



Happiest of Birthdays!!!

John Stewart---September 5th
Mary Billings---September 9th
Betty Davidson---September 13th
Pat Hull---September 26th



Western Day Fun!

Resident Spotlight Lois Lacy

Lois spent most of her life on the farm. She married a farmer, raised two children, and always had a well manicured garden with beautiful flowers. She was an avid walker and attributes her longevity to walking. Lois loved her church and church circles and was active in both. She loves her family, especially holding and loving the two small babies of the bunch.

Pictured below from left: Lois, Thelma (Lois's daughter and her dog Andy)



Making Memories

August 9th's **Western Day** was a day to remember! Our Bickford Family Members dressed up, we line danced, celebrated two ladies birthdays, laughed a lot, and our Director Angie brought the country to our courtyard. Thanks to everyone!

50's Day is Wednesday, September 13th. Come in your 50's attire and stretch to the music of the era, play bingo, and dance while musician Bill Connett performs.

Come walk with us Saturday, September 16th at 10 am for the **Walk to End Alzheimers**. Sign up online at www.act.alz.org and join Bickford Urbandale team.

September is a big month for the Alzheimer's Association. On Wednesday, September 6th we will host a **Backyard BBQ** with live music. Cost is \$10/person. All proceeds go to the Alzheimer's Association.

This month we honor all Grandparents on **Grandparent's Day**. Join us Sunday, September 10th for storytime, crafts, and ice cream sundaes. The festivities begin at 1 pm.

**A note from our RN's---If Bickford administers your medications and you go to an Urgent Care Clinic for any reason, if they give you a perscription please bring it directly to our Bickford RNs instead of filling it at a pharmacy. Thank you!*



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September

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

3

Labor Day
9:30a Woga--Chair Yoga
10a Coffee Talk
1p Movie
3p Kings Corner
6:15p Checkers

4

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a Wheel of Fortune
1p Pianist Stan Dudley
2:15p Cookies/Coffee
6:15p Dice

5

9a Current Events
9:30a Stretching with bands
10:15a Giant Crosswords
1p Art Project
3p Prep for Backyard BBQ
5p Backyard BBQ,
Musician John Schumacher

6

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a General Store
1p Musician Dave Gray
2:15p Manicures
2:15p Men's Club
6:15p Uno

7

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

1

9:30a Group Exercise
10a Coffee Talk
3p Cards
6:15p Puzzles
7p Lawrence Welk

2

Grandparent's Day
10a Coffee Talk
1p Grandparent's Day celebration with storytime, crafts, and ice cream sundaes
4p Church Service
6:15p Dominos

10

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

11

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a Balloon and Noodle
1p Pianist Pat Lydon
2:15p Cookies/Coffee
2:45p General Store
6:15p Dice

12

50's Day
9a Current Events
9:30a Stretching to 50's music
10:15a 50's Bingo
1:15p 50's with Musician Bill Connett
2:30p Milk Shakes
6:15p Kings Corner

13

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a Chaplain lunch outing to Drake Diner
2:15p Manicures
3p Kings Corner
6:15p Adult Coloring

14

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

15

Walk to End Alzheimers
9:30a Group Exercise
10a Coffee Talk
3p Cards
6:15p Puzzles
7p Lawrence Welk

16

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

17

9a Current Events
9:30a Group Exercise
10a Walk and Roll
10:30a Resident Council
1p Bean Bag Baseball
3p Card Bingo
4p Rosary with Kathy
6:15p Conversation Starters

18

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a General Store
1p Name that Tune
3p Kings Corner
6:15p Dice

19

9a Current Events
9:30a Stretching with bands
10:15a Giant Crosswords
1:15p Birthday Party
Musician Phil Porter
2:15p Cookies/Coffee
2:45p Wheel of Fortune
6:15p Kings Corner

20

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a Make mini pizzas
1p Pictionary
2p Catholic Mass
2:15p Manicures/Men's Club
6:15p Uno

21

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

22

9:30a Group Exercise
10a Coffee Talk
3p Cards
6:15p Puzzles
7p Lawrence Welk

23

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

24

9a Current Events
9:30a Group Exercise
10a Shopping Trip
1p Musician John Schumacher
2:15p Cookies/Coffee
3p Card Bingo
4p Rosary with Kathy
6:15p Puzzles

25

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a Balloon and Noodle
1p Bean Bag Baseball
3p Trivia
6:15p Dice

26

9a Current Events
9:30a Stretching with bands
10:15a Giant Crosswords
1p Art Project
2:30p Walk and Roll
3p Checkers
6:15p Kings Corner

27

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10a Massage with Ashley
1p General Store
2:15p Manicures
3p Kings Corner
6:15p Adult Coloring

28

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

29

9:30a Group Exercise
10a Coffee Talk
3p Cards
6:15p Puzzles
7p Lawrence Welk

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