

Love and be loved.

"Being deeply loved by someone gives you strength,
and loving someone deeply gives you courage."

Lao Tzu

Marshalltown HAPPENINGS

FEBRUARY

"Blessed is this life,
and I'm going to
celebrate being alive!"
musician, Brett Dennen

Whether you're
celebrating Valentine's
Day, George Washington,
Abe Lincoln, Thomas
Edison, Susan B Anthony,
Langston Hughes, Elmo,
heart health, or ground
hogs, be sure to pause
and celebrate with loved
ones this month. We are
always honored to
celebrate life with each
and every one of you!
Cheers to cherry trees,
top hats, red furry
puppets, a healthy
lifestyle, Punxsutawney
Phil, and YOU!

We will be having a
Super Bowl Party on
February 5th at 6:00.
Please join us, and
please let Sarah know
how many are coming
and if you would like to
bring a snack to share.

We will be having a
Valentine's Day Party on
February 14th at 11:00.
We're hoping to have the
Men's Choir come and
sing, and we will be
having a cake walk and
heart shaped cookie
decorating.

We at Bickford love and
appreciate you and your
families very much!

Let's have a heart to
heart about heart
disease.

Celebrate National
Wear Red Day on
February 3rd to raise
awareness about heart
disease.

A small change can
make a big difference.
Talk to your doctor
about heart health.
Add some exercise to
your weekly routine.
Increase healthy
eating with heart
healthy foods such as
fish, dark beans,
whole grains, fruits
and vegetables,
almonds, walnuts,
flaxseeds, and
oatmeal.

February is of course
for Valentine's Day,
Black History Month,
President's Day, the
Super Bowl,
Groundhog Day, and
it's also National Hot
Breakfast month. So
give your cold cereal a
kick to the curb for
the month and try
easy healthy hot
breakfasts such as
Blueberry Muffin in a
mug, Pancake Mug
Cake, Quiche in a
Mug, Oatmeal Nutella
Mug Cake, Cinnamon
Maple Quinoa, Hot
Grapenuts with
berries, Apple and
Date Breakfast
Sandwich, PB&J and
Banana Burrito, and
unusual smoothies.



Bickford
assisted living

Happy Birthday to

Allysen Byford Feb 7
Betty Carter Feb 28

Our birthday party is on February 1st at 1:45 if you would like to join us for cake made by our wonderful kitchen staff.

We will be taking a trip to the Martha Ellen Tye theater on February 12th at 1:40 for the play, Ramona Quimby. Please let Sarah know by February 10th if you would like to buy a ticket.

F-festive
E-exciting
B-blooming
R-radiant
U-unified
A-affectionate
R-romantic
Y-young at heart

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February

9a Worship Hour
1:30p Video Documentary
6:00 Super Bowl Party 5

8:30 Make quinoa
9:00 Book Reading
9:30 Frozen yogurt and movie, "Frozen"
10:45 Bible Study
1:00 Cards, dominoes
2:00 Bingo 6

9:00 Make cards
10:00 Heart Craft
10:30 Spa/Nails
11:00 Watercolors
1:00 Walking Club
1:30 I have a dream
2:30 Bible Study 7

9:00 Book Reading
9:45 Freedom craft
10:30 Music-Melissa
11:30 Be the Judge
1:00 Chinese New Yr
1:45 Birthday Party
2:00 Bingo 1

8:30 Make smoothies
9:00 Exercise
9:30 Groundhog Day
10:00 Biscuits
10:30 History-Miriam
1:00 Chocolate nuts
2:00 Football Craft 2

9:00 Book Reading
9:30 Make red hats
10:00 Carrot cake
11:00 The Day the Music Died
1:00 Music-John S
2:00 Bingo 3

10a Exercise
2p Nail Glamour
7p Lawrence Welk 4

9a Worship Hour
1:40 Let's go to the play, Ramona Quimby, at Martha Ellen Tye Playhouse 12

8:45 Peppermint art
9:15 Book Reading
9:45 Inventions
10:45 Bible Study
11:15 Tortellini art
1:00 BINGO
2:00 Music- Muffy 13

8:30 Mug Pancakes
9:00 Valentine cards
10 Ferris Wheel craft
11:00 VDay Party
1:00 Walking Club
2:30 Bible Study 14

9:00 Book Reading
9:30 Massages
10:00 Make kites
11:00 Love collage
1:00 Make mail box
2:00 Bingo
3:30 Music-Keith 8

9:00 Chair exercises
2:00 Social time in the sunroom
11:00 Crossword
2:00 Social time in the sunroom
2:30 Bagel buffet 9

9:00 Exercises
9:30 Black history
10:00 Umbrella craft
11:00 I Love Lucy
1:00 Wine glass painting
2:00 Bingo 10

10a Exercise
2p Nail Glamour
7p Lawrence Welk 11

9a Worship Hour
1:30p Video Documentary 19

9:00 Book Reading
9:30 President Trivia
10:00 Music- Steve C
10:45 Bible Study
11:30 Interesting news stories
2:00 Bingo 20

8:30 Sticky Buns
9:00 Walking Club
9:30 Penny Ante
10:30 Music-Dave G
1:00 Movie, Where the Red Fern Grows
2:30 Bible Study 21

9:00 Book Reading
9:30 Movie, Precious
11 You Be the Judge
11:30 Gum drops
1:00 Music- Bill and Carolyn
2:00 Bingo 15

9:00 Chair exercises
10:00 Puzzle
11:00 Padlock and key craft
1:00 Almond Joy Energy Balls
2:00 Play card 16

9:00 Book Reading
9:30 BINGO
10:30 Music-Mike L
1:00 Acts of Kindness
2:00 Music-Clarice
6:00 Movie 17

10a Exercise
2p Nail Glamour
7p Lawrence Welk 18

9a Worship Hour
1:30p Video Documentary 26

8:30 Hot Berry Bowl
9:00 Book Reading
10 Polar Bear craft
10:45 Bible Study
11:30 Fun fairy tales
1:30 Fruit kabobs
2:00 Bingo 27

8:30 Monkey Bread
9:00 Public Sleeping
10:30 Spa/Nails
11:15 Tortilla art
1:00 Walking Club
1:30 Floral designing
2:30 Bible Study 28

8:30 Mug Muffins
9:00 Book Reading
9:30 Dominoes
10:30 Be the Judge
1:00 Virgin Margaritas and art
2:00 Bingo 22

9:00 Exercises
9:45 Banana bread
10:30 Music-Jack and Joan
1:00 Famous African Americans
2:00 Social time in 23

9:00 Book Reading
9:30 BINGO
10:30 Mirror craft
1:00 Chinese craft
1:30 Jungle snack
2:00 Music-Dick F
6:00 Movie 24

10:00 Music-Ryan Sheeler
2p Nail Glamour
5:00 Music-Harry E
7p Lawrence Welk 25

