



Happy Birthday!

A wish for lots of birthday fun,
To last until the day is done.
Hoping that all your wishes come true,
and your birthday cake is as sweet as you!

This month we will celebrate the birthday of:

Lois C. - March 12
Sandy S. - March 23

Iowa City

HAPPENINGS

MARCH 2018

From Our Life Enrichment Coordinator

Music Therapy!

Contact Info

Beth Fleming

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Kris Trotter

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Music therapy began in the 1940's within veteran's hospitals to work towards non-musical goals. The University of Iowa offers a Master's degree in Music Therapy that Kandyce Everett is pursuing.

Kandyce will continue to share her music therapy skills with us each Friday morning at 10:40 am for the coming months as part of her program.

Goals of music therapy typically stem from four major areas of skills: Motor, Cognitive, Social and Emotional.

Skills that will likely improve with participants are:

Motor: Increased strength, mobility, balance, range of motion

Cognitive: Improved attention, reminiscence and communication

Social: Improved eye contact, conversation initiating and self-expression

Emotional: Enhanced coping, self-esteem and stabilized & improved mood.

Please help me thank Kandyce for choosing us when she visits!

-Harmony

From Our Director

Friends & Family-

We have much to look forward to! This includes Harmony's spring outing plan, new carpet, spring, and my baby is due!

A big event I hope to see you at is our first **Family Council Meeting of the year on Wednesday, March 7 at 5 pm.** We will begin our meeting with a pizza dinner for all!

Mark your calendars for Friday, March 30 at 3pm to join us for an Easter Egg Hunt. Any young kids in your life are invited for this fun event!

Carpet is being replaced this month! I received a confirmation email. Now we all know with this remodel things change, but be on the lookout for the carpet.

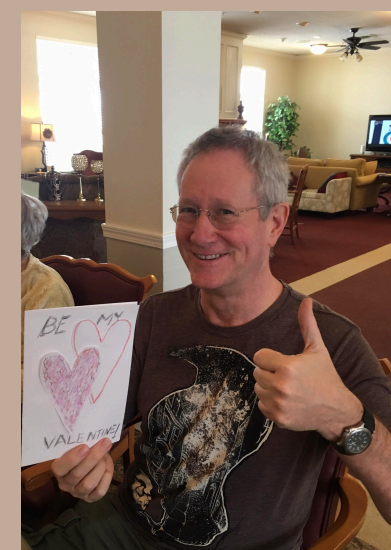
Lastly, Kris Trotter will be in the branch 3-4 days a week during my leave. Beth Fleming will take my calls for the month. Beth's contact info is on the back page. Nate, Marcia, Harmony and Holly will still be available! I am sure Harmony will email when my leave officially starts.

See you at our Family Council Meeting!

-Kaelee



Bickford
assisted living





March 2018

***Please note as new opportunities arise, scheduled times may change to allow for special activities. The Daily Happynings sheet will include any updates.*

9:30a Guided Relaxation & Seated Yoga
10:30a Coloring Club
2p Chaplain Church Service with Les
3p Sunday Sing-Alongs
TBA Enjoy the 90th Academy Awards! ⁴

Casino Outing!
9:45a Live 2B Healthy Exercise Class
10:30a Casino Bus Arrives for Pickup
2p surPRIZE BINGO!
3p PM Pampering
6p Coffee & Cards ⁵

Salon Day!
9:30a Walk & Talk
10a Sweets & Stories with Sally
11a Casino Decorating
2p surPRIZE BINGO!
3p Bible Stories
6p Chat & Checkers ⁶

9:30a Manicures & Hand Massages
1:30p Stroll & Stretch
2p Church Service
3p Live Piano Music!
4p Monica's Trivia!
5p Pizza & Family Council Meeting! ⁷

Resident Appt Day!
9a Catholic Commun.
9:30a Walk & Talk
10a Casino Crafting
2p surPRIZE BINGO!
3p Learn about Mary Bickford's Life!
4p Let's Play Uno ¹

Casino Fun Day & Resident Appt Day!
9a Catholic Commun.
9:30a Roulette Stroll
10a Casino Cards
1p Casino Music & Happy Hour
3p Betting & BINGO! ⁸

9:45a Live 2B Healthy Exercise Class
10:40a Univ. of Iowa Music Therapy
1:30p TGIF Karaoke!
2:30p Olympic Trivia with Delta Gamma
6p Friday Night Flick ²

9:45 Live 2B Healthy Exercise Class
10:40a Univ. Of IA Music Therapy
1:30p Close Casino & Store the Decor
3p TGIF Fun & Games
6p Friday Night Flick ⁷

Nat'l Caregiver Day!
10a Casino Decorating
1p Afternoon Drive in Howie! (Bickford Bus)
2p Live Music by Sunny & Ethan Duo!
3p Cards 4 Caregivers
7p Welk Fan Club ³

