

Would you like to stay current with all of the activities and events at Bickford? There are two ways you can do so online:

- find us on Facebook at Bickford Assisted Living of Ames. Be sure to "Like" us when you find us!
- www.enrichinghappiness.com/branch/bickford-of-ames

Ames HAPPENINGS

DECEMBER

Veterans and Donuts

It was such an honor to accompany our veterans out for lunch at Applebee's. Thank you for your service Ken, LuVerne, Bernie, Tom, Duane and Jim (missing from the photo).

Donuts and News is a new activity we started. We enjoyed the donuts and conversations!



Happiness Checks

Beginning in December, Happiness Checks will be sent out by texting the survey to your phone. The question will let you select, on a scale of 1 to 5, how happy you are with Bickford. This survey also allows you to provide feedback.

Did you know that we can send this survey out to more than one member of your family? Just let us know the phone number of the family member(s) and we would be happy to add them. The survey only takes a minute to complete.

Just like the Happiness Checks, we can mail the newsletter to other members of your family. When giving us the names of family members for the Happiness Checks, be sure to let us know if they want to receive their own copy of the newsletter. We would like to keep everyone informed and give everyone a chance to participate in activities and events.

Welcome Amy Knoll

Welcome to our new Community Relations Director, Amy Knoll. Amy comes to us with 15 years' experience in public relations and non-profit fundraising having worked for the American Heart Association and the Girl Scouts of Greater Iowa. A graduate of Iowa State University, you can catch her cheering on



the Cyclones with her two sons at every opportunity! She's excited to join the Bickford Family and can't wait to meet all our residents and their families!

Bickford
assisted living



Birthdays of the Month

12/12 Larry Smith
12/16 LeeAnna Klatt
12/25 MaryLou Hines



S M T W T F S

December

9:15 Dominos
1:15 Cards
2:00 Church
6:00 Movie

31

9:15 Dominos
10:15 Walk & Talk
2:00 Church
6:00 Movie

3

9:15 Dominos
10:15 Walk & Talk
2:00 Church
6:00 Movie

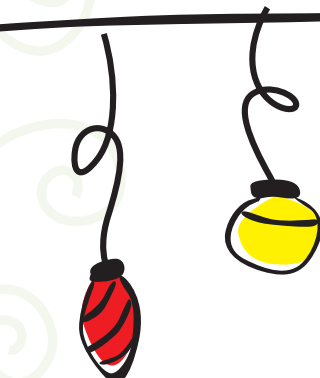
10

9:15 Dominos
1:15 Cards
2:00 Church
6:00 Movie

17

9:30 Miracle on 34th Street
2:00 Church

24



9:00 Noodle Balloon
10:00 News & Views
10:30 Walk & Talk
1:30 Bingo
3:00 "I Got It"
6:00 Movie

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9:00 Noodle Balloon
10:30 ACE Singers
1:30 Bingo
3:00 Uno
6:00 Music w/2nd Chair Brass

11

Wear a Santa Hat Day
9:00 Noodle Balloon
10:00 News & Views
10:30 Walk & Talk
1:30 Bingo
3:00 Council Meeting
6:00 Santa Visit

18

Christmas
9:30 It's A Wonderful Life
2:00 Piano w/Susan

25

9:30 Manicures
1:15 Bickford Bakers
3:00 Walk & Talk
4:00 Pet Therapy w/Jen
6:30 Sing-along

5

9:30 Manicures
1:15 Creative Time
2:30 Monthly Birthday Party
3:45 Walk & Talk
6:30 Sing-along

12

9:30 Manicures
1:00 Super Senior Magic Show
3:00 Walk & Talk
3:30 The Price is Right
6:30 Sing-along

19

9:30 Manicures
1:15 Bickford Bakers
3:00 Ping Pong
6:30 Sing-along

26

Winter Festival
9:00 Piano w/Charlene
10:00 Pinata Fun
1:00 Bible Study
1:30 Bingo
3:00 Spelling Bee
6:30 Youth Group

6

9:00 Beachball
10:00 News & Views
1:00 Bible Study
1:30 Bingo
3:00 Hangman

13

9:00 Washer Toss
10:00 Walk & Talk
1:00 Bible Study
1:30 Bingo
3:00 Crazy 8's
6:30 Puzzles

20

9:00 Noodle Balloon
10:00 News & Views
1:00 Bible Study
1:30 Bingo
3:00 "I Got It"
6:30 Puzzles

27

9:00 Walk & Talk
10:00 Donuts & News
1:00 Music w/K & L Duo
2:45 Creative Time
6:00 Caroling

7

9:00 Fun & Fitness
10:00 Music w/Aaron
1:00 Bickford Bakers
3:30 Music w/Golden K Singers
6:30 Board Games

14

9:00 Trivia
9:45 Walk & Talk
10:30 Music w/Jerry & Myrt
1:00 Bickford Bakers
3:00 Snowball Fight
6:30 Stretching Exercises

21

9:00 Beach Ball
10:00 Crossword Puzzle
1:00 Fruity Thursday
3:00 Penny Toss
6:30 Stretching Exercises

28

9:00 Parachute
9:45 Walk & Talk
10:15 Dominos
1:00 Music w/Mike L
2:45 Farkle
6:30 Word Search

1

9:00 Washer Toss
10:00 News & Views
1:15 You Be the Judge
2:45 Penny Ante

8

9:00 Walk & Talk
9:45 Tickle Your Brain
1:00 Finish Lines
2:30 Yahtzee
6:30 Stretching Exercises

15

9:00 Walk & Talk
9:45 Blackjack
1:15 Reading Club
2:30 Farkle
6:30 Snack Club

22

9:00 Walk & Talk
9:45 Tickle Your Brain
1:30 Bingo
3:00 Word Search

29

9:15 Cards
10:15 Walk & Talk
1:00 Door Decorating with Volunteers
7:00 Lawrence Welk

2

9:30 Creative Time
1:15 Cards
2:15 Dominos
7:00 Lawrence Welk

9

9:15 Cards
10:15 Walk & Talk
1:15 Dominos
7:00 Lawrence Welk

16

9:30 Creative Time
1:00 Cards
2:15 Dominos
7:00 Lawrence Welk

23

9:15 Cards
10:15 Walk & Talk
1:15 Dominos
7:00 Lawrence Welk

30