



Rockford HAPPENINGS

JANUARY

Letter from the Director

Hello families, friends and visitors,

As you all are aware, we love to have family, friends and visitors here to visit their loved ones however, as a friendly reminder to all, the **Flu Season** is still in effect through April. Due to this, in order to keep our resident's and BFM's (staff members) safe from exposure to the Flu, I do ask for you to please, do not visit the branch, if you have any cold or flu-like symptoms.

Please know, we are just a phone call away and at anytime, you are free to call our branch to see how your loved one is doing.

Also, for those resident's that have not received the **Flu Shot**, it is not too late, we still have some available. Please see Adrienne the RN, if you would like a Flu Shot.

As always, thank you for being a part of our Bickford family and we look forward to spending time with you all throughout 2019.

Danielle
Director



Resident Spotlight: Nancy Dale

Nancy was born January 16, 1947 in Yuma, Arizona. Her father managed and was chief engineer at the only television station in the desert community. As a child she took piano lessons, and later became proficient on the pipe organ. Nancy graduated Valedictorian of the Yuma High School class of '65, and went on to Pomona College in Claremont, California. In 1969 she and friends toured Europe, and visited many pipe organ sites. She enrolled as a Masters of Library Science student at the University of Wisconsin in Madison, moving into the same apartment building as her future husband Byron. After receiving her Master's degree in August 1970, she married Byron Dale. Nancy spent several years of service as a librarian at the public library, and later accepted a position as medical librarian at St.

Anthony Hospital. Nancy went on to become a certified medical librarian. After 14 years at St. Anthony's she went to Swedish American Hospital, and served for another 17 years. Nancy was also an avid gardener. Shrubs, flowers, and vegetables thrived under her watchful eye. If she wasn't gardening she enjoyed going to concerts and community events. When younger she and Byron enjoyed tent camping in Wisconsin, Michigan, Iowa and Minnesota. Later they would often go West to visit her family or to vacation in the Rockies. The Grand Tetons and Rocky Mountain National Park were two of her favorites. A special highlight of those trips was the long day hikes her and Byron would take into the mountains. In 2016 Nancy became a member of the Bickford family.



Events to attend in January

Trip to Burpee Museum:
 • Tuesday, January 2nd
 • 1:30 - 4:00pm

Trip to Rockford Art Museum:
 • Tuesday, January 9th
 • 1:30 - 4:00pm

\$5.00 Senior lunch buffet at Pizza Hut
 • Friday, January 18th
 • 11:30pm - 1:30pm

Resident/Food Council Meeting
 • Tuesday, January 22nd

January Birthday Party:
 • Wednesday, January 23rd
 • 2:00pm



S M T W T F S

January



S	M	T	W	T	F	S
		New Year's Day 9:15 Stretch Session 10:15 Poker Games 2:00 New Year's Day Party 1	9:15 Exercise 10:15 Scrabble 1:00 Trip to Burpee Museum 6:00 Bingo 2	9:15 Chair Yoga 10:30 Great Christmad tree take down party 2:45 UNO 3	9:15 Exercise 10:15 Rummikub 1:30 Winter Craft (Homade Snow Globes) 4	Anytime Garden level fun: Billiards Fuse ball Table Tennis Air Hockey 5 2:00 Bingo
9:05 Catholic Communion 2:00 Chapel Service 6	9:15 Exercise 10:15 Current Events & Discussion 1:30 Bickford Store 3:00 Drum Circle 7	9:15 Stretch Session 10:15 Poker Games 2:00 Pinochle 3:15 Bell Choir 8	9:15 Exercise 10:15 Coffee Hour 1:00 Trip: AMC Showplace 16 Movie 6:00 Bingo 9	Hat Day 9:15 Chair Yoga 10:15 UNO 1:30 Hat Day Runway Fashion Show 3:00 Rummikub 10	9:15 Exercise 10:15 Scrabble 1:30 Friday Movie Matinee with candy popcorn & soda Movie: Romeo + Juliet 11	Anytime Garden level fun: Billiards Fuse ball Table Tennis Air Hockey 12 2:00 Bingo
9:05 Catholic Communion 2:00 Chapel Service 13	9:15 Exercise 10:15 Current Events & Discussion 1:30 Bickford Store 3:00 Chair/Balloon Volleyball 14	9:15 Stretch Session 10:15 Poker Games 1:30 Catholic Mass 2:00 Pinochle 3:15 Bell Choir 15	9:15 Exercise 10:15 Scrabble 1:00 Trip: Rockford Public Library & Kate's Pie Shop Cafe 6:00 Bingo 16	9:15 Chair Yoga 10:15 Wii Bowling 1:30 Sing-A-Long 2:45 UNO 17	9:15 Exercise 10:15 Rummikub 11:30 \$5.00 Senior lunch Buffet at Pizza Hut in Belvidere 3:00 Fireside Story Time 18	Anytime Garden level fun: Billiards Fuse ball Table Tennis Air Hockey 19 2:00 Bingo
10:35 Catholic Communion 2:00 Chapel Service 20	9:15 Exercise 10:15 Current Events & Discussion 1:30 Bickford Store 3:00 Chair/Balloon Volleyball 3:00 Drum Circle 21	9:15 Stretch Session 10:15 Poker Games 1:30 Resident/Food Council Meeting 3:15 Bell Choir 22	9:15 Exercise 10:15 Coffee Hour 2:00 January Birthday Party with Dan Sullivan Entertaining 6:00 Bingo 23	9:15 Chair Yoga 10:15 Scrabble 1:30 Photo Swap 2:45 UNO 24	9:15 Exercise 10:15 Rummikub 1:30 Friday Movie Matinee with candy popcorn & soda Movie: The curious case of Benjamin Button 25	Anytime Garden level fun: Billiards Fuse ball Table Tennis Air Hockey 26 2:00 Bingo
9:05 Catholic Communion 2:00 Chapel Service 27	9:15 Exercise 10:15 Current Events (led by Janet) 1:30 Uno with Lori 3:00 Bingo (led by Marie) 28	9:15 NO Stretch Session 9:30 Walgreens BP 10:15 Poker Games (led by Bill) 2:00 Pinochle (led by Lee) 29 3:15 Bell Choir	9:15 Exercise (led by Marie) 10:15 Scrabble (led by Marie) 1:30 Adult Coloring (led by Hattie) 6:00 Bingo 30	9:15 NO Chair Yoga 10:15 History Trivia Game (led by Nancy) 2:00 Age Quake Theater Performance 31		

