



Happiest of Birthdays!!!

Ann Ireland--November 26th

Polly Walker--November 29th

check out our blog:

enrichinghappiness.com/urbandale

like us on facebook:

www.facebook.com/bickfordseniorlivingurbandale

pictured left: Mary after a homerun throw in bean bag baseball

Urbandale

HAPPENINGS

NOVEMBER



From the RN's desk

The following physicians are accepting new patients

Dr. Sean Cunningham

515-241-5741

Dr. Dale Grunewald

515-471-1800

Dr. Grant Peterson

515-964-6929

Pictured Below: Betty D and family



pictured below: some of the Bickford Bees

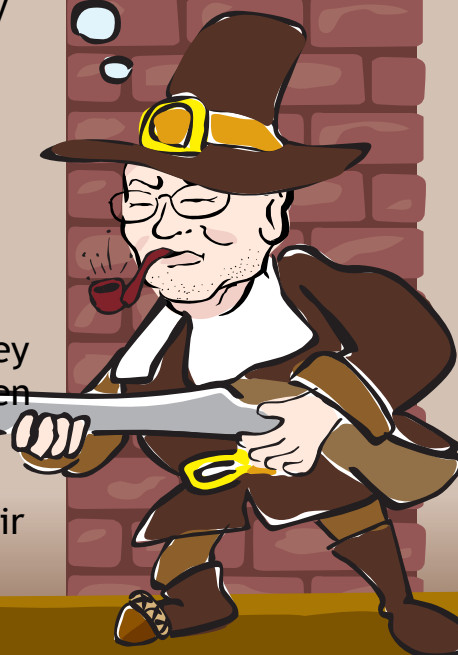
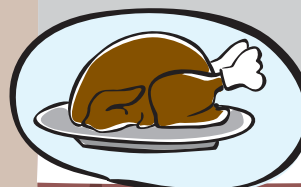


Resident Spotlight

Betty Davidson

Betty Jane Sloan was born on September 13, 1929 in Des Moines, Iowa. Betty grew up with 4 brothers. When she was 19 Betty married Clarence Davidson (Pete). Pete was in the Navy and the captain of a Minesweeper in the Korean War. Betty and Pete raised 2 kids, David and Suzanne, on a farm west of Adel. She and Pete farmed while Pete worked at Iowa Packing and then taught at AIB for 36 years.

Betty always held prayer group in their home, and she and Pete loved serving the lord all of their lives by helping others. Her daughter Suzanne is a successful saleswoman and lives in Urbandale with husband Dave. They have 2 adult sons, Andrew and Steven. Son David has a dental practice (Davidson Family Dental) and lives in Urbandale with wife Diane. They have 3 grown children Michael, Elizabeth, and Philip who all have children of their own.



Give Thanks!!!

Please join us for Family Council. We will have cookies, coffee, and a brief meeting to go over the results of our annual Happiness Survey on Wednesday, November 8th at 5:30 pm.

Thanksgiving is Thursday, November 23rd. If you would like to join us for the thanksgiving meal at Bickford please let us know so we can plan accordingly. Cost is \$10/person.

Thanksgiving Poem

I'm thankful for the things in my past. Things that have brought me to where I am at last. All the lessons I've learned and more to come. All help me to better become. The people I've met and remain close with still, along with those that have gone on their will. All good things come to those who wait, Thank you God, For the blessings on my plate

---Anonymous



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November

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

5

9a Current Events
9:30a Group Exercise
10:15a Wheel of Fortune
1p Bean Bag Baseball
2:15p Pianist Pat Lydon
4p Rosary with Kathy
6:15p Conversation Starters

6

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a General Store
1p Trivia
2p Cards
6p Bean Bag Baseball

7

9a Current Events
9:30a Stretch with bands
10:15a Giant Crosswords
2p Bean Bag Baseball Home Game against Luther Park
5:30p Family Council

8

6:15p Adult Coloring
9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a Art Project
12p Men's Club
1p Wii Bowling
2:30p Manicures
6:15p Uno

9

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

10

Veteran's Day
9a Current Events
9:30a Group Exercise
10a Veterans Ceremony
1p Arm Chair Travels
2p Guest Vet Stories
3p Veteran's Trivia
7p Lawrence Welk

11

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

12

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

13

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:15a Wheel of Fortune
1p Bday party
2p Walk and Roll
2:30p General Store
6p Bean Bag Baseball

14

9a Current Events
9:30a Stretch with bands
10:15a Musician John Schumacher
2p Bean Bag Baseball Away Game at Journey's Senior Living
6:15p Checkers

15

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a Chaplain lunch at Noahs
2:30p Manicures
6:15p Adult Coloring

16

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

17

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

18

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

19

9a Current Events
9:30a Group Exercise
10:15a Massage w/Ashley and manicures
1p Bean Bag Baseball
3p Card Bingo
4p Rosary with Kathy
6:15p Wii Bowling

20

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a Thanksgiving reading
1p Make a Cheese Ball
2p Wheel of Fortune
3p Manicures

21

9a Current Events
9:30a Stretch with bands
10:15a Giant Crosswords
1p General Store
2p Manicures
6:15p Checkers

22

Happy Thanksgiving!!!
I'm thankful for...

23

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

24

9a Current Events
9:30a Group Exercise
10:15a Dice
1p Wheel of Fortune
2p Walk and Roll
2:30p Balloon and Noodle
6:15p Puzzles
7p Lawrence Welk

25

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

26

9a Current Events
9:30a Group Exercise
10:30a Shopping Trip
1p Bean Bag Baseball
3p Card Bingo
4p Rosary with Kathy
6:30p Music-Noted 4

27

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a General Store
1p Art Project
2:30p Bickford Bakers
2:30p Men's Club
6p Bean Bag Baseball

28

9a Current Events
9:30a Stretch with bands
10:15a Giant Crosswords
2p Bean Bag Baseball Home Game against Bridges of Ankeny
6:15p Checkers

29

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a Science Center Outing
2p Catholic Mass
2:30p Manicures
6:15p Uno

30

