

Happy St. Patricks Day!

Wishing you a rainbow
 For sunlight after showers-
 Miles and miles of Irish smiles
 For golden happy hours-
 Shamrocks at your doorway
 For luck and laughter too,
 And a host of friends
 that never ends.
 Each day your whole life through!



Pictured left: Jeanette leading walking club

Urbandale HAPPENINGS

March Highlights

For the last several months we have been playing a game called Bean Bag Baseball (throwing bean bags with a baseball theme) twice a week. It has been a huge hit and the residents love playing! Starting on March 30th every week for 10 weeks, we will play against other Assisted Living residences in our community. The season will end with "The World Series" June 17th at The Urbandale Senior Center.

We can't wait for league play to start!

Events and Outings:

- March 3rd-** Chaplain lunch outing to The Urban Grill
- March 9th-** Casino Day
- March 17th-** St. Patricks Day
- March 24th-** Outing to The Salisbury House
- March 25th-** Annual Easter Egg Hunt
- March 27th-** Easter Sunday



Enriching Happiness

Fun in February

Spotlight: George Archer

I grew up and spent most of my life on the North side of Des Moines. After serving 24 years in the Iowa Air National Guard, I retired in 1972. I went on to manage and maintain many rental properties in North Des Moines & Ankeny. My hobbies have centered around antique cars and engines. I also enjoyed being a part of many different clubs in the Des Moines area. My wife Jean and I have eight children between the two of us.

Bickford has become my new home with Jean. I enjoy participating in activities here, spending time with my wife and the other residents that live here.



Pictured left: A game of Kings Corner

Pictured below: Verda helping the ladies make Valentines





March

10a Coffee Talk
1p Card Games
4p Church Service
6p Movie

6

10a Coffee Talk
1p Card Games
4p Church Service
6p Movie

13

10a Coffee Talk
1p Card Games
4p Church Service
6p Movie

20

Easter
10a Coffee Talk
1p Card Games
4p Church Service
6p Movie

27

9a Current Events
9:30a Group Exercise
10a Wii Wheel of Fortune
1p Bean Bag Baseball
2:15p Uno
3p Card Bingo
6p Movie

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9a Current Events
9:30a Group Exercise
10a Wii Wheel of Fortune
1p Bean Bag Baseball
1p Manicures
2:15p Uno
3p Card Bingo
6p Movie

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9a Current Events
9:30a Group Exercise
10a Wii Wheel of Fortune
1p Bean Bag Baseball
2:15p Uno
3p Card Bingo
6p Movie

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9a Current Events
9:30a Group Exercise
10a Wii Wheel of Fortune
1p Bean Bag Baseball
2:15p Uno
3p Card Bingo
6p Movie

28

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Walk-N-Roll
10:45a Name That Tune
1p Wii Bowling
2p Manicures
3p Kings Corner

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6p Movie
9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Walk-N-Roll
10:45a Name That Tune
1p Wii Bowling
2p Balloon and Noodle
3p Kings Corner

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6p Movie
9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Walk-N-Roll
10:45a Name That Tune
1p Wii Bowling
3p Kings Corner
6p Movie

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9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Walk-N-Roll
10:45a Name That Tune
1p Wii Bowling
2p Balloon and Noodle
3p Kings Corner

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6p Movie
9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Walk-N-Roll
10:45a Name That Tune
1p Wii Bowling
2p Manicures
3p Kings Corner
6p Movie

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9a Current Events
9:30a Group Exercise
10a Walk N Roll
10:30a Giant Crosswords
1:30p Pat Lydon-Pianist
2:30p Cookies/Coffee
3:15p Bucket List Ideas
6p Movie

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Casino Fun
9a Current Events
9:30a Group Exercise
10a Catholic Mass
10:30a Giant Crosswords
1p Roulette
2p Blackjack
3p Happy Hour
6p Movie

9

9a Current Events
9:30a Group Exercise
10a Walk N Roll
10:30a Giant Crosswords
1:30p Phil & Caitlyn-Singers
2:30p Cookies/Coffee
3p Kings Corner
6p Movie

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9a Current Events
9:30a Group Exercise
10a Walk N Roll
10:30a Giant Crosswords
1:30p John Schumacher-Singer
2:30p Cookies/Coffee
3p Kings Corner

23

6p Movie
9a Current Events
9:30a Group Exercise
10a Walk N Roll
10:30a Giant Crosswords
1:30p Bean Bag Baseball game with other community
3p Cookies/Coffee
6p Movie

30

9a Getting to Know You
9:30a Chaplain Visit
9:30a Walk-N-Roll
10:45a Chaplain lunch outing-Urban Grill
1:30p Arts & Crafts
2:30p St. Pats Trivia
3:00p Kings Corner

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6p Movie
9a Getting to Know You
9:30a Chaplain Visit
9:30a Walk-N-Roll
10a Resident Council
1p Pictionary
2p Card Games
3p Men's Club
6p Movie

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St. Patrick's Day
9a Parade Preparations
9:30a Chaplain Visit
10a St. Patricks Day Parade
11a History of St. Pats
1p March Matinee
3p Green beer and pretzels

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9a Getting to Know You
9:30a Chaplain Visit
9:30a Walk-N-Roll
10:15a Outing to Salisbury House
2p Men's Club
3p Card Games
6p Movie

24

9a Getting to Know You
9:30a Chaplain Visit
9:30a Walk-N-Roll
10a Pictionary
1p Birthday Party
2p Painting
3p Card Games
6p Movie

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9a Current Events
9a Rosary
9:30a QiGong
10:15a Bingo
1p Bean Bag Baseball
2p Spa Treatments
3:15p Balloon and Noodle
6p Movie

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9a Current Events
9:30a QiGong
10:15a Bingo
1p Bean Bag Baseball
2p Spa Treatments
3:15p Balloon and Noodle
6p Movie

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9a Current Events
9:30a QiGong
10:15a Bingo
1p Bean Bag Baseball
2p Spa Treatments
3:15p Balloon and Noodle
6p Movie

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9a Current Events
9:30a QiGong
10:15a Easter Egg Hunt
1p Bean Bag Baseball
2p Bingo
3:15p Balloon and Noodle
6p Movie

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9:30a Group Exercise
10a Walk N Roll
10:30a Trivia
1p Make Smoothies
2p Pictionary
3p Star Wars Monopoly
7p Lawrence Welk

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9:30a Group Exercise
10a Coffee Talk
1:30p John Schumacher
3p Card Games
7p Lawrence Welk

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9:30a Group Exercise
10a In The Kitchen
1:15p Easter Craft
2:15p Balloon and Noodle
3:15p Wheel of Fortune
7p Lawrence Welk

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9:30a Group Exercise
10a Coffee Talk
1p Kings Corner
7p Lawrence Welk

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