

Happiest of Birthdays to...

Becky Soltanzadeh---July 4th
Lois Lacy---July 19th---100 years young!!!!

pictured left: Lois with Sally the goat

visit our blog: www.enrichinghappiness.com/urbandale

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Sometimes life is all fun and games



Pictured top left:
Josephine, her
daughter, and
grandson



Pictured top right:
Larry and dog Spike
Bottom photograph:
Some of our crew on
Western Day

Another Western Day
is in the books and
they just keep getting
better. Thank you
many times over to
our Director Angie
and her husband Josh
for getting the
animals to our petting
zoo. As Always they
stole the show.

Come beat the heat
and join us for some
cool activities at
Bickford of
Urbandale.

Upcoming activities
and theme days
include,
Independence Day,
Italian Day, a visit to
the Military Museum
and picnic at
Saylorville, speaker
from Camp Dodge,
live music, Chaplain
lunch outing to Noah's
Arc, massage therapy,
gardening, and more.

This month and next,
our feature articles
are on our two
wonderful nurses,
Vicki Rupert and
Bonnie Gilliland. If
you haven't met these
wonderful care
providers yet, make
sure to stop by their
office and say hello.

Meet Bonnie Gilliland, R.N.

Please join us as we
welcome our new RN's to
Bickford. This month we
are featuring Bonnie
Gilliland R.N. who has
been with Bickford for 11
years. Be on the lookout
next month for a write
up about our other
wonderful R.N., Vicki
Rupert.

Pictured below from left:
Toni, Bonnie, and Sue



I am so pleased to be a
part of the team at
Urbandale. I come to
you from Sioux City, Iowa
where I was born and
raised. Other areas I
have lived are Sioux
Falls, SD, and Jefferson,
SD. My family and I
moved to Nevada, Iowa
in April, and we love our
new home and area. My
husband Ed and I have 4
children, and 4
grandchildren. In Sioux
City I was the RN
Coordinator for 11 years
providing care in Assisted
Living and Memory Care.
I also have 27 years of
nursing experience in
hospitals, surgery, as an
educator, and in home
health, and long term and
skilled care. I love my
nursing career and look
forward to meeting
everyone soon and
assisting with your care
needs.



S

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

1

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

8

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

15

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

22

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

29

M

9a Current Events
9:30a Group Exercise
10:15a Gardening
10:30a Catholic Mass
1p Walking club
2p Musician Kat Daddy
3p Cookies and coffee
4p Rosary with Kathy
6:15p USA Bingo

2

9a Current Events
9:30a Group Exercise
10:15a Musician Luke Farland
1p Bingo
3p Resident Council
4p Rosary with Kathy
6:15p Kings Corner

9

9a Current Events
9:30a Group Exercise
10:15a Gardening
1p Musician John Schumacher
2p Cookies/coffee
3p Wheel of Fortune
4p Rosary with Kathy
6:15p Snacks /trivia

16

9a Current Events
9:30a Group Exercise
10:30a Outing to Iowa Military Museum and picnic at Saylorville
4p Rosary with Kathy
6:15p Manicures

23

9a Current Events
9:30a Group Exercise
10:15a Gardening
1p Bean Bag Baseball
2p Musicians Phil and Caitlyn Porter
4p Rosary with Kathy
6:15p Kings Corner

30

T

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:45a General Store
1p Pictionary
2p Bickford Bakers
3p Cards
6:15p Conversation Starters

3

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:45a Name that Tune
1p Balls,balls,balls
2p Bickford Bakers
3p Cards
6:15p Conversation Starters

10

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:45a Breadmaking
1p 1950's trivia
2p Scrabble and cards
6:15p Conversation Starters

17

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:45a General Store
1p Camp Dodge Presentation
2p Making homemade pretzels
6:15p Conversation Starters

24

9a Current Events
9:30a Zumba Gold
10a Bible Study
10:45a Horse shoes
1p Jeopardy
2p Movie Matinee
6:15p Conversation Starters

31

W

Independence Day
9a Current Events
9:30a Exercise
1p Movie Matinee
3p Cookies and coffee
6:15p Checkers

4

9a Current Events
9:30a Stretching with bands
10:15a Giant Crosswords
1p Musician Dave Gray
2p Cookies and coffee
2:30p Walking club
6:15p Checkers

11

9a Current Events
9:30a Stretching with bands
10:15a Massage Therapy
1p Games with Traditions Daycare
3p Walking Club
6:15p Checkers

18

9a Current Events
9:30a Stretching with bands
10:15a Giant Crosswords
1p Pet Therapy
2p Bean Bag Baseball
3p Wheel of Fortune
6:15p Checkers

25

T

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a General Store
1p Wheel of Fortune
2p Manicures
6:15p Card Games

5

9a Current Events
9:30a Zumba Gold
10a Chaplain Visit
10:30a Art Class
1p Bean Bag Baseball
3p Kings Corner
6:15p Zentangles

12

Italian Day
9a History of Italy
9:30a Zumba Gold
10a Chaplain Visit
1p Sausage throw
2p Name that pasta
2p Catholic Mass
3p wine and cheese
6:15p Card Games

19

9a Current Events
9:30a Zumba Gold
10:30a Chaplain lunch outing to Noahs
2p Manicures
3p Kings Corner
6:15p Adult Coloring

26

F

9a Current Events
9:30a QiGong
10:15a Bingo
1p Shopping Trip
3p Happy Hour
6:15p Dice

6

9a Current Events
9:30a QiGong
10:15a General Store
1p Bingo
2p Walking Club
3p Happy Hour
6:15p Dice

13

9a Current Events
9:30a QiGong
10:15a Bingo
1p Birthday party
2p Musicians Caitlyn and Phil Porter
3p Happy Hour
6:15p Dice

20

9a Current Events
9:30a QiGong
10:15a Bingo
1p Art Class
2p Walking Club
3p Ice cream social
6:15p Dice

27

S

9:30a Group Exercise
10:15a Bingo
1p Movie
6:15p Puzzles
7p Lawrence Welk

7

9a Current Events
9:30a Group Exercise
10:15a Aromatherapy
1p Arm Chair Travels
2p Uno Card Game
3p Rootbeer Floats
6:15p Puzzles
7p Lawrence Welk

14

9a Current Events
9:30a Group Exercise
10:15a Bean Bag Baseball
1p Pictionary
2p bake cookies
3p Dominos
6:15p Puzzles
7p Lawrence Welk

21

9:30a Group Exercise
10:15a Bingo
1p Movie
6:15p Puzzles
7p Lawrence Welk

28

July

