

Happy Birthday to You!

Jim Haroldson-Dec. 7th
Gail Wheeler-Dec. 20th
Pat Pommrehn-Dec. 21st
Wally Kraft-Dec. 26th
Sally Hummel-Dec. 28th
John Alley-Dec. 29th
Verda Swanson-Dec. 31st

Urbandale HAPPENINGS DECEMBER

Enriching Happiness

Fun Around Bickford

Bickford of Urbandale

Pictured left: Bean Bag Baseball at Vintage Hills

Pictured below: Ann, Kersti and Evelyn passing out candy to our trick or treaters last month

Pictured below: Sue and Doris making mini pumpkin pinatas

Pictured below: Lloyd with his wife and daughter on a beautiful day, in the Mary B's courtyard



December Highlights

The Holidays are officially upon us, and our calendar is packed with many fun activities. Racked is back! Bickford's annual Random Acts of Christmas Kindness. Enjoying the splendor of Christmas lights is a holiday favorite, and this year we will head to Altoona to see the Jolly Holiday Lights. Please join us for dinner, music and fun at our Family Holiday Party December 15th.

Events and Outings:

December 1st- Chaplain Lunch outing to Cheesecake Factory

December 5th- Outing to Jolly Holiday Lights

December 9th- Bean Bag Baseball Tournament at Urbandale Senior Center

December 10th- Arrow Academy Holiday Music Show

December 15th- Bickford Family Holiday Party



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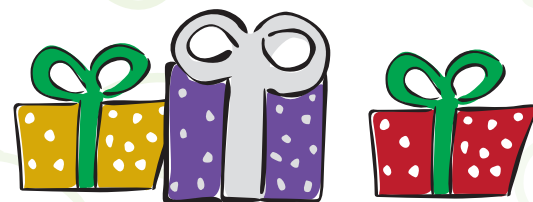
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December



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

4

9a Current Events
9:30a Group Exercise
10a Choir Practice
1p Bean Bag Baseball
3p Card Bingo
4p Rosary with Kathy
6p Movie
6:15p Outing-Christmas Lights

5

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

6

9a Current Events
9:30a Group Exercise
10a Racked
1:30p John Schumacher
2:30p Cookies/Coffee
3p Choir Practice
6p Movie

7

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10:30a Chaplain Lunch
Outing- Cheesecake
Factory
2p Choir Practice
6p Movie

1

9a Current Events
9a Rosary
9:30a QiGong
10a Hoover Middle School
Orchestra
1p Bean Bag Baseball
3p Bingo
6p Movie

2

9:30a Group Exercise
10:15a Christmas Piano
Recital
1p Make Holiday Cards
2p Ron Jones- Christmas
Music
3p Cookies/Coffee
7p Lawrence Welk

3

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
4p Rosary with Kathy
6p Movie

12

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Name that Tune
1p Racked
2p Bickford Baker's
3p Kings Corner
6:15p Noted 4 Quartet

13

9a Current Events
9:30a Group Exercise
10a Resident Council
1p Choir Practice
2p Puzzles
3p Kings Corner
6p Movie

14

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a Racked
1p Manicures
2p Catholic Mass
5p Bickford Family
Holiday Party

15

Winter Festival
9a Bean Bag Baseball All
Day Tournament
9a Catholic Chaplain Visit
9:30a Group Exercise
10:15a Holiday Bingo
1p Make Holiday Cookies
2:30p Winter Craft
6p Movie

9

9:30a Group Exercise
10a Coffee Talk
1p Holiday Movie Matinee
3p Card Games
7p Lawrence Welk

17

9:30 Group Exercise
10a Holiday Craft
1p Pictionary
2:30p Walking Club
3:15p Refreshments
4p Church Service
6p Movie

18

9a Current Events
9:30a Group Exercise
10a Wii Wheel of Fortune
1p Hoover kids party
3p Card Bingo
4p Rosary with Kathy
6p Movie

19

9a Zumba Gold
9:30a Bible Study
10a Hoover Middle School
Orchestra
1p Wii Bowling
2p Kings Corner
3p Trivia & Refreshments
6p Movie

20

9a Current Events
9:30a Group Exercise
10a Massage Therapist
10a Giant Crosswords
1p Art Appreciation
2p In the Kitchen
3p Kings Corner
6p Movie

21

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a Hot Chocolate & X
Mas Trivia
1p Pictionary
2p Spa Treatmetns
3p Manicures
6p Movie

22

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

23

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

24

Christmas
10a Coffee Talk
1p Christmas Movie
Matinee
6p 1001 Best
Commercials Program

25

9a Current Events
9:30a Group Exercise
10a Wii Wheel of Fortune
1p Bean Bag Baseball
3p Card Bingo
4p Rosary with Kathy
6p Movie

26

9a Getting to Know You
9:30a Zumba Gold
10a Bible Study
10:30a Balloon and
Noodle
1p Wii Bowling
2p New Years Craft
3p Taste Testing
6p Movie

27

9a Current Events
9:30a Group Exercise
10a Giant Crosswords
1p Birthday Party &
Games
2p Make Snow Globes
3p Kings Corner
6p Movie

28

9a Getting to Know You
9:30a Chaplain Visit
9:30a Zumba Gold
10a General Store
1p Manicures
2:30p Men's Club
3p Balloon & Noodle
6p Movie

29

9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15a Bingo
1p New Years Party
2p Chocolate Tasting
3p Happy Hour
6p Movie

30

9:30a Group Exercise
10a Coffee Talk
1p New Years Movie
Matinee
7p Lawrence Welk

31