

Happy Birthday to our November birthdays!

Betty Cutler-November 1
Dale Schlosser- November 3
Larry Baker- November 12
Marge Dunham- November 19
Tracy Nuese- November 23
Irene Armbrecht- November 24
Barb Knight- November 30

We will have a birthday party Wednesday, November 2nd at 3:00, and all are invited.

Marshalltown

HAPPENINGS

NOVEMBER



November is National Diabetes Month. It is observed to bring attention to diabetes and the impact it has on millions of Americans. This year's theme is "Managing Diabetes, it's not easy, but it's worth it". It helps remind those with diabetes that they are not alone and that they are worthy.

We are thankful for the piano that the Mann family is lending us. Please feel free to come and play for us. What are you thankful for?

Our residents said:

"end of hot, humid days"

"that it's not winter"

"still nice enough to go golfing"

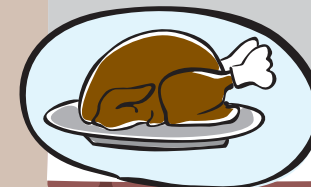
"Rick's popcorn"

"pumpkin pie"

"crops"

"smell of burning leaves"

November is also National Novel writing month. We will be reading Gene Carson's novel, Windswept, Life, Love, Loyalty.



November means Thanksgiving, tail gate parties, ugly sweaters, pumpkin lattes, and Veterans Day.

We are staying cozy here at Bickford with a warm cup of coffee, tapping our toes to live music, and hot home cooked meals.

Mark your calendars:

We are enjoying looking out our windows at the changing leaves and smiling scare crows.

We will have a big family **Thanksgiving meal on November 13th**, a Hawkeye tail gate party on the 5th, pumpkin lattes on the 10th, a Cyclone tailgate party on the 12th, our first annual Fall Festival the 7th-11th, a professional photographer to take individual or **family photos** on the 17th at 2:00 and an ugly sweater contest at 3:30.

November is National Care Givers month, and we're thankful for all of our Bickford Family Members.

It's also "No shave November" so we may see some beards and mustaches :)



Bickford
assisted living



S

M

T

W

T

F

S

November

9:30 Egg race
 10:30 Let's play cards
 11:15 Marble painting
 1:00 Walking Club
 1:30 Apron craft
 2:30 Bible Study
 6:00 Lincoln Highway Band 1

9:00 Music-Melissa K
 10:30 Cemetery trip
 11:15 Mini golf
 12:45 Movie Casper
 2:00 BINGO
 3:00 Birthday Party
 3:30 Book Reading 2

9:30 You be the judge
 10:30 Miriam-History
 11:15 Dominoes
 1:00 Basketball
 2:00 Decorate donuts
 3:00 Hot Potato 3

9:30 Book reading
 10:30 BINGO
 11:15 Coke bowling
 1:00 Messy Missy's
 2:00 Music-John S
 6:00 Movie 4

10 Exercise video
 2 Nail Glamour
 4:00 Make a wacky hat
 6:00 Hawkeye Tailgate PARTY
 7 Lawrence Welk 5

9a Worship Hour
 1:30p Video Documentary
 Look through your closet for your Fall Festival week's Wardrobe 6

Mix It Up Monday
 Wear your pajamas
 9:30 Book reading
 10:15 Memory game
 10:45 Bible Study
 1:00 Walking Club
 2:00 Bingo
 3:00 Apple Snickers 7

Twin Tuesday
 9:30 Loteria (Spanish Bingo)
 10:30 Finger painting
 11:15 Balloon volley
 1:00 Walking Club
 2:30 Bible Study
 3:15 ABCs of Fall 8

Wacky hat Wednesday
 9:30 Book reading
 10:30 Music-Dennis
 11:30 Duckpond game
 1:00 Pumpkin snack
 2:00 BINGO
 3:30 Music-Keith 9

Throw back Thursday
 9:30 Yahtzee
 10:30 Tape Painting
 11:15 Ring toss
 1:00 Museum trip
 2:00 Fall BINGO
 3:00 Veteran visit 10

Veteran's Day
 Dress Patriotically
 9:30 Book reading
 10:30 Music-Mike L
 11:30 Bean bags
 1:00 Walking Club
 2:00 BINGO
 6:00 Movie 11

10 Exercise video
 1:00 I Love Lucy and Pumpkin Lattes
 2 Nail Glamour
 6:00 Cyclone Tailgate PARTY
 7 Lawrence Welk 12

9a Worship Hour
 11:30 A Grand Ol' Thanksgiving Gathering
 1:30 Movie 13

Mix It Up Monday
 9:30 Book reading
 10 You be the judge
 10:45 Bible Study
 1:00 Walking Club
 2:00 Bingo
 3:15 Spanish lesson 14

9:30 Poetry workshop
 10:30 Music-Pat L
 11:30 Badmitten
 1:00 Grimes Farm
 2:30 Bible Study
 3:15 Key Lime Pie 15

9:30 Book reading
 10:30 Music-Mike L
 11:15 Bird feeder
 1:00 Walking Club
 2:00 BINGO
 3:15 Photography and scrapbooking 16

9:30 Old Maid
 10:30 Library trip
 1:00 Spa Treatment
 2:00 Professional Photo Session
 3:00 Rock painting
 3:30 Ugly Sweater contest 17

9:30 Book reading
 10:30 BINGO
 12:30 Senior Citizen Center trip
 2:00 Music-Clarice
 3:00 Walking Club
 6:00 Movie 18

10a Exercise
 2p Nail Glamour
 7p Lawrence Welk 19

9a Worship Hour
 1:30p Video Documentary 20

Mix It Up Monday
 9:30 Book reading
 10:15 Uno and War
 10:45 Bible Study
 11:30 Beachball or balloon volleyball
 1:00 Walking Club
 2:00 Bingo 21

9:30 You be the judge
 10:00 Yoga, pilates
 10:30 Music-True Country
 11:30 Who am I?
 1:00 Animal Rescue League trip
 2:30 Bible Study 22

9:30 Book reading
 10:30 Paper planes and Origami
 11:15 Beading
 1:00 Ping pong
 2:00 BINGO
 3:15 Snacks in the sunroom 23

Happy Thanksgiving
 9:30 Matchstick craft
 10:30 Model cars
 1:30 Chocolate covered bananas
 2:30 Thanksgiving themed BINGO
 3:15 Cornucopia 24

9:30 Book reading
 10:30 Music-Dick F
 11:30 Button craft
 1:00 Walking Club
 2:00 BINGO
 3:00 Turkey Soup for the Soul
 6p Movie 25

10a Tai Chi and Chai Tea
 2p Nail Glamour
 5p Music- Harry E
 7p Lawrence Welk 26

9a Worship Hour
 1:30p Video Documentary 27

Mix It Up Monday
 9:30 Book reading
 10:45 Bible Study
 11:30 Iowa Trivia
 1:00 Walking Club
 2:00 Bingo
 3:15 Maid-Rite trip 28

9:30 Sing Along video
 10:30 Crazy 8 Beachball
 1:00 Walking Club
 2:30 Bible Study
 3:15 Chair workout
 6:30 Music-Dave G 29

9:30 Book reading
 10:30 Minute to Win it
 11:15 Slapjack & Pig
 1:00 Walking Club
 2:00 BINGO
 3:15 No bake cookies 30

