

Happy Birthday to You!

Virgil Bloodsworth- September 5th
Betty Davidson- September 13th
Patricia Hull- September 26th
Helen Dunlap- September 27th



Pictured left: Hope and Madeline doing crafts

Urbandale

HAPPENINGS

SEPTEMBER

Enriching Happiness

Fun around Bickford

Pictured Left:
Gladys enjoying her "Western attire" for Western Day

Pictured below:
Merlin checking out a bull head snake from the Blank Park Zoo

Western Day Photo Booth

Pictured below:
Cowgirl Josephine

Pictured below:
Cowboy George with his horse Tonto, and his cowgirl Jean!



September Highlights

Events and Outings: Fall has arrived! We are looking forward to football, changing leaves and cooler weather.

September 5th- Labor Day This month will bring Labor Day, our annual outing to The Bridges of Madison County, 50's Day, and plenty more fun fall activities.

September 8th- Cahplain lunch outing to Chicago Speakeasy We will also be starting a golf league with our friend's at Senior Suites of Urbandale. Practice will start this Month. Families and friends are always welcome to join us for activities here at Bickford or away.

September 10th- Iowa vs Iowa State Football party

September 16th- 50's Day

September 17th- Alzheimer's Walk at The State Capital at 9am.

September 22nd- Outing to Bridges of Madison County

September 29th- The New Horizons Band



Bickford
assisted living
& memory care



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September

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

4

Labor Day
9:30a Group Exercise
10a Board Games
1p Movie Matinee with popcorn
3p Kings Corner
6p Movie

5

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10a Catholic Mass
10:45a Name that Tune
1p Wii Bowling
2p Bickford Baker's
3p Kings Corner
6p Movie

6

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1p Birthday Cake and Games
2p Spa Treatments
3:15p Cards
6p Movie

7

9a Getting to Know You
9:30a Zumba Gold
10:30a Chaplain lunch Outing
2p Manicures
3p Men's Club
6p Movie

8

9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15a Bingo
1p Bean Bag Baseball
3p Happy Hour
6p Movie

9

9:30a Group Exercise
10a In the Kitchen
1:30p Spa Treatments
2:45p Iowa vs Iowa State Pre Game Party
6p Football Game

10

Grandparent's Day
10a Coffee Talk
1p Card Games
4p Church Service
6p Movie

11

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

12

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Balloon and Noodle
1p Flu Shot Clinic
2p Bickford Bakers
3p Kings Corner
6p Movie

13

9a Current Events
9:30a Group Exercise
10a Resident Council
1:30p Pat Lydon
2:30p Cookies/Coffee
3p Kings Corner
6p Movie

14

9a Getting to Know You
9:30a Zumba Gold
9:30a Chaplain Visit
10a In the Kitchen
1p Make bird feeders
2p Catholic Mass
3p Kings Corner
6p Movie

15

50's Day
9a Current Events
10a 50's Style Bingo
1p 50's Trivia with Soda Pop
2p Make 50's Records
2:30p Pet Therapy
3p Sock Hop Party
6p Movie

16

9a Alzheimer's Walk at The State Capital
9:30a Group Exercise
10a In the Kitchen-Mexican Style
1p Wii Wheel of Fortune
2p Name That Tune
3p Mexican Fiesta
7p Lawrence Welk

17

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

18

9a Current Events
9:30a Group Exercise
10a Kari Sutter Performs
1p Bean Bag Baseball
3p Card Bingo
6p Movie

19

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 Bickford Bakers
3p Kings Corner
6p Movie

20

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1:15p John Schumacher
2:15p Cookies/Coffee
3:15p Uno
6p Movie

21

9a Getting to Know
9:30a Zumba Gold
9:30a Chaplain Visit
10:30a Outing-Bridges of Madison County
2p Manicures
3p Kings Corner
6p Movie

22

9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15 Bingo
1p Bean Bag Baseball
3p Happy Hour
6p Movie

23

9:30a Group Exercise
10a Coffee Social
1p Card Games
7p Lawrence Welk

24

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

25

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

26

9a Getting to Know you
9:30a Zumba Gold
10a Bible Study
10:30a Balloon and Noodle
1p Wii Bowling
2p Bickford Bakers
3p Kings Corner
6p Movie

27

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1p Arts and Crafts
2p Golf Practice
3p Pictionary
6p Movie

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9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a Make Chex Mix
1p Fall Crafts
2p Men's Club
3p Cards
6p New Horizon's Band

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9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15a Bingo
1p Bean Bag Baseball
3p Happy Hour
6p Movie

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