

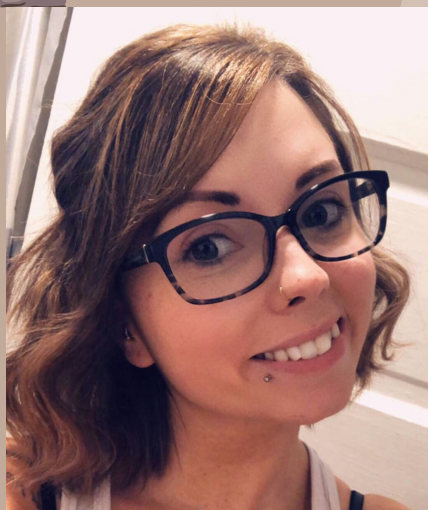


Mary Swenson - Resident of the Month

Mary was born May 28, 1936 in Maryville Missouri. She grew up on a farm in Tarkio, Missouri. Mary graduated from Tarkio High School, and went on to graduate from Tarkio College with a B.A. in teaching in 1958. She later graduated from University of Nebraska in 1965 with a Masters of Education degree. Mary and her late husband, Art, were married July 17th, 1966, and were married for 47 years before his passing. Mary says she spent summers with several nieces and a nephew that came to visit them on the farm. Mary taught at Valley High School for 31 years, and through out Iowa for over 6 years. She came to Bickford of WDM 9 years ago, and says she enjoys visiting with the BFM's and the other residents of Bickford. Mary shares her apartment with her "little furry friend" Diva. Mary loves playing most games and enjoys bingo. She says she also enjoys plays and musicals.



Great People and Great Times



**BFM of the Month
Trista Gohring**

Trista was born in Gillette, WY. She moved to Marshalltown, Iowa at a young age. She states she loves to sing! She attended choir and show choir all through school as well as cheerleading. She recently moved to Des Moines area

from Marshalltown. She has 3 daughters, Morgan, Myla and Charlee. Trista has been at Bickford of WDM since March of 2013. She works as a CNA and also as a CMA. She says she loves getting to take care of all the residents at Bickford, and that they have become family to her, and loves putting a smile on their faces.

Happenings At Bickford
Residents and family
enjoying the courtyard at
Bickford of WDM

August Birthdays

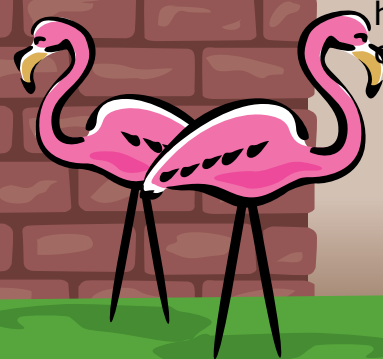
26th -
Bettinna Bourjaily
Ronald Volcheck



National Senior Citizens Day

President Ronald Reagan proclaimed August 21st of each year to be National Senior Citizen's Day. The purpose of having a National Senior Citizen Day was to celebrate and honor the lives and contributions of the generations of Americans that took care of their families, the communities and the country. The Proclamation urged Americans to honor the special day with ceremonies and activities. Throughout the country on August 21st, younger generations show their appreciation and thanks to America's seniors by honoring them in many different ways.

Special events, festivals, ceremonies and dinners are held with seniors as the guests of honor. Youth groups and scouting organizations make arrangements to visit the elderly in nursing homes and assisted living facilities. Family get together with their older loved ones, spending this special day together sharing stories and memories and making new ones.





August

9:00 Morning Group
 10:00 White Board Fun
 11:00 Chair Yoga
 1:00 UNO
 2:00 Yahtzee
 3:00 Ice Cream Social
 6:30 Game Night

1

9:00 Morning Group
 10:00 Higher or Lower
 11:00 Band Stretch
 1:00 Bible Study C. Greg
 2:00 Bingo
 3:30 Helene Viale

2

9:00 Morning Group
 10:00 HangMan
 11:00 Ball Toss
 1:00 Scrapbooking
 2:00 Red Hat Ladies
 3:00 The Price is Right
 6:30 Friday Night Movie

3

10:00 Morning Group
 10:30 White Board Fun
 11:15 Let's Take A Walk
 1:30 General Store
 2:30 Bingo
 3:30 Phil & Catlyn Music
 7:00 Lawrence Welk

4

2:30 Church
 6:30 Gospel Music Hour

5

10:00 Morning Group
 10:30 Trivia Time
 11:00 Chair Exercises
 1:00 UNO
 2:00 Nail Care
 3:00 Book Club
 6:30 Monday Night Movie

