

Happy Birthday to You!

Fran Anderson- Oct. 17th
 Gladys Devick- Oct. 19th
 Ann Irelan- Oct. 26th
 Dean Borcharding- Oct. 26th
 Polly Walker- Oct. 29th



Pictured left: Betty & Velma enjoying Tim Smallwood

Urbandale HAPPENINGS NOVEMBER



November Highlights

Events and Outings:

November 2nd- Bean Bag Baseball at Legacy Point

November 9th- Host Vintage Hills for Bean Bag Baseball

November 10th- Chaplain Lunch Outing to Prairie Meadows

November 11th- Veteran's Day Celebration

November 16th- Host Senior Suites for Bean Bag Baseball

November 24th- Thanksgiving Day

Give Thanks

for each new morning with it's light
 for rest and shelter of the night
 for health and food for friends and love
 For Everything thy goodness sends

-Ralph Waldo Emerson



Bickford
 assisted living & memory care

Bickford of Urbandale

Enriching Happiness

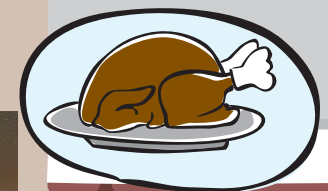
Pictured left: Lois and Evelyn playing Bingo

Pictured below: Everyone watching The New Horizon's Band perform

Fun around Bickford

Pictured below: Jackie playing card Bingo

Pictured below: Tim Smallwood performs (Comedy Magician)



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November

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

6

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

7

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10a Catholic Mass
10:30a Balloon & Noodle
1:15p Pat Lydon
2:15p Bickford Baker's
3:15p Kings Corner
6p Movie

8

9a Current Events
9:30a Group Exercise
10a Resident Council
1:30p Host Vintage Hills
Bean Bag Baseball
3p Kings Corner
6p Movie

9

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10:30a Outing-Prairie
Meadows
3p Manicures
6p Movie

10

Veteran's Day
9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10a Veteran's Day
Celebration
1p Bean Bag Baseball
3p Happy Hour
6p Movie

11

9:30a Group Exercise
10a Walking Club
10:30am Pictionary
1p Art Class
2p Trivia
3p Star Wars Monopoly
7p Lawrence Welk

12

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

13

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

14

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

15

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

16

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a Putt Putt Golf
1p John Schumacher
2p Catholic Mass
3p Men's Club
3p Manicures
6p Movie

17

9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15a Bingo
1p Bean Bag Baseball
2:30p Pet Therapy
3p Happy Hour
6p Movie

18

9:30a Group Exercise
10a In the Kitchen
1p Turkey Crafts
2p Spa Treatments
3p Cards
7p Lawrence Welk

19

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

20

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

21

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

22

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1:15pm Rick Ludwig
2:30p Cookies and Coffee
3p Kings Corner
6p Movie

23

Thanksgiving
9:30a Group Exercise
10a Coffee Talk
1p Movie Matinee with
Popcorn
3p Cards
6p Old Westerns

24

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

25

9:30a Group Exercise
10a Walk N Roll
10:30a Noodle Ball
1:15p Wii Wheel of
Fortune
2:15p Holiday Craft
3:15p Card Games
7p Lawrence Welk

26

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
3p Card Bingo
6p Movie

28

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

29

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1p Birthday Cake/Games
2p Pictionary
3p Kings Corner
6p Movie

30

