



Home Nursing and  
Home Services

**309-833-2613**



Up to 24 Hour Care • 7 Days a Week

MASPAD011911485

**MDH Home Health**

the care you need,  
the comfort of home



Skilled nursing care  
Physical, Occupational and Speech Therapy  
Social services  
Certified nurses' aides  
RN on call 24/7

Ask about our Certificate of Deposit options!



127 South Side Square, Macomb (309) 833-4551  
1100 West Jackson, Macomb (309) 837-0667  
1400 East Jackson, Macomb (309) 837-0685  
100 South Main, Roseville (309) 426-2193

# Activity

# June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Blood Pressure</b> Colchester Senior Center First Wed. @10:45-11:45am Bushnell Rec Center Third Wed @11:30-12:30pm <u>Industry Kiwanis Building</u> Third Tuesday @10:45-11:30am	<b>Phone Numbers for Meal Sites</b> Macomb 837-5733 Bushnell 772-2279 Colchester 776-4366 Industry 255-7626	<i>If a meal needs to be cancelled please do so by 1pm the preceding day if possible.</i>	<u>Water Fitness Classes appropriate for Seniors:</u> M/W/F-Water Workout at 2pm T/Th-Water Walking at 9:15am T/Th-Arthritis/Mobility at 10am	11:30 Lunch <b>1:30 Rules of the Road*</b> <b>Summer I Session starts Monday!</b>
4 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch	5 8:00 Master Builders 11:30 Lunch <b>12:30 Canasta</b> 3:00 Forever Fit! 4:00 Kneedlers	6 8:00 Yoga with Candace 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and <b>Pinochle</b>	7 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:00 Pitch Potluck 5:30 Pitch	8 8:00 Pilates w/ Heather <b>9:30 Card Making Workshop*</b> 10:15 Balance Stretch Strength 11:30 Lunch
11 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch <b>2:00 Caregiver Support Group</b>	12 8:00 Master Builders <b>10:00 Special Program: Downsize your Paper!*</b> 11:30 Lunch <b>12:30 Mexican Train</b> 3:00 Forever Fit! 4:00 Kneedlers	13 8:00 Yoga with Candace 10:15 Balance Stretch Strength 10:45 <b>Blood Pressure by Wesley Village</b> 11:30 Lunch 12:30 Scrabble and <b>Bridge</b>	14 8:00 Master Builders 11:30 Lunch 5:30 Pitch <i>Line Dance Demo Day</i>	15 8:00 Pilates w/ Heather <b>10:00-2:00 Shred Day</b> 10:15 Balance Stretch Strength 11:30 Lunch
18 <b>June Birthday Bash!</b> 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch- <b>Birthday Lunch!</b> <b>12:30 Bingo w/ Wesley Village</b>	19 8:00 Master Builders 11:30 Lunch <b>12:30 Canasta</b> 3:00 Forever Fit! 4:00 Kneedlers	20 8:00 Yoga with Candace 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and <b>Pinochle</b>	21 8:00 Master Builders 11:30 Lunch 1:30 Line Dancing 5:30 Pitch	22 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch
25 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch	26 8:00 Master Builders 11:30 Lunch <b>12:30 Mexican Train</b> 3:00 Forever Fit! 4:00 Kneedlers	27 8:00 Yoga with Candace 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and <b>Bridge</b>	28 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	29 8:00 Pilates w/ Heather <b>10:00 Hydrangea Block Light Craft*</b> 10:15 Balance Stretch Strength 11:30 Lunch

\*Please register for event by calling the Senior Center Office at 309-837-5733.

## EXPERIENCE THE BICKFORD DIFFERENCE

Personalized Care  
Medication Assistance  
Mobility Assistance  
Memory Care  
Health Care Coordination  
Dining Experience  
Socialization  
Maintenance Free

**YOUR AD COULD BE HERE**

**Call Cynthia 309-837-5733 FOR DETAILS!**

**Western Illinois Home Health Care**  
Proudly Serving Our Community For Over 35 Years

*Complete Care To Keep You Independent At Home*

- Skilled Nursing
- Wound Care
- In-Home Therapy
- Medication Management
- Home Health Aides
- Restoring Wholeness At Home
- Behavioral Health Program
- Light Housekeeping
- Meal Preparation
- Caregiver Relief Program
- Senior Care Management
- 24-Hour Care
- Nursing Home-to-Home Transition Program

Toll Free: 800-228-5993 • Macomb: 309-837-9422  
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