



Our colder months are fastly approaching us & winter will be here before we know it. Here are a few tips on how you can prevent yourself from getting that nasty bug:

1. Good handwashing is a must, washing your hands frequently will prevent the spread of germs.
2. If you have any flu symptoms, please stay at home, going out in public will only spread the germs.
3. When sneezing or coughing, cover your nose and mouth with a tissue and throw it away immediately.
4. Remember to get your annual flu/pneumonia vaccine.

Brittney RNC



Fort Dodge

HAPPYNINGS

OCTOBER

Bickford Happynings

Birthdays:

Residents:

- *1-Bonnie Wiggerman
- *5-Garnita Johnson
- *10-Mary Lou Korte
- *30-Rich Fortune

BFM's

- *3-Lyndee Mitchell
- *5-Chaplain Barb
- *8-Natalie Ozel
- *17-Jenny Madison
- *29-Mo Dudley
- *30-Joe Egdorf
- *31-Jennie Wyatt

Welcome:

Residents:

- *Dennis Konvalinka
- *Georgia Gumm

We are so happy to have you join our Bickford family.



A note from our Directing Family

Fall is in the air! This month we will be hosting a Fall Carnival. The carnival will take place on Monday, October 30th.

We will kick off the festivities at 2 o'clock with Barebones - a resident favorite! Following the entertainment we will be hosting a carmel apple nacho bar. YUM!

Trick-or-treating will begin at 6 o'clock until 8 o'clock. During those two hours there will be games, face painting & prizes for the entire family.

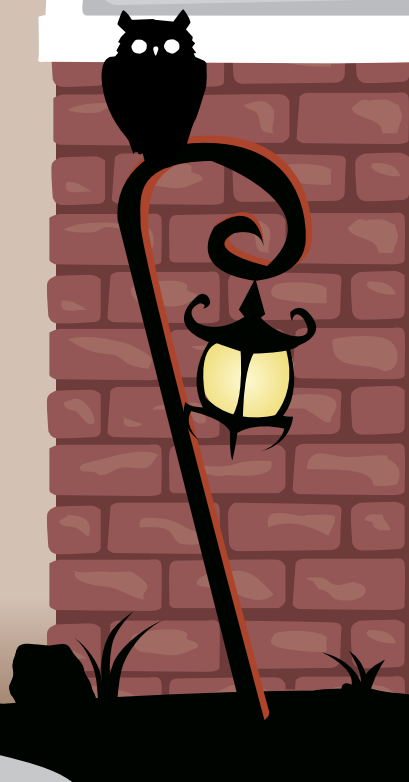
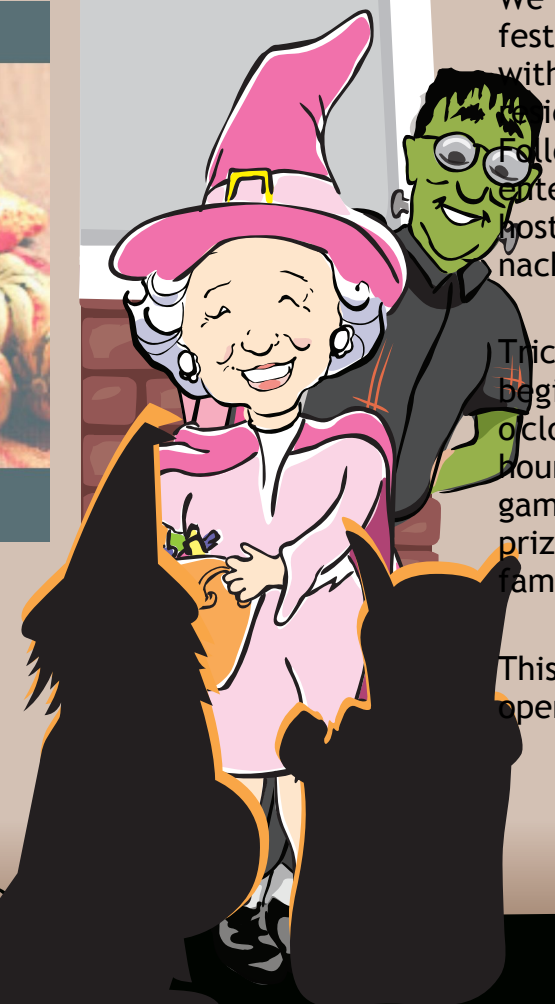
This event will also be open to the public so,

tell your neighbors, friends & family! It's always a great time when the entire family gets together.

