



## Happiest of Birthdays to...

Louise Clyne----October 8th  
 Shirley Doggett----October 9th  
 Sherrie Bloodworth---October 24th  
 Charlotte Bolin-----October 27th  
 Sue Helmick----October 29th  
 Kersti Rutledge----October 30th

at left:

Hollywood Day: Hope is awarded *All Hollywood, All the time*

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like us on facebook at

[www.facebook.com/bickfordseniorlivingurbandale](http://www.facebook.com/bickfordseniorlivingurbandale)



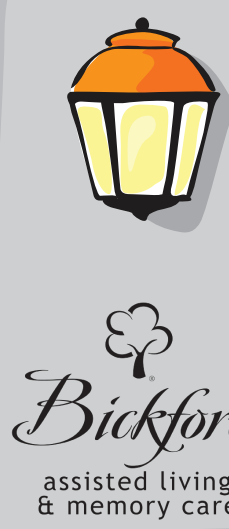
## Upcoming Activities

As the weather starts to cool off our Fall Bean Bag Baseball Season is getting into full swing. Bickford of Urbandale plays as part of a Central Iowa Bean Bag Baseball League in which Assisted Living Communities compete for two months in the fall. The season will culminate in the World Series on Wednesday, December 5th.

School is back in session and the wonderful students from Hoover High School are back at Bickford to learn job skills. This year Miss Gish (their teacher) is back, with 3 new students. We look forward to getting to know this group of students. They will be here most school days in the afternoon for a couple of hours.

The Annual Puppy Spooktacular is just around the corner. Come join us on Friday, October 19th for an afternoon of fun. If you have a dog who would like to compete in this beloved costume contest please contact Mary Pat or Rosslyn.

Many of our old favorite activities are back this month and we've added a few new ones. One of those activities, the 3 c's is coffee, cookies, and cards. Come out for this with Rosslyn on Tuesdays throughout the month.



## What's up

### Flu Shot Clinic

In house RN's Vicki Rupert, and Bonnie Gilliland will be conducting a flu shot clinic on Wednesday, October 10th. If you would like to receive the flu shot that day and have not completed a consent form, please stop by Vicki's office and fill one out.

### We are family

On Friday, October 12th we are celebrating Family History Day. Our two main activities that day are to update our Bickford Family Tree that hangs in the sunroom, and taking a bus tour around Des Moines. The tour tracing our roots is about the history of Des Moines as it pertains to our residents. Between now and then please see Mary Pat to put in your request for a highlight along the tour. Ideas for stops are places such as your family home, place of business, or favorite park.

### top left:

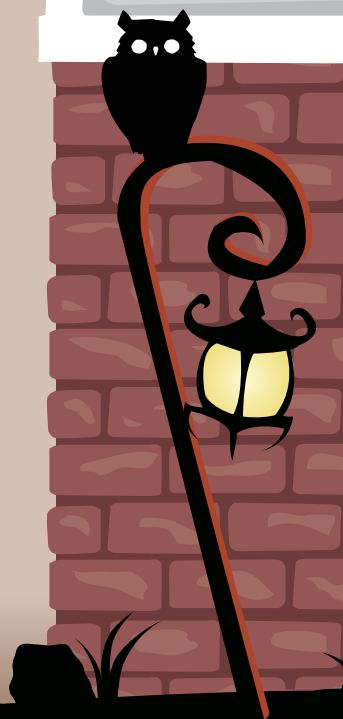
Angie shows her new puppy to Madeline and Betty

### top right:

Mary and her daughters

### bottom left:

Doris, George, Maribelle, Jim, Pat, Toni and Charlotte help with 50's Day decorations



# October



9a Current Events  
 9:30a Group Exercise  
 10:30a Catholic Mass  
 10:30a Fall craft  
 1p Bean Bag Baseball  
 3p You be the Judge  
 4p Rosary with Kathy  
 6:15p Adult Coloring 1

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a Horse Shoes  
 1p Trivia  
 2p Reach out and Read  
 3p Cards  
 6:15p Conversation Starters 2

