



Happiest of Birthdays to...

Elaine Anderson
Jim Haroldson
Pat Pommrehn
Wally Kraft
Sally Hummel

December 1st
December 7th
December 21st
December 26th
December 28th

R.A.C.K.'ed is back! Our annual Random Acts of Christmas Kindness is back and we are celebrating the 12 days of Christmas. Between Bickford of Urbandale and Bickford of West Des Moines we will be giving back to the community in multiple ways this month doing 1 random act for each of the 12 days of Christmas. Track our progress on facebook at www.facebook.com/bickfordseniorlivingurbandale

Urbandale HAPPENINGS

DECEMBER

Happy Holidays!!!

We invite you to join us this holiday season to celebrate our families, friends, and many blessings. There is always a lot going on in December at Bickford of Urbandale and this year is no exception. On December 1st we head to Valley United Methodist Church for their "No Room at the Inn" Festival of the Nativity. Over 400 Nativity sets from all over the world will be on display.

On December 6th we will celebrate Winter Festival with door decorating, festival facts, and hot cocoa after our last bean bag baseball home game of the season. Hop on our bus, Howie, on Thursday, December 7th to head to Prairie Meadows for lunch and a little gambling. Please celebrate the joy of the season with us at the annual Holiday Party, on Thursday, December 14th at 5pm. There will be dinner, live music in Assisted Living and Mary B's, dancing, and a visit from santa. Please RSVP to Mary Pat or Rosslyn.

Resident Spotlight

Jim Haroldson

Jim was born in Des Moines to Bonnie and Acey Haroldson. He is 1 of 7 children. Jim was in the Marines for 3 years and achieved the rank of Corporal. After his time in the Marines he was an Iron Worker for 25 years. In 2005 Jim had an accident in which he died and went to heaven where he saw his deceased sister Brenda. Although he lost his sight and most of his hearing in this accident, as Jim tells the story the Lord brought him back to life to help people in need.

Jim actively raises money for various organizations including the Wounded Warriors, Wheelin' Sportsmen Chapter of the National Turkey Federation, and the Lutheran Church of Hope. Jim has one son, Tyler, and one grandson, Maverick.



S

10a Coffee Talk
11a Countdown until noon
1p Card Games
4p Church Service
6:15p Dominos

31

M

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

3

9a Current Events
9:30a Exercise
10:15a Wii Wheel of Fortune
1p Bean Bag Baseball
2:30p Trivia
4p Church Service
6:15p Dominos

10

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

17

Christmas Eve
10:15a Jazz pianist Grant Williams
1p Card Games
4p Church Service
6:15p Dominos

24

T

9a Current Events
9:30a Group Exercise
10:15a Make snowflakes
1p Hang snowflakes
3p Card Bingo
4p Rosary with Kathy
6:15p Conversation Starters

4

9a Current Events
9:30a Group Exercise
10:15a Massage with Ashley
1p Rack'ed
2:15p Pianist Pat Lydon
4p Rosary with Kathy
6:15p Bean Bag Baseball II

18

9a Current Events
9:30a Group Exercise
10:15a Resident Council
1p Party with Hoover Volunteers
3p Card Bingo
4p Rosary with Kathy
6:15p Wii Bowling

18

Christmas Day
10a Coffee and Rolls
1p Christmas movie
3p Kings Corner
6p It's a Wonderful Life

25

W

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a General Store
1p Bean Bag Baseball
2p Catholic Mass
2:15p Rack'ed
3:30p Cards

5

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a Shopping Trip
1p Wheel of Fortune
2p Manicures
3p Cards
6:15p Conversation Starters

12

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a Winter Trivia
1p Art
2:30p Wheel of Fortune
6:15p Conversation Starters

19

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:30a Name that Tune
1p Wheel of Fortune
2p Bickford Bakers
3p Cards
6:15p Conversation Starters

26

T

Winter Festival
9a Festival Facts
9:30a Freeze frame exercise
10:15a Decorate Doors
2p Bean Bag Baseball home game
3p Hot Cocoa
6:15p Checkers

6

9a Current Events
9:30a Stretch with bands
10:15a Rack'ed
1p Bean Bag Baseball
3p Trivia
6:15p Checkers

13

9a Current Events
9:30a Stretch with bands
10:15a Giant Crosswords
1p General Store
2:30p You be the Judge
3p Pictionary
6:15p Checkers

20

9a Current Events
9:30a Stretch with bands
10:15a Giant Crosswords
1p Pictionary
2p Musician Kat Daddy
3p Hot Cocoa
6:15p Checkers

27

F

9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15a Bingo
1p No Room at the Inn
3p Happy Hour
6:15p Dice

1

9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15a Bingo
12p Men's Club
1p Manicures
2p Musician Maurice Jules
3p Happy Hour

8

9a Catholic Chaplain Visit
9:30 am -3pm Bean Bag Baseball World Series at West Des Moines Christian Church
6:15p Dice

15

9a Catholic Chaplain Visit
9a Current Events
9:30a QiGong
10:15a Bingo
1:15p Bday party/Joe Klinefelter
3p Happy Hour
6:15p Dice

22

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

29

S

10:30a Children's Piano Recital
11:15a Cookies
3p Cards
6:15p Puzzles
7p Lawrence Welk

2

9a Group Exercise
10a Arrow of Light Christmas Concert
1p Bean Bag Baseball
2:30p Rack'ed
3:30p Kings Corner
6:15p Puzzles
7p Lawrence Welk

9

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

16

9a Current Events
9:30a Group Exercise
10:15a You be the Judge
1p Name that tune
2p Art Class
3p Pictionary
6:15p Puzzles
7p Lawrence Welk

23

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

30

December

