

Join us on Saturday, August 25th for the Alzheimer's Association's **Walk to End Alzheimer's**

Join our team (Bickford of Urbandale) by going online to www.alz.org

Happiest of Birthdays to...

Marvin McMulin	August 8th
Madeline James	August 14th
Adele Haag	August 15th

follow us online at www.enrichinghappiness.com/urbandale, or www.facebook.com/bickfordseniorlivingurbandale



Fun around the Bickford



Meet Vicki Rupert R.N.



Vicki's background is in Neuro ICU, dermatology, ortho and general outpatient surgery, hemo dialysis, and peritoneal dialysis. When she was younger she lived in Germany with her family and traveled all over Europe. Vicki has 3 daughters (pictured at left) and 3 pomeranians. Her oldest, Alli goes to Grandview where she plays soccer, and is majoring in biochemistry and pre-med. Haley, her middle daughter, will be a junior at SE Polk. Haley is a member of the National Honor Society, and plays soccer, rugby, and tennis. Her youngest daughter, Kelsi will be a sophomore at SE Polk. Kelsi plays tennis and is ranked #1 in her class

Annual Happiness Survey

Bickford's annual Happiness Survey is just around the corner. We welcome your feedback and want to remind everyone that we strive for a 5 out of 5. Anything less than a 5 does not count. Please contact Angie by email (angela.harris@enrichinghappiness.com) or by telephone 515-331-3000 and let her know if you would like your survey via mail or email.

We are wrapping up the summer with a busy, and fun filled month. Join us on the evening of August 8th for an evening of fun county fair style to raise money for the Alzheimer's Association. Come see farm animals, try out your throwing arm at the dunk tank, and enjoy a night off of cooking. The party starts at 2:30p with music by Luke Farland. Brat and hotdog dinners will be for sale from 4-6 pm. Make sure to join our team for the annual Alzheimer's Walk in August as well. See the back cover for more information on signing up to walk with us or just raise money for a cause close to our hearts.





August

9a Current Events
 9:30a Stretching
 10:15a Giant Crosswords
 1p Art Class
 2:30p Name that Tune
 3:15p Walking Club
 6:15p Checkers 1

9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a Catholic Mass
1:30p Musician Joe Klinefelter
 2:30p Cookies and coffee
 3p State Fair Trivia 2
 6:15p Adult Coloring

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
10:15a Casino time! Lunch at Prairie Meadows
 3p Happy Hour
 6:15p Dice 3

9:30a Group Exercise
 1p Movie Matinee
 6:15p Puzzles
 7p Lawrence Welk 4

10a Coffee Talk
 1p Card Games
 4p Church Service
 6:15p Dominos 5

9a Current Events
 9:30a Group Exercise
 10:15a Gardening
1p Shopping Trip
 3p Wheel of Fortune
 4p Rosary with Kathy
 6:15p Kings Corner 6

9a Current Events
 9:30a Group Exercise
 10a Bible Study
 10:45a Horse Shoes
 1p Pictionary
 2p Essential Oils
 3p Cookies and coffee
 6:15p Conversation Starters 7

County Fair Day
9a Current Events
 9:30a Line Dancing
 10:15a Blue Ribbon Baking
2:30p Musician Luke Farland
 4p Brats and Dogs Alzheimer's Association benefit 8

9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a Make Hollywood Stars
 1p Resident Council
 2p Manicures
 6:15p Adult Coloring 9

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
 10:15a Bingo
 1p General Store
 3p Happy Hour
 6:15p Dice 10

9a Current Events
 9:30a Group Exercise
 10:15a Balloon/Noodle/Parachute games
 1p Arm Chair Travels
 2p Manicures
 3p Summer Refreshments
 7p Lawrence Welk 11

10a Coffee Talk
 1p Card Games
 4p Church Service
 6:15p Dominos 12

9a Current Events
 9:30a Group Exercise
10:15a Musician Dave Gray
 1p Bean Bag Baseball
 3p Card Bingo
 4p Rosary with Kathy
 6:15p USA Bingo 13

9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 10:30a Name that Tune
 1p Wellness Program
 2p Bickford Bakers
 3p Cookies, coffee, cards
 6:15p Conversation Starters 14

9a Current Events
 9:30a Stretching
 10:15a Giant Crosswords
 1p Birthday Games
2p Musicians Phil and Caitlyn Porter
 3p Cookies and coffee
 6:15p Checkers 15

9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a Trivia
 1p Manicures
 2p Catholic Mass
 2:30p Wheel of Fortune
 6:15p Adult Coloring 16

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a Group Exercise
 10:15a Bingo
 1p Bean Bag Baseball
 3p Happy Hour
 6:15p Dice 17

9:30a Group Exercise
 1p Movie Matinee
 6:15p Puzzles
 7p Lawrence Welk 18

10a Coffee Talk
 1p Card Games
 4p Church Service
 6:15p Dominos 19

9a Current Events
 9:30a Group Exercise
 10:15a Gardening
 1p Bean Bag Baseball
 2:30p Art Class
 4p Rosary with Kathy
 6:15p Manicures 20

9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 10:30a General Store
 1p Wellness Program
 2p Movie Matinee
 6:15p Conversation Starters 21

9a Current Events
 9:30a Stretching
 10:15a Giant Crosswords
1p Massage Therapy
 2p Spa Time
 3:30p Kings Corner
 6:15p Checkers 22

Hollywood Day
9a Hollywood News
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a Walk of Fame
1:15p Songs/champagne with John Schumacher
 6:15p Movie: Breakfast at Tiffany's 23

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 3p Happy Hour
 6:15p Dice 24

Alzheimer's Walk--
8a Registration
9:30a Ceremony
10a Walk
 1p Movie Matinee
 6:15p Puzzles
 7p Lawrence Welk 25

10a Coffee Talk
 1p Card Games
 4p Church Service
 6:15p Dominos 26

9a Current Events
 9:30a Group Exercise
 10:15a Gardening
 1p Bean Bag Baseball
 3p Card Bingo
 4p Rosary with Kathy
 6:15p Dice 27

9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 10:45a Wheel of Fortune
 1p Wellness Program
 2p Bickford Bakers
 3p Coffee, cookies, cards
 6:15p Conversation Starters 28

9a Current Events
 9:30a Stretching
 10:15a Giant Crosswords
 1p Pictionary
 2p Manicures
 3p Kings Corner
 6:15p Checkers 29

9a Current Events
 9:30a Zumba Gold
 11a load bus for baseball game
12:08p Iowa Cubs Baseball Game
 3p Kings Corner
 6:15p Adult Coloring 30

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
 10:15a Bingo
 1p Art Class
 3p Happy Hour
 6:15p Dice 31