



**Happiest of Birthdays!!!**  
Janice McDonnell      January 2nd

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# Urbandale HAPPENINGS

JANUARY

## Ring in the New Year!!!

Happy 2018!!! Bickford of Urbandale was busy in 2017 with a lot of fun events, and as I look back I realize it's all about the fabulous people. We are so blessed to have wonderful residents, families, and Bickford Family Members (Bickford's term for all of the staff that works here). I am constantly reminded of the amazing people around me any time I get ready to go on an outing, host bean bag baseball, or even prepare for an afternoon of bingo. Thank you to everyone who continues to make the fun possible! May 2018 be even more blessed than 2017!

Join us on theme days or any day in-between.

### Theme Days for January 2018

- Friday, January 12th  
*Hat Day*
- Wednesday, January 24th  
*Luau Party*
- Friday, January 27th  
*Chocolate Cake Day*

### From the RN's desk

As many of you know Dr. Collin's office will no longer be coming in to Bickford to see patients. The following Doctors are accepting new patients.

- Dr. Sean Cunningham  
515-241-5741
- Dr. Dale Grunewald  
515-471-1800
- Dr. Grant Peterson  
515-964-6929

## Resident Spotlight Hope Spuzello

Hope was born in Audubon, Iowa. She and her brother Paul (who is now deceased) grew up in Exira, Iowa. When Hope was in High School the family moved to Des Moines and she attended Dowling High School in West Des Moines. Hope has 2 sons, Paul who is 17 years old and Matt, 15.

Hope enjoys watching various sports and likes to shoot baskets. She is involved at Bickford going on outings and participating in most activities. Bingo and bean bag baseball are two of her favorites. Hope is kind to everyone and a lot of fun to be around.





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New Year's Day  
Happy 2018!!!!!!

9:30a Group Exercise  
2p Musician Dave Gray  
3p Ice Cream/Coffee

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a General Store  
1p Birthday Party  
2p Bickford Bakers  
3p Wheel of Fortune  
6:15p Conversation Starters

2

9a Current Events  
9:30a Stretch with bands  
10a Catholic Mass  
10:30a Giant Crosswords  
1p Art class  
2:30p Name that tune  
3:30p Kings Corner  
6:15p Checkers

3

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:30a Remember when  
12p Men's Club  
1p Pictionary  
2:30p Manicures  
3p Cards  
6:15p Adult Coloring

4

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

5

9a Current Events  
9:30a Exercise  
10a Arm Chair Travels  
1p Manicures  
2p Hot Chocolate and cookies  
3p Crafts  
6:15p Puzzles  
7p Lawrence Welk

6

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

7

9a Current Events  
9:30a Group Exercise  
10:15a Resident Council  
1p Bean Bag Baseball  
3p Card Bingo  
4p Rosary with Kathy  
6:15p Adult Coloring

8

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a Pastel Coloring  
1p Spa Treatments  
2p Trivia  
6:15p Conversation Starters

9

9a Current Events  
9:30a Stretch with bands  
10:30a General Store  
1p Wheel of Fortune  
2p Walk and Roll  
2:30p Tenzi  
6:15p Checkers

10

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:30a Shopping Trip  
1p Art Class  
2:30p Manicures  
3p Cards  
6:15p Dominos

11

Hat Day  
9a Catholic Chaplain Visit  
9a Current Events  
9:30a QiGong  
10:15a Hat Bingo  
1p Name that Hat  
1:30p Make hats  
3p Happy Hour  
6:15p Dice

12

9:30a Group Exercise  
1p Musician Maurice Jules  
2p Cookies/Coffee  
6:15p Puzzles  
7p Lawrence Welk

13

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

14

9a Current Events  
9:30a Group Exercise  
10:15a Massage with Ashley/spa treatments  
1p You be the judge  
2:15p Pianist Pat Lydon  
3:15p Cookies/coffee  
4p Rosary with Kathy  
6:15p Adult Coloring

15

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a General Store  
1p Wheel of Fortune  
2p Cards  
6:15p Conversation Starters

16

9a Current Events  
9:30a Stretch with bands  
10:15a Bean Bag Baseball  
1p Cooking  
2:30p Walk and Roll  
3p Name that tune  
6:15p Checkers

17

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:30a Days that changed the world  
1p Wii Bowling  
2:30p Manicures  
6:15p Card Games

18

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

19

9a Current Events  
9:30a Group Exercise  
10:15a Art Class  
1p Name that tune  
2p Walk and Roll  
2:30p You Be the Judge  
6:15p Puzzles  
7p Lawrence Welk

20

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

21

9a Current Events  
9:30a Group Exercise  
10:15a Trivia  
1p Wheel of Fortune  
2p Make Cards  
3p Card Bingo  
4p Rosary with Kathy  
6:15p Adult Coloring

22

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a Art  
1p Wii Bowling  
2p Bickford Bakers  
3p Kings Corner  
6:15p Conversation Starters

23

Luau Party  
9a Current Events  
9:30a Learn to hula  
10:15a Ukulele player Kay Scott  
1p Luau party Musician John Schumacher  
2:15p smoothies  
6:15p Checkers

24

9a Current Events  
9:30a Zumba Gold  
10:30a Chaplain lunch outing to Botanical Gardens  
2:30p Men's Club  
3p Cards  
6:15p Dominos

25

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

26

Chocolate Cake Day  
9:30a Group Exercise  
1p Cake sampling  
2p Chocolate cake history  
3p cake walk  
6:15p Puzzles  
7p Lawrence Welk

27

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

28

9a Current Events  
9:30a Group Exercise  
10a Wii Bowling  
1p Bean Bag Baseball  
3p Card Bingo  
4p Rosary with Kathy  
6:15p Adult Coloring

29

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a Guess the scent  
1p Musician Aaron Shoemaker  
2:15p Cookies/Coffee  
2:45p Water color pencils  
6:15p Kings Corner

30

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

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January