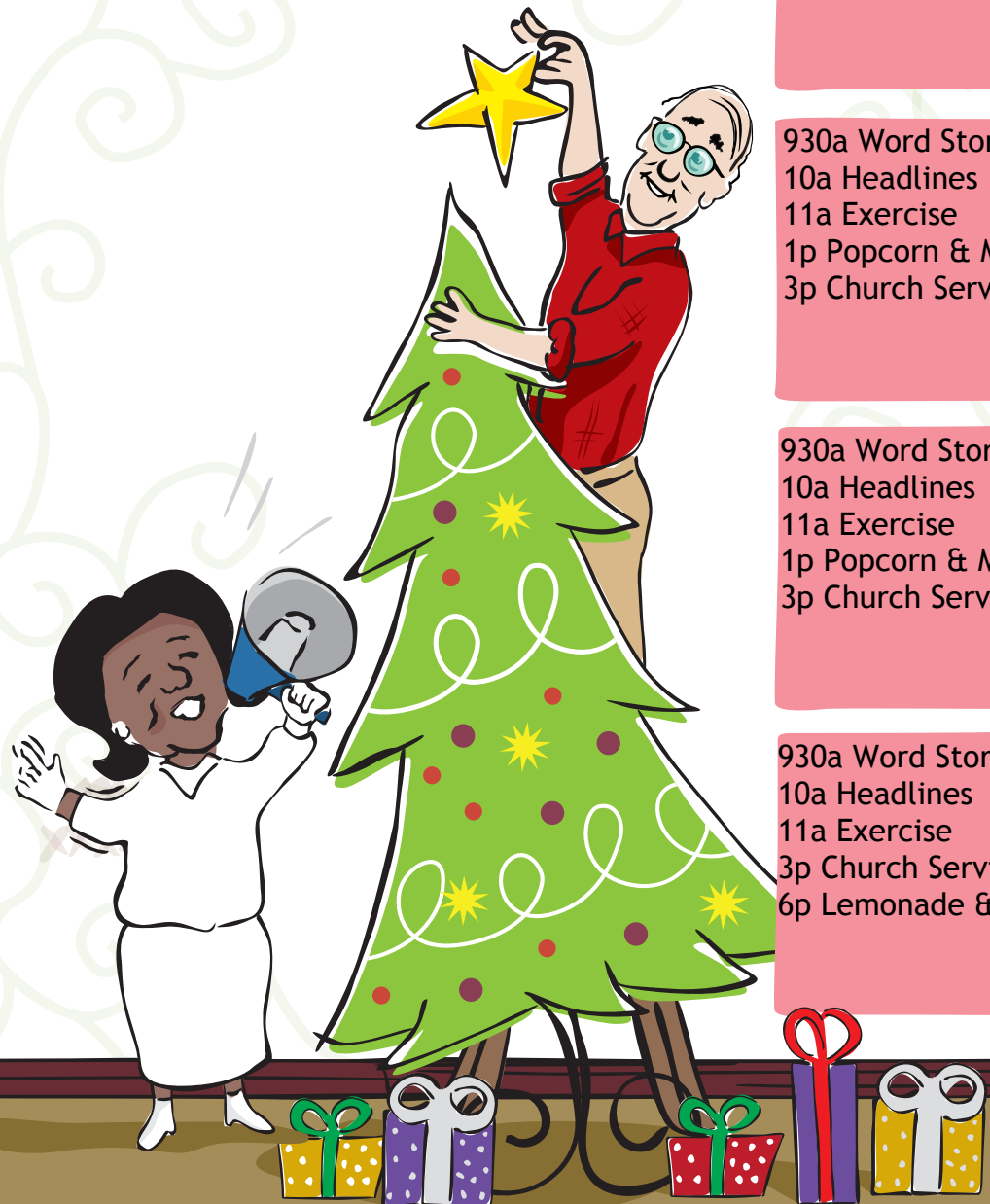
Join in the fun for
\$5 per person!



HAPPY BIRTHDAY TO YOU!

- Dec 8 - Ruth W. (C)
- Dec 12 - Letika G. (C)
- Dec 16 - Nicole E. (C)
- Dec 17 - Holly S. (C)
- Dec 23 - Joan Tate (R)
- Dec 28 - Sue Ambler (R)