9:30a Saturday Stroll
10:30a Live Piano Music by Priscilla!
1p Afternoon Drive in Howie! (Bickford Bus)
2p More Live Music!
3p St. Patrick's Day Decorating Begins! ¹⁰

Clocks Spring Ahead!
9:30a Sit & Get Fit
10:30a Dominoes
2p Chaplain Church Service with Steve
3p Sunday Sing-Alongs
TBA March Madness Selection Sunday ¹¹

Happy Birthday Lois!
9:45a Live 2B Healthy
11a First United Methodist Church
2p Resident Council
3p St. Patrick's Day Decorating Continues!
6p Scrabble ¹²

Salon Day!
9:30a Walk & Talk
10a Sweets & Stories with Sally
11a Tuesday Trivia
2p surPRIZE BINGO!
3p Bible Stories
TBA March Madness ¹³

Nat'l Potato Chip Day!
9:30a Manicures & Hand Massages
1:30p Stroll & Stretch
2p Church Service
3p Live Piano Music & Potato Chips
TBA March Madness ¹⁴

Salon & Resident Appointment Day!
9:30a Walk & Talk
10a Irish Crafting
2p surPRIZE BINGO!
3p Learn about the Luck of the Irish
TBA March Madness ¹⁵

9:30a Catholic Mass with Father Rudy
10:40a Univ. Of IA Music Therapy
1:30p Live 2B Healthy Exercise Class
2:30p Clover Creation
TBA March Madness ¹⁶

St. Patrick's Day! Wear Green!
9:30a Lucky Irish Walk
10a Create Lucky Irish Clover Necklaces
2p BINGO & Green Beer
3:30p Irish Music by Bluestem Trio! ¹⁷

9:30a Guided Relaxation & Seated Yoga
10:30a Coloring Club
2p Chaplain Church Service with Les
3p Sunday Sing-Alongs
TBA March Madness Rounds 1 & 2 ¹⁸

9:45a Live 2B Healthy
10:30a Store the St. Patrick's Day Decor
2p Create Easter Egg Garlands & Pins
3:30p Organize the Activity Room
6p Card Games ¹⁹

Salon Day & Nat'l Happiness Day!
9:30a Walk & Talk
10 Sweets & Stories
11a Share & Discuss What Makes U Happy!
2p surPRIZE BINGO!
3p Bible Stories ²⁰

9:30 Manicures & Hand Massages
11a Eyeglass Cleaning
1:30p Stroll & Stretch
2p Church Service
3p Live Piano Music
6p Iowa-opoly
****11p-7a Fire Drill** ²¹

Salon & Resident Appointment Day!
9a Catholic Commun.
9:30a Walk & Talk
10a Easter Crafting
2p surPRIZE BINGO!
3p Story of Bickford
TBA March Madness ²²

Happy Bday Sandy!
9:45a Live 2B Healthy
10:40a Univ. Of IA Music Therapy
1:30p TGIF Cards
2:30p Create & Paint a Giant Puzzle w DG's
TBA March Madness ²³

9:30a Saturday Stroll
10a Create Cards for Sick Kiddos with DG's
1p Afternoon Drive
2p Live Music by Sunny & Ethan Duo!
3p Let's Play Cards
TBA March Madness ²⁴

Palm Sunday
9:30a Sit & Get Fit
10:30a Dominoes
2p Chaplain Church Service with Les
3p Sunday Sing-Alongs
TBA March Madness Midwest Regionals ²⁵

9:45a Live 2B Healthy Exercise Class
11a March Madness Make Winner Brackets
2p Let the Easter Decorating Begin!
3:30p Spring Cleaning
6p Scrabble ²⁶

Salon Day!
9:30a Walk & Talk
10a Sweets & Stories
11a Tuesday Trivia
2p Monthly Birthday Party & BINGO!
3p Bible Stories
6p Chat & Checkers ²⁷

9:30 Manicures & Hand Massages
11a Eyeglass and Jewlery Cleaning
1:30p Stroll & Stretch
2p Church Service
3p Live Piano Music
6p Chinese Checkers ²⁸

Salon & Resident Appointment Day!
9a Catholic Commun.
9:30a Walk & Talk
10a Prep Easter Eggs
2p surPRIZE BINGO!
3p Easter Decorating
6p Puzzle Pals ²⁹

Good Friday
9:45a Live 2B Healthy
10:40a Univ. Of IA Music Therapy
1p Prep for Egg Hunt
3p Easter Egg Hunt-Invite Your Family!
6p Friday Night Flick ³⁰

9:30a Saturday Stroll
10a Easter Egg Decorating with DG's!
1p Afternoon Drive
2p Live Music by Sunny & Ethan Duo!
3p Pass-Times
TBA NCAA Final Four ³¹