

Happiest of Birthdays!!! Janice McDonnell January 2nd

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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.



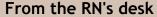


Happy 2018!!! Bickford of Join us on theme days or Urbandale was busy in 2017 with a lot of fun events, and as I look back I realize it's all about the fabulous people. We are so blessed to have wonderful residents, families, and Bickford Family Members (Bickford's term for all of the staff that works 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!

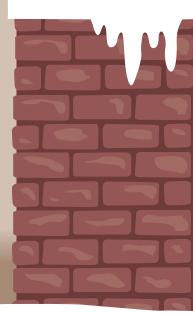
any day in-between. Theme Days for January 2018 Friday, January 12th Hat Day Wednesday, January 24th Luau Party Friday, January 27th Chocolate Cake Day



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







9a Current Events New Year's Day 9a Current Events 9a Catholic Chaplain Visit 9a Current Events 9a Current Events Happy 2018!!!!!! 9:30a Zumba Gold 9a Current Events 9:30a Stretch with bands 9:30a Zumba Gold 9:30a Exercise 10a Chaplain Visit 9:30a QiGong 10a Catholic Mass 10a Bible Study 10a Arm Chair Travels 10:30a Remember when 10:15a Bingo 9:30a Group Exercise 10:30a Giant Crosswords 10:30a General Store 1p Manicures 12p Men's Club 1p Bean Bag Baseball 1p Art class p Musician Dave Gray 1p Birthday Party 2p Hot Chocolate and 1p Pictionary 3p Happy Hour 3p Ice Cream/Coffee 2:30p Name that tune cookies 2p Bickford Bakers 2:30p Manicures 3:30p Kings Corner 6:15p Dice 3p Crafts 3p Wheel of Fortune 3p Cards 6:15p Checkers 6 6:15p Puzzles 6:15p Conversation 6:15p Adult Coloring Starters 7p Lawrence Welk 9a Current Events 9a Current Events 9a Current Events 9a Current Events Hat Day 10a Coffee Talk 9:30a Group Exercise 9:30a Group Exercise 9:30a Zumba Gold 9:30a Zumba Gold 9a Catholic Chaplain Visit 9:30a Stretch with bands **1p Card Games** 1p Musician Maurice Jules 10:15a Resident Council 10a Bible Study 10a Chaplain Visit 9a Current Events 4p Church Service 10:30a General Store 2p Cookies/Coffee 1p Bean Bag Baseball 9:30a QiGong 10:30a Pastel Coloring 10:30a Shopping Trip 1p Wheel of Fortune 6:15p Dominos 6:15p Puzzles 3p Card Bingo 1p Spa Treatments 1p Art Class 2p Walk and Roll 10:15a Hat Bingo 7p Lawrence Welk 4p Rosary with Kathy 2p Trivia 2:30p Manicures 2:30p Tenzi 1p Name that Hat 6:15p Adult Coloring 6:15p Conversation 3p Cards 1:30p Make hats 6:15p Checkers 10 12 13 Starters 6:15p Dominos 3p Happy Hour 6:15p Dice 9a Current Events 9a Current Events 9a Catholic Chaplain Visit 10a Coffee Talk 9a Current Events 9a Current Events 9a Current Events 9:30a Group Exercise 9:30a Zumba Gold 9a Current Events 1p Card Games 9:30a Zumba Gold 9:30a Group Exercise 9:30a Stretch with bands 4p Church Service 10:15a Massage with 10a Bible Study 9:30a QiGong 10:15a Bean Bag Baseball 10a Chaplain Visit 10:15a Art Class Ashley/spa treatments 10:30a General Store 1p Cooking 10:30a Days that changed 10:15a Bingo 6:15p Dominos 1p Name that tune 1p You be the judge the world 1p Bean Bag Baseball 1p Wheel of Fortune 2:30p Walk and Roll 2p Walk and Roll 2:15p Pianist Pat Lydon 1p Wii Bowling 3p Happy Hour 2p Cards 3p Name that tune 2:30p You Be the Judge 3:15p Cookies/coffee 2:30p Manicures 6:15p Dice 6:15p Conversation 6:15p Checkers 6:15p Puzzles 4p Rosary with Kathy 15 17 18 Starters 6:15p Card Games 7p Lawrence Welk 6:15p Adult Coloring 10a Coffee Talk 9a Current Events 9a Current Events Luau Party 9a Current Events 9a Catholic Chaplain Visit Chocol 1p Card Games 9:30a Group Exercise 9:30a Zumba Gold 9a Current Events 9:30a Group Exercise 9:30a Zumba Gold 9a Current Events 4p Church Service 10:15a Trivia 10a Bible Study 6 9:30a Learn to hula 10:30a Chaplain lunch 9:30a QiGong 1p Cake sampling 6:15p Dominos 1p Wheel of Fortune outing to Botanical 10:30a Art 10:15a Bingo 10:15a Ukulele 2p Chocolate cake Gardens 2p Make Cards 1p Bean Bag Baseball 1p Wii Bowling player Kay Scott history 2:30p Men's Club 3p Card Bingo 2p Bickford Bakers 1p Luau party Musician 3p Happy Hour 3p cake walk 4p Rosary with Kathy 3p Cards John Schumacher 6:15p Puzzles 3p Kings Corner 6:15p Dice 26 7p Lawrence Welk 27 24 25 6:15p Dominos 6:15p Adult Coloring 6:15p Conversation 23 2:15p smoothies 6:15p Checkers Starters 9a Current Events 9a Current Events 9a Current Events 10a Coffee Talk January 9:30a Group Exercise 9:30a Zumba Gold 9:30a Stretch with bands 1p Card Games 10a Bible Study 10a Wii Bowling 4p Church Service 10:15a Giant Crosswords 1p Bean Bag Baseball 10:30a Guess the scent 1p General Store 6:15p Dominos 1p Musician Aaron 3p Card Bingo 2:30p Name that tune Shoemaker 4p Rosary with Kathy 6:15p Checkers 6:15p Adult Coloring 2:15p Cookies/Coffee 2:45p Water color pencels 31 6:15p Kings Corner