



Pictured left: Evelyn and Josephine making candies

Happy Birthday to You!!

- Louise Clyne - Oct. 8th
- Shirley Doggett - Oct. 9th
- Bertha Bjornson - Oct. 6th
- Dean Winchell - Oct. 17th
- Annalue Ceretti - Oct. 18th
- Sue Helmick - Oct. 29th
- Kersti Rutledge - Oct. 30th



October Highlights

Events and Outings:

October 4th- The Jay and Tammy Variety Show

October 6th- Chaplain lunch outing to The Waterfront

October 12th- Family History Day

October 13th- Little Dog Fashion Show

October 28th- Trick or Treater's from Tradition's Day Care

On October 5th we will be starting our new Bean Bag Baseball season! Every Wednesday through December 9th we will play against other local assisted living communities. The season will end on December 9th with the "World Series" at the Urbandale Senior Center.

One of the most fun events we have is our annual Little Dog Fashion Show on the 13th. The resident's love to see all the dogs dressed up and walking the runway! The winner's will receive awards for 1st, 2nd, and 3rd place. Come join us!



Enriching Happiness

Bickford of Urbandale

Pet Therapy



Pictured right: George and Jean making "Cheesecake in a jar"

Pictured below: Carole holding our new Bickford "Cat" we are still working on a name!



Pictured below: Annella visiting with "Draper" one our pet therapy cat's from the ARL



Pictured below: The resident's love our monthly entertainer Pat Lydon





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

30

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

31

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

2

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

3

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Balloon & Noodle
1:30p Jay and Tammy Variety Show
2:30p Refreshments
3p Kings Corner
6p Movie

4

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

5

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10:30a Chaplain Lunch
Outing-Waterfront
1p Pictionary
2p Manicures
3p Men's Club
6p Movie

6

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

7

9:30a Group Exercise
10p Card Games
1p Movie Matinee
3p Snacks/Games
7p Lawrence Welk

8

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

9

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

10

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Balloon & Noodle
1p Wii Bowling
2p Bickford Baker's
3p Kings Corner
6p Movie

11

Family History Day
9a Current Events
9a Old Family Memories
9:30a Group Exercise
10a Bickford Family Tree
1:30p Bean Bag Baseball
@ Kennybrook
3p Kings Corner
6p Movie

12

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a Catholic Mass
1p Pumpkin Crafts
3p Little Dog Fashion Show
6p Movie

13

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

14

9:30a Group Exercise
10a Wake up with Willie (Nelson)
11a Trivia
1p Pictionary
2p Walking
2:15p Art
3p Wheel of Fortune
7p Lawrence Welk

15

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

16

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

17

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

18

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1:30p Bean Bag Baseball @ Home
3p Kings Corner
6p Movie

19

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a Spa Treatments
1:15p Vicki Harbert
2p Catholic Mass
3p Manicures
3p Men's Club
6p Movie

20

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

21

9:30a Group Exercise
10a In the Kitchen
1p Make Fall Centerpieces
2:30p Snacks and Cards
7p Lawrence Welk

22

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

23

9a Current Events
9:30a Group Exercise
10a Helene Viall
1p Bean Bag Baseball
3p Card Bingo
6p Movie

24

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Balloon & Noodle
1p Wii Bowling
2p Bickford Baker's
3p Kings Corner
6p Movie

25

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1:30p Bean Bag Baseball @ Edencrest
3p Kings Corner
6p Movie

26

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a Spa Treatments
1p Birthday Cake and Games
3p Manicures
6p Movie

27

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

28

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

29

October

