



## Happiest of Birthdays!!!!

Ron Schultz  
Mary Billings  
Betty Davidson  
Larry Day  
Pat Hull

September 5th  
September 9th  
September 13th  
September 26th  
September 26th

pictured left: Mary, Mike (Larry's son), and Larry



## There's no such thing as too much fun County Fair Fun

Looking back, moving forward

At Bickford of Urbandale we love to have fun, and we're really good at it. In August our two theme days were County Fair Day, and Hollywood Day. On Wednesday, August 8th, we combined County Fair Day with our benefit for the Alzheimer's Association. We started the day with line dancing in the livingroom, moved on to blue ribbon baking, and kicked off the afternoon festivities with the music of Luke Farland.

From 4-6pm our Alzheimer's benefit dinner featured fabulous fare from our Bickford kitchen including homemade potato salad. Entertainment included a dunk tank (see photos left), bake sale, farm animals, and lawn games. Thanks to all who came out to support this worthy cause and have a little fun.

September theme days are Grandparent's day, Sunday, September 9th, and 50's Day on Thursday, September 20th. Come join in the fun!



## Alpha is back at Bickford

### What is Alpha?

Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation. Alpha is run all around the globe, and everyone is welcome. It runs in cafes, churches, universities, and homes. No two Alpha meetings are quite the same, but generally they have 3 components--food, a talk, and good conversation.

### Talk

The talks are desined to engage and inspire conversation. They are usually around 30 minutes long, and delivered over about 11 weeks.

Talks are either live or on video. They explore the big issues around faith and unpack the basics of Christianity, addressing questions such as, "Who is Jesus?", and "How can we have faith?"

### Discussion

Probably the most important part of any Alpha class is the chance to share thoughts and ideas on the topic, and discuss it in a small group. There's no obligation to say anything, and there is nothing you cannot say. It's an opportunity to hear from others, and contribute your own perspective in an honest, friendly, and open environment.



*Bickford*  
assisted living  
& memory care





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

30

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

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Grandparent's Day  
9a Current events  
9:30a Group Exercise  
10a What's in a name?  
10:30a Noodle ball  
1p Arm chair travels  
2p Grandparent's open house  
4p Church Service

9

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

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

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Labor Day  
9:30a Group Exercise  
1p Musician Dave Gray  
2p Cookies and coffee  
6:15p Kings Corner

3

9a Current Events  
9:30a Group Exercise  
10:15a Musician John Schumacher  
1p Bean Bag Baseball  
2:30p Art Project  
4p Rosary with Kathy  
6:15p USA bingo

10

9a Current Events  
9:30a Group Exercise  
10:15a Gardening  
1p Shopping trip  
3p Wii wheel of fortune  
4p Rosary with Kathy  
6:15p Watercolor painting

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9a Current Events  
9:30a Group Exercise  
10:15a Gardening  
1p Wii wheel of fortune  
2p spa time  
4p Rosary with Kathy  
6:15p Movie trivia

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9a Current Events  
9:30a Zumba Gold  
10a Singing hymns with Ray  
10:45a Football art  
1p Wellness program  
2p Manicures  
6:15p Conversation Starters

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9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a Wii Wheel of Fortune  
1p Tea party for Betty D  
3p Walking Club  
6:15p Conversation Starters

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

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9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:45a Fall Art  
1p Pictionary  
2p Bickford Bakers  
3p Cookies and coffee  
6:15p Conversation Starters

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9a Current Events  
9:30a Stretching  
10:15a Giant Crosswords  
1p General Store  
2:30p Art Class  
3:15p Walking club  
6:15p Checkers

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9a Current Events  
9:30a Stretching  
10:15a Alpha  
1p Resident Council  
2p Cookies and coffee  
2:30p Walking club  
6:15p Checkers

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9a Current Events  
9:30a Stretching  
10:15a Alpha  
1p decorate for 50's day  
2:30p Manicures  
3:30p Walking club  
6:15p Checkers

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9a Current Events  
9:30a Stretching  
10:15a Alpha  
1:15p Musician Joe Klinefelter  
2:30p Cookies and coffee  
6:15p Checkers

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9a Current Events  
9:30a Zumba Gold  
10:30a Chaplain lunch outing to Drake Diner  
2:30p Manicures/kings corner  
6:15p Adult Coloring

6

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:45a General Store  
1p Wheel of Fortune  
2p Manicures/men's club  
6:15p Adult Coloring

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50's Day  
9a Current Events  
9:30a Zumba Gold  
10a Chaplain visit  
10a Catholic mass  
1:30p Elvis performs  
2:30p 1950's refreshments  
6:15p movie:Grease

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9a Current Events  
9:30a Zumba Gold  
10a Chaplain visit  
10:45a General Store  
1p Bean bag baseball  
2:30p Manicures/men's club  
6:15p Adult Coloring

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9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
1p Birthday celebration  
1:30p Bean bag baseball  
3p Happy Hour  
6:15p Dice

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

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

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9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Jester park nature visit  
3p Happy Hour  
6:15p Dice

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9:30a Bingo with Urban Plunge  
1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

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9:30a Group Exercise  
3p Refreshments for Iowa/Iowa State game  
6:15p Puzzles  
7p Lawrence Welk

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9a Current Events  
9:30a Group Exercise  
10:15a 50's art  
1p Dominos  
2p Surgite song and dance performance  
3:15p Walking Club  
6:15p Puzzles  
7p Lawrence Welk

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9:30a Group Exercise  
10:15a Accordion player Lev  
1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

22

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

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# September