

# Happy Birthday!!!!

Jean Archer  
Madeline James  
Mary Fauster

August 9th  
August 14th  
August 27th

pictured left: Doris and Luke



## Resident Spotlight

Sue Helmick

## Friday Night Flicks

Born and raised in Des Moines, Sue is known for being very personable, dependable, and loyal. She is always up for joining in the fun at Bickford. During her 21 years at the Civic Center she enjoyed watching many performances. Sue worked at Iowa Vocational Rehabilitation Center

for 25 years as a Vocational Counsellor and Job Placement Specialist. She won both state and national awards for her work with people with disabilities. When recalling this time Sue says, "I loved my job." Sue enjoys spending time with her amazing mother and sister.

On Friday, July 14th we had Friday night Flicks. Because we have a few big Star Wars fans we watched the most recent Star Wars movie, Rogue One. Even though he's not in this movie Luke Skywalker paid us a special visit that evening.

Pictured bottom left: Luke, Carole's sister Jeannine, and Carole.

Pictured Below: Hope, Bickford Family Member--Hope, and Luke Skywalker



## Mark your calendar

Bickford's annual Happiness survey comes out in September. The survey is a great way for us to get feedback regarding your experience with Bickford. Only one person per resident at Bickford will take the survey. This could be the resident themselves or their POA. If possible surveys will be completed electronically so a working email is needed. Please see Mary Pat or Rosslyn to make sure your contact information is current. We value your insights. Thank you!

Join Team Bickford on Saturday, September 16th for the 2017 Walk to End Alzheimers. The 2 mile walk starts at the capitol. The easiest way to join our team is by going online to [www.act.alz.org](http://www.act.alz.org). Registration begins at 8:00 am the morning of the walk, followed by a short ceremony at 9:30 am. The walk begins at 10:00 am.

Also in September: Bickford of Urbandale will be hosting a Backyard BBQ Fundraiser the evening of September 6th. All proceeds from this event benefit the Alzheimer's Association.





# August

10a Coffee Talk  
1p Card Games  
4p Church Service  
6:15p Dominos

6

9a Current Events  
9:30a Group Exercise  
10a Storyteller Jim Garnett  
1p Bean Bag Baseball  
3p Card Bingo  
4p Rosary with Kathy  
6:15p Conversation Starters

7

9a Current Events  
9:30a Stretch w/bands  
10a Bible Study  
10:30a Name that Tune  
1p Pianist Pat Lydon  
2:15p Cookies/Coffee  
3p Kings Corner  
6:15p Dice

8

Western Day  
9a History of Westerns  
9:30a Line Dancing  
10:15a Giant Crosswords  
1p Musician Joe Klinefelter  
2:15p Cowboy Cookies  
3p Wanted photos  
6p Movie-The Searchers

9

9a Current Events  
9:30a Chair Yoga  
10a Chaplain Visit  
10:30a Resident Council  
1p State Fair Trivia  
2p Manicures/Men's Club  
3p Kings Corner  
6:15p Card Making

10

9a Catholic Chaplain Visit  
9a Current Events  
9:30a QiGong  
10:15a Bingo  
1p Art Project  
3p Happy Hour  
6:15p Puzzles

11

9:30a Group Exercise  
10a Coffee Talk  
1p Movie Matinee  
3p Card Games  
6:15p Checkers  
7p Lawrence Welk

12

10a Coffee Talk  
1p Card Games  
4p Church Service  
6:15p Dominos

13

9a Current Events  
9:30a Group Exercise  
10a Wii Wheel of Fortune  
1p Bean Bag Baseball  
3p Card Bingo  
4p Rosary with Kathy  
6:15p Conversation Starters

14

9a Current Events  
9:30a Stretch w/bands  
10a Bible Study  
10:30a Balloon/Noodle  
1p Bday party/Musician Dave Gray  
3p Kings Corner  
6:15p Dice

15

9a Current Events  
9:30a Group Exercise  
10:15a Giant Crosswords  
1p Blue Ribbon Baking  
3p Tenzi  
6:15p Kings Corner

16

9a Current Events  
9:30a Chair Yoga  
10:45a Chaplain lunch to Olive Garden  
2p Catholic Mass  
2p Yahtzee  
3p Kings Corner  
6:15p Uno

17

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

18

9:30a Group Exercise  
10a Coffee Talk  
1p Movie Matinee  
3p Card Games  
6:15p Checkers  
7p Lawrence Welk

19

10a Coffee Talk  
1p Card Games  
4p Church Service  
6:15p Dominos

20

9a Current Events  
9:30a Group Exercise  
10a Wii Wheel of Fortune  
1p Bean Bag Baseball  
3p Card Bingo  
4p Rosary with Kathy  
6:15p Conversation Starters

21

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a Walk and Roll  
10:45a Name that tune  
1p Wii games  
2p Bickford Bakers  
3p Kings Corner  
6:15p Dice

22

9a Current Events  
9:30a Group Exercise  
10:15a Giant Crosswords  
1p Musician John Schumacher  
3p Tenzi  
6:15p Kings Corner

23

9a Current Events  
9:30a Chair Yoga  
10a Chaplain Visit  
10:30a Gardening  
1p General Store  
2p Manicures/Men's Club  
6:15p Card Making

24

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

25

9a Current Events  
9:30a Group Exercise  
10a Arm Chair Travel  
1:15p Wii Wheel of Fortune  
2:15p Root Beer Floats  
3p Labor Day Photos  
6:15p Checkers  
7p Lawrence Welk

26

10a Coffee Talk  
1p Card Games  
4p Church Service  
6:15p Dominos

27

9a Current Events  
9:30a Group Exercise  
10a General Store  
1p Bean Bag Baseball  
3p Card Bingo  
4p Rosary with Kathy  
6:15p Conversation Starters

28

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a apple art  
1p Wii Games  
2p Bickford Bakers  
3p One on ones  
6:15p Dice

29

9a Current Events  
9:30a Group Exercise  
10:15a Giant Crosswords  
1p Musician Joe Klinefelter  
2p Coffee/Cookies  
2:30p Yahtzee  
6:15p Kings Corner

30

9a Current Events  
9:30a Chair Yoga  
10a Chaplain Visit  
10a Massage Therapist  
1p Labor Day Art Project  
2p Manicures  
3p Kings Corner  
6:15p Adult Coloring

31

9:30a Group Exercise  
10a Coffee Talk  
1p Movie Matinee  
3p Card Games  
6:15p Checkers  
7p Lawrence Welk

5