(C) - Caregiver (R) - Resident



S	M	T	W	T	F	S
<p>945a Word Search 10a Headlines 11a Exercise 1p Popcorn & Movie 3p Church Service 6p Story Time</p> <p>30</p>	<p>945a Brain Teaser 10a Word Search 11a Exercise 1p Balloon Volleyball 3p Popcorn & Movie</p> <p>31</p>	<p>915a Word Storm 10a Hot Cocoa & Chat 11a Exercise 1p Balance Class 3p Bible Study</p> <p>4</p>	<p>930a Word Storm 10a Bean Bag Toss 11a Exercise 1p Puzzles 2p Ice Cream Sundaes 3p Movie</p> <p>5</p>	<p>WINTER FESTIVAL 915a Snowstorm Trivia 10a Snowball Fight 11a Exercise 1p Balance Class 2p Christmas Carols 3p Christmas Movie</p> <p>6</p>	<p>945a Donuts & Chat 10a Word Storm 11a Exercise 1p Holiday Craft 2p Music by Angelika 330p Happy Hour</p> <p>7</p>	<p>9a Manicures 10a Piano with Dee 11a Exercise 1p Word Storm 3p Popcorn & Movie</p> <p>1</p>
<p>930a Word Storm 10a Headlines 11a Exercise 1p Popcorn & Movie 3p Church Service</p> <p>2</p>	<p>915a Sweetroll Chat 1030a Kitchen Band 11a Exercise 1p Read Aloud 2p Making Cards 3p Popcorn & Movie</p> <p>3</p>	<p>915a Word Storm 10a Hot Cocoa & Chat 11a Exercise 1p Balance Class 3p Bible Study</p> <p>4</p>	<p>930a Word Storm 10a Bean Bag Toss 11a Exercise 1p Puzzles 2p Ice Cream Sundaes 3p Movie</p> <p>5</p>	<p>WINTER FESTIVAL 915a Snowstorm Trivia 10a Snowball Fight 11a Exercise 1p Balance Class 2p Christmas Carols 3p Christmas Movie</p> <p>6</p>	<p>945a Donuts & Chat 10a Word Storm 11a Exercise 1p Holiday Craft 2p Music by Angelika 330p Happy Hour</p> <p>7</p>	<p>9a Manicures 10a Piano with Dee 11a Exercise 1p Word Storm 3p Popcorn & Movie</p> <p>8</p>
<p>930a Word Storm 10a Headlines 11a Exercise 1p Popcorn & Movie 3p Church Service</p> <p>9</p>	<p>945a Coffee & Chat 10a Brain Teaser 11a Exercise 1p Balloon Tennis 2p Holiday Craft 3p Popcorn & Movie</p> <p>10</p>	<p>915a Headlines 10a Word Storm 11a Exercise 1p Balance Class 2p Decorating Cookies w/ Mary 3p Bible Study</p> <p>11</p>	<p>915a Sweetroll Chat 10a Word Storm 11a Exercise 1p Sharing Stories 2p Christmas Carols</p> <p>12</p>	<p>915a Headlines 10a Word Storm 11a Exercise 2p Therapy Dog 2p Holiday Crafts 3p Popcorn & Movie</p> <p>13</p>	<p>945a Donuts & Chat 10a Word Storm 11a Exercise 1p Christmas Music 2p Bingo 330p Happy Hour</p> <p>14</p>	<p>9a Manicures 10a Piano with Dee 11a Exercise 1p Word Storm 2:15p Holiday Crafts 3p Popcorn & Movie</p> <p>15</p>
<p>930a Word Storm 10a Headlines 11a Exercise 1p Popcorn & Movie 3p Church Service</p> <p>16</p>	<p>830a Elegant Nails 1030a Kitchen Band 11a Exercise 1p Holiday Crafts 2p Balloon Tennis 3p Movie</p> <p>17</p>	<p>915a Headlines 10a Exercise 1045a Andi's Preschool Caroling 1p Dan Ryan Express 2p Balance Class 3p Bible Study</p> <p>18</p>	<p>915a Word Storm 10a Coffee & Chat 1p Sharing Stories 2p Resident Council 445 Music w/ Linnea 6p Christmas Lights Outing</p> <p>19</p>	<p>915a Brain Teaser 10a Holiday Crafts 11a Exercise 130p Be Healthy Talk 2p Therapy Dog 3p Christian Singing 6p Music by Rebecca</p> <p>20</p>	<p>945a Donuts & Chat 11a Exercise 1p Guitar w/ John 2p Bingo 330p Happy Hour</p> <p>21</p>	<p>9a Manicures 10a Piano with Dee 11a Exercise 1p Word Storm 3p Popcorn & Movie</p> <p>22</p>
<p>930a Word Storm 10a Headlines 11a Exercise 3p Church Service 6p Lemonade & Chat</p> <p>23</p>	<p>945a Holiday Brain Teaser 10a Exercise 1030a Christmas Eve Church Service 1p Holiday Bingo 3p Christmas Movie</p> <p>24</p>	<p>CHRISTMAS 915a Sweetroll Chat 10a Christmas Stories 11a Exercise 3p Holiday Movie</p> <p>25</p>	<p>945a Word Storm 1030a Hot Chocolate 11a Exercise 12p Lunch Outing to Yoder's 3p Movie</p> <p>26</p>	<p>9a Coffee Cake Chat 10a Sharing Stories 11a Exercise 1p Birthday Celebration 3p Craft Time</p> <p>27</p>	<p>945a Donuts & Chat 11a Exercise 1p Guitar w/ John 2p Bingo 330p Happy Hour 415p Music by Angelika</p> <p>28</p>	<p>9a Manicures 10a Piano with Dee 11a Exercise 1p Therapy Dog 3p Popcorn & Movie</p> <p>29</p>

December