



Newsletter

We have an exciting month to look forward to this November with many new activities and guests stopping by our home!

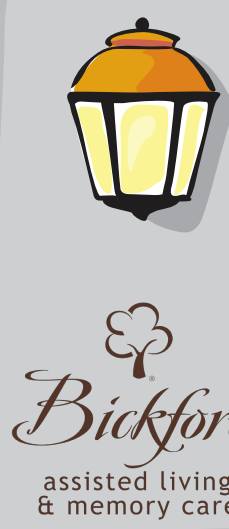
Don't forget our family council meeting November 9th! We will discuss our happiness survey results, take family portraits, and our residents will receive Mary Kay makeovers!

Grab your dancing shoes for Treasured Memories early this month, they're going to rock Bickford with their 50's-70's music!

American Legion will be joining us this Veterans Day for folding of the flag ceremony. Stop by the Friday before to hear the children's choir sing patriotic songs!

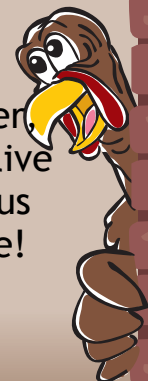
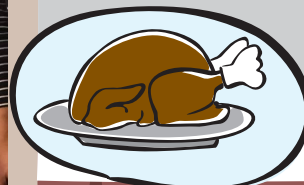
We love when Amy comes to sing for us, but this month she will shake things up and teach music therapy to our residents. Warm up those vocal chords BFM's and residents and get ready to sing!

We have a special treat from Indian Creek Nature Center. Emily will bring in live animals and teach us about Iowa wild life!



What a busy month we've had at Bickford! We loved our visits from our

furry friend, Nicky, the children from Kid's Inc., and the students from Kirkwood!





S

M

T

W

T

F

S

# November

10:00- Daily News  
1:30- Chapel  
2:30- Sunday Sweet Treat

5

9:00- Walking Club  
9:30- Devotions  
10:30- Manicures  
11:15- Fit-n-Fun  
1:30- BINGO!  
3:00- **Treasured Memories**

6

9:00- Current Events  
9:30- Sing Along  
10:30- Noodle Ball  
1:30- Tuesday Trivia  
3:00- Cooking Club  
6:00- Puzzles

7

9:00- Walking Club  
9:30- Sensory Group  
10:30- Stretch-n-Flex  
11:00- Chapel  
1:30- Arts & Crafts  
3:00- Rootbeer Floats  
6:00- Scrabble

8

9:00- Current Events  
9:30- Talk Shows  
11:00- Resident Council Meeting  
2:00- Mary Kay Makeup  
5:00- **Family Portraits/Meeting**

9

9:00- Walking Club  
9:30- Devotions  
10:30- Board Game  
11:15- Fit-n-Fun  
1:30- Children's Choir  
3:00- Arts & Crafts  
6:00- Resident's Choice

10

**Veteran's Day**  
9:00- Daily News  
9:30- Devotions  
10:00- Veteran's Trivia  
2:30- **Ron Dirks- American Legion**

11

10:00- Daily News  
1:30- Chapel  
2:30- "Sundae Snack"

12

9:00- Walking Club  
9:30- Devotions  
10:30- Hangman  
11:15- Fit-n-Fun  
1:30- BINGO!  
3:00- Manicures  
6:00- Musical Monday

13

9:00- Current Events  
9:30- Music Time  
10:30- Card Games  
1:30- Tuesday Trivia  
3:00- Cook-n-Bake  
6:00- Resident's Choice

14

9:00- Walking Club  
9:30- Sensory Stimulation  
10:30- Stretch-n-Flex  
11:00- Chapel  
1:30- Penny Ante  
3:00- Smoothie Day  
6:00- Evening News

15

9:00- Current Events  
9:30- Devotions  
10:30- **Pizza Tour**  
1:30- Wii Games  
3:00- Tea Time!  
6:00- Uno

16

9:00- Walking Club  
9:30- Devotions  
10:00- **Betty Debban**  
11:15- Fit-n-Fun  
1:30- BINGO!  
3:00- Happy Hour  
6:00- Crosswords

17

9:00- Daily News  
9:30- Devotions  
10:00- Newspaper Scavenger Hunt  
2:00- Movie & Popcorn

18

10:00- Daily News  
1:30- Chapel  
2:30- Sunday Sweet Treat

19

9:00- Walking Club  
9:30- Devotions  
10:30- Name That Tune!  
11:15- Fit-n-Fun  
1:30- BINGO!  
3:00- Manicures  
6:00- Musical Monday

20

9:00- Current Events  
9:30- Sing Along  
10:30- Noodle Ball  
1:30- Tuesday Trivia  
3:00- Cooking Club  
6:00- Card Club

21

9:00- Walking Club  
9:30- Sensory Group  
10:30- Stretch-n-Flex  
11:00- Chapel  
1:30- Arts & Crafts  
3:00- Thanksgiving Trivia

22

9:00- Macy's Thanksgiving Parade  
1:30- Cookies & Coffee  
3:00- Movie & Popcorn

23

9:00- Walking Club  
9:30- Devotions  
10:30- Sensory Group  
11:15- Fit-n-Fun  
1:30- BINGO!  
3:00- Happy Hour  
6:00- Dominoes

24

9:00- Daily News  
9:30- Devotions  
10:00- Hangman  
2:00- Movie & Popcorn

25

10:00- Daily News  
1:30- Chapel  
2:30- "Sundae Snack"

26

9:00- Walking Club  
9:30- Donuts & Coffee  
10:30- Devotions  
11:15- Fit-n-Fun  
1:30- BINGO!  
2:30- Music with Amy  
3:00- Manicures

27

9:00- Current Events  
9:30- Music Time  
10:30- Balloon Volleyball  
1:30- **Iowa Wild Life**  
3:00- Tuesday Trivia  
6:00- Dominoes

28

9:00- Walking Club  
9:30- Sensory Stimulation  
10:30- Stretch-n-Flex  
11:00- Chapel  
1:30- Penny Ante  
3:00- Rootbeer Floats  
6:00- I Love Lucy

29

Happy Birthday Michele!  
9:00- Current Events  
9:30- Devotions  
10:30- Hangman  
2:00- November Birthday Party  
6:00- Puzzles

30