I would also like to thank those of you who participated in our Annual Happiness Survey. I greatly appreciate your participation & feedback. We will review the results during our November Family Council Meeting, taking place on Sunday, Nov. 19th. Mark your calendars!

As always, thank you for chosing Bickford of Fort Dodge.

Sarah Ratcliff





10:30a Cath Comm
1p Church Services with Bickford Chaplain
2p Memory Dice
6:30p Balloon Volleyball 1

10a Coffee Club
10:40a Exercise with Wanda
2p Fall Nature Walk
6:15p B-I-N-G-O 2

9a Bible Study w/ Irlene
10:30a Exercises
2p Crafty Tuesday
6:30p Card Games 3

10:30a Exercises
11a Campfire Songs
2p B-I-N-G-O
6:30p Resident's Choice 4

10:30a Pool Noodle Fun
2p Happy Hour
3p Lutheran Communion
6:30p White Board games 5

10:30a Exercises
11a Name That Tune
2p B-I-N-G-O
6:30p Uno 6

10:30a Exercises
11a News & Views
2p Music With Maurice
7p Welk/Popcorn 7

10:30a Catholic Communion
1p Church Services with Bickford Chaplain
2p Hangman
6:30p Bean Bag Toss 8

10a Coffee Club
10:40a Exercise with Wanda
2p Just 4 Fun Band
6:15p B-I-N-G-O 9

9a Bible Study w/ Irlene
10:30a Exercises
2p Music with Elvis
6:30p Card Games 10

10:30a Exercises
11a Guess the Scent
2p B-I-N-G-O
3:30p Catholic Mass
6:30p Resident's Choice 11

Family History Day
10:30a Pool Noodles
11:30a Rosary
2p Family Tree Presentation
6:30p Family Trivia Time 12

10:30a Exercises
11a Reminiscing on Youtube
2p B-I-N-G-O
6:30p Uno 13

10:30a Exercises
11a News & Views
2p Cuticle Club
7p Welk/Popcorn 14

10:30a Catholic Communion
1p Church Services with Bickford Chaplain
2p Dominoes
6:30p Trivia 15

10a Coffee Club
10:40a Exercise with Wanda
2p Marble Painting
6:15p B-I-N-G-O 16

9a Bible Study w/ Irlene
10:30a Exercises
2p Ace & Friends
6:30p Card Games 17

10:30a Exercises
11a Fill in the Blank
2p B-I-N-G-O
6:30p Resident's Choice 18

10:30a Pool Noodle Fun
11a Sing A Long
2p Resident Council
6:30p White Board games 19

10:30a Exercises
11a Cuticle Club
2p B-I-N-G-O
6:30p Uno 20

10:30a Exercises
11a News & Views
2p Gospel Music with Adam & Jessica
7p Welk/Popcorn 21

10:30a Catholic Communion
1p Church Services w/ Bickford Chap
2p Put Put Golf
6:30p What's in a Name 22

10a Coffee Club
10:40a Exercise with Wanda
2p Pumpkin Decorating
6:15p B-I-N-G-O 23

9a Bible Study w/ Irlene
10:30a Exercises
2p Food Council w/Teresa
6:30p Card Games 24

10:30a Exercises
10:30a Lunch Out
11a Balloon Volleyball
2p B-I-N-G-O
6:30p Resident's Choice 25

10:30a Pool Noodle Fun
11:30a Rosary
2p Monthly Birthday Party
6:30p White Board games 26

10:30a Exercises
11a Finish The Prase
2p B-I-N-G-O
6:30p Uno 27

10:30a Exercises
11a News & Views
2p Cuticle Club
7p Welk/Popcorn 28

10:30a Catholic Communion
1p Church Services with Bickford Chaplain
2p Noodleball
6:30p Toss The Ball 29

10a Coffee Club
10:40a Exercise with Wanda
2p Music with Barebones
6p Fall Carnival w/Trick-or-treating 30

Halloween
9a Bible St w/Irlene
10:30a Zombie Walk
2p Director's Social/Halloween Costume Party
6:30p Pumpkin Toss 31

October

