





















March is here and we have an eventful month planned out for you!

First, with the convenience of our new bus, Howie, we will have two lunch outings this month. One of the lunches will be at Hy-Vee where we will attend a cooking class that teaches us how to cook the meal we are eating! Let's see if we can teach their cooks a thing or two in the kitchen!

We will be hosting our very first Candle Light Dinner this month. This is a chance for our resident's to get dressed to the nines and be wined and dined. We will have a gourmet meal served and turn our dinning room into a five star resturant!

Bickford will be starting a new monthly activity called, "Cooking with Mike" this will give our resident's a chance to watch our maintenance man, Mike, cook them a fabulous midafternoon snack!

Look out for us on St.
Patricks Day at the
SaPaDaPaSo parade! We
will fill Howie with
residents and hand out
Bickford goodies! Send
us a wave!



assisted living & memory care



















9:00- Daily News 9:30- Walking Club

10:30- Name That Tune!

1:30- Board Games 3:00- Trivia Group

6:00- Yahtzee

9:00- Current Events 9:30- Donuts & Coffee 10:30- Knitting Club 11:15- Fit-n-Fun 1:30- BINGO! 3:00- Happy Hour 6:00- Staff Game Night

9:00- Daily News

9:30- Walking Club

1:30- Movie & Popcorn

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March

10:00- Sunday Paper

1:30- Chapel

3:00- Staff Pick

9:00- Current Events 9:30- Devotions

10:00- Chapel

10:30- Manicures

11:15- Walking Club 1:30- BINGO!

3:00- Movie Monday

9:00- Daily News 9:30- Music Time 11:30- Hy-Vee **Cooking Class**

1:30- Cooking Club 3:00- Noodle Ball

6:00- Dominoes

1:30- Chapel

9:30- Current Events 10:30- Board Games 11:15- Sit & Be Fit 1:30- Music with Linda 6:00- Cedar Rapids **Titan Dolls**

7

Casino Fun

9:00- Daily News 9:30- Walking Club 10:30- Set up for Casino

1:30- Minute to Win it 6:00- Card Club

9:00- Current Events 9:30- Word & Communion

10:30- Name Those Capitals!

11:15- Fit-n-Fun 1:30- BINGO!

3:00- Float Friday

9:00- Daily News

9:30- Walking Club

1:30- Movie & Popcorn

10

10:00- Sunday Paper

1:30- Chapel

3:00- Coffee & Cocoa

9:00- Current Events 9:30- Devotions 10:00- BINGO! with

Milestones 10:00- Chapel 11:15- Walking Club

1:30- Movie Monday 3:00- Resident's Choice

9:30- Daily News 10:30- Tuesday Trivia 1:30- Board Games

5:00- Candle Light Dinner 6:00- Evening News

13

9:00- Current Events

9:30- Devotions 10:30- Beaded Picture Frames

11:15- Sit & Be Fit 1:30- Chapel 2:15- Young at Harp Happy Birthday Doris!

9:30- Daily News 10:30- Walking Club 1:30- Poetry Reading 3:00- Chocolate **Covered Strawberries** 6:00- Champagne **Irish Dancers**

9:00- Current Events 9:30- Devotions

10:30- Resident Council Meeting

1:30- BINGO! 3:00- Happy Hour

6:00- Puzzles

16

St. Patrick's Day 9:00- Daily News

10:30- St. Patricks Parade

1:30- Movie & Popcorn

Happy Birthday Marian! 10:00- Sunday Paper

1:30- Chapel

3:00- Staff Pick

9:30- Current Events 10:00- Chapel

10:30- Manicures

11:15- Walking Club 1:30- BINGO!

3:00- Jeopardy 6:00- Dave Wirtz 9:00- Daily News 9:30- Devotions

10:30- Chair Yoga 1:30- Staff

Meeting- Movie in Living Room

3:00- Trivial Pursuit 20 9:00- Current Events 9:30- Manicures with La James College 11:00- Lunch Outing 1:30- Chapel

3:00- Board Games

21

9:00- Daily News 9:30- Walking Club 10:00- Betty Debban 1:30- Chicken Soup for the Soul 3:00- Noodle Ball 6:00- Evening News

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9:00- Current Events 9:30- Catholic Mass 10:30- Board Games

11:15- Fit-n-Fun 1:30- BINGO!

3:00- Float Friday 6:00- Movie Night

9:00- Daily News

9:30- Walking Club

1:30- Movie & Popcorn

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10:00- Sunday Paper

1:30- Chapel

3:00- Help Water **Plants**

9:00- Current Events

9:30- Devotions 10:00- Chapel

10:30- Manicures

11:15- Walking Club 1:30- BINGO!

2:30- Music 26 Therapy

Happy Birthday Larry P!

9:00- Daily News 9:30- Puzzles 10:30- Walking Club

1:30- Cooking with Mike

3:00- Men's Group LEC out of town 27

9:00- Current Events 9:30- Morning Talk Shows

10:30- Coloring Pages 11:15- Sit & Be Fit 1:30- Chapel

3:00- Resident's Choice LEC out of town

9:00- Daily News 9:30- Walking Club 10:30- Board Games

1:30- Lawrence Welk 3:00- March Birthday ■Party!

6:00- Evening News

9:00- Current Events 9:30- Devotions 10:30- Gourmet

Smores

1:30- BINGO!

11:15- Fit-n-Fun 3:00- Happy Hour 9:00- Daily News

9:30- Walking Club

1:30- Movie & Popcorn