6

9:00 One on Ones
 10:30 White Board Fun
 11:15 Let's Take A Walk
 1:00 Devotions
 2:00 Bingo
 3:30 Mark Challis

7

County Fair Day
 9:00 Morning Group
 10:00 Country Craft
 11:00 Ball Toss
 2:00 County Fair
 6:30 Game Night

8

9:00 Morning Group
 10:00 Show And Tell
 11:00 Chair Yoga
 1:00 Bible Study C. Greg
 2:00 Bingo
 3:00 Wii Games

9

9:00 Morning Group
 10:00 Memory Lane
 11:00 Band Stretches
 1:00 Race To 100
 2:00 10,000 Dice Game
 3:00 Men's Group
 6:30 Friday Night Movie

10

10:00 Morning Group
 10:30 White Board Fun
 11:15 Let's Take A Walk
 1:30 UNO
 2:30 Bingo
 3:30 Bernice Shannon
 7:00 Lawrence Welk

11

2:30 Church
 6:30 Gospel Music Hour

12

10:00 Morning Group
 10:30 Who Am I
 11:00 Band Stretches
 1:00 Yahtzee
 2:00 Nail Care
 3:00 Lotion Therapy
 6:30 Monday Night Movie

13

9:00 One on Ones
 10:30 Higher or Lower
 11:15 Let's Take A Walk
 1:00 Devotions
 2:00 Bingo
 3:00 Jim Boardman

14

9:00 Morning Group
 10:00 White Board Fun
 11:00 Chair Yoga
 1:00 Dominoes
 2:00 Wine Tasting
 3:15 SingALong W/Trista
 6:30 Game Night

15

9:00 Morning Group
 10:00 HangMan
 11:00 Ring Toss
 1:00 Bible Study C. Greg
 2:00 Bingo
 3:00 Helene Viale
 6:00 Cowboy Jim

16

9:00 Morning Group
 10:00 Trivia Time
 11:00 Let's Take a Walk
 1:00 Scrapbooking
 2:00 Red Hat Ladies
 3:00 Dave Gray
 6:30 Friday Night Movie

17

10:00 Morning Group
 10:30 White Board Fun
 11:00 Ball Toss
 1:30 General Store
 2:30 Bingo
 3:30 Jim Garnett
 7:00 Lawrence Welk

18

2:30 Church
 6:30 Gospel Music Hour

19

10:00 Morning Group
 10:30 Trivia Time
 11:00 Chair Yoga
 1:00 Checkers
 2:00 Nail Care
 3:00 Book Club
 6:30 Monday Night Movie

20

9:00 One on Ones
 10:30 HangMan
 11:15 Let's Take A Walk
 1:00 Devotions
 2:00 Tea Party
 3:30 Bingo

21

9:00 Morning Group
 10:00 White Board Fun
 11:00 Ball Toss
 1:00 Dominoes
 2:00 Popcorn Party
 3:30 Maurice Jules
 6:30 Game Night

22

Hollywood Day
 9:00 Morning Group
 10:00 Resident Council
 10:30 Movie Trivia
 11:15 Let's Take a Walk
 1:00 Bible Study C. Greg
 2:00 Bingo
 3:30 Big Band Music

23

9:00 Morning Group
 10:00 Show And Tell
 11:00 Ring Toss
 1:00 UNO
 2:00 Men's Group
 3:00 Tom Anderson
 6:30 Friday Night Movie

24

10:00 Morning Group
 10:30 White Board Fun
 11:15 Let's Take A Walk
 1:30 General Store
 2:30 Bingo
 3:30 Doug Karl

25

Bettina Bourjaily
Ronald Volcheck
 2:30 Church
 6:30 Gospel Music Hour

26

10:00 Morning Group
 10:30 HangMan
 11:00 Noodle Exercises
 1:00 Painting Time
 2:00 Nail Care
 3:00 Lotion Therapy
 6:30 Monday Night Movie

27

9:00 One on Ones
 10:00 Higher or Lower
 11:15 Let's Take A Walk
 1:00 Devotions
 2:00 Bingo
 3:30 The Price Is Right

28

9:00 Morning Group
 10:00 Trivia
 11:00 Chair Yoga
 12:00 Birthday Party
 1:00 10,000 Dice Game
 2:00 Race To 100
 3:00 Rootbeer Floats
 6:30 Game Night

29

9:00 Morning Group
 10:00 Memory Lane
 11:00 Ring Toss
 1:00 Bible Study C. Greg
 2:00 Bingo
 3:00 Country Music Hour

30

9:00 Morning Group
 10:00 White Board Fun
 11:15 Let's Take A Walk
 1:00 Scrapbooking
 2:00 Red Hat Ladies
 3:30 Wii Games
 6:30 Friday Night Movie

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