9a Current Events  
 9:30a Stretching  
 10:15a Alpha  
 1p set up for baseball  
 2p Bean Bag Baseball Home Game  
 6:15p Checkers 3

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Wheel of Fortune  
 1:15p Animal visit from Blank Park Zoo  
 2:30p Kings Corner  
 6:15p Adult Coloring 4

9a Current Events  
 9:15a Catholic Chaplain visit  
 9:30a QiGong  
 10:15a Bingo  
 1p Pumpkin patch visit  
 6:15p Dice 5

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

10a Coffee Talk  
 1p Card Games  
 4p Church Service 7

9a Current Events  
 9:30a Group Exercise  
 10:15a General Store  
 1:15p Pianist Stan Dudley  
 2:30p Cookies and Coffee  
 3p Art Project  
 4p Rosary with Kathy  
 6:15p USA Bingo 8

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a Trivia  
 1p Wheel of Fortune  
 2p Bickford Bakers  
 3p 3 c's  
 6:15p Conversation Starters 9

Flu Shot Clinic  
 9a Current Events  
 9:30a Stretching  
 10:15a Alpha  
 1p set up for baseball  
 2p Bean Bag Baseball Home Game  
 6:15p Checkers 10

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Resident Council  
 1p Art Project  
 2p Cookies and coffee  
 2:30p Manicures/men's club  
 6:15p Adult Coloring 11

Family History Day  
 9a Current Events  
 9:15a Catholic Chaplain  
 9:30a QiGong  
 10a Family tree project  
 1p Outing- visiting our roots  
 3p Happy Hour  
 6:15p Dice 12

9a Current Events  
 9:30a Group Exercise  
 10:15a Pictionary  
 1p Name that tune  
 2p Star wars monopoly  
 3p Refreshments  
 7p Lawrence Welk 13

10a Coffee Talk  
 1p Card Games  
 4p Church Service 14

9a Current Events  
 9:30a Group Exercise  
 10a Massage Therapy/spa time  
 1p Bean Bag Baseball  
 3p Dice  
 4p Rosary with Kathy  
 6:15p Everyday photos 15

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a Name that Tune  
 1p Pictionary  
 2p Movie Matinee  
 6:15p Conversation Starters 16

9a Current Events  
 9:30a Stretching  
 10:15a Alpha  
 1:30p load bus for baseball  
 2p Bean Bag Baseball Away Game  
 6:15p Checkers 17

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a General Store  
 1p Wheel of Fortune  
 2p Catholic Mass  
 2:30p Manicures/men's club  
 6:15p Adult Coloring 18

9a Current Events  
 9:15a Catholic Chaplain visit  
 9:30a QiGong  
 10:15a Bingo  
 2p Puppy Spooktacular  
 6:15p Dice 19

9a Current Events  
 9:15a Group Exercise  
 9:45a Arm Chair Travels  
 10:30a Ukelele Concert  
 1p Fall Art  
 2p In the kitchen  
 3p Fall refreshments  
 6:15p Puzzles  
 7p Lawrence Welk 20

10a Coffee Talk  
 1p Card Games  
 4p Church Service 21

9a Current Events  
 9:30a Group Exercise  
 10:15a Shopping Trip  
 12:30p Birthday cake  
 1p Bean Bag Baseball  
 3p Cribbage  
 4p Rosary with Kathy  
 6:15p Manicures 22

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a World Series Trivia  
 1p Baseball Craft  
 2:30p Bickford Bakers  
 3p 3c's  
 6:15p Conversation Starters 23

9a Current Events  
 9:30a Stretching  
 10:15a Alpha  
 1:30p load bus for baseball  
 2p Bean Bag Baseball Away Game  
 6:15p Checkers 24

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Chaplain lunch outing to Chicago Speakeasy  
 2:30p karaoke  
 6:15p Adult Coloring 25

9a Current Events  
 9:15a Catholic Chaplain visit  
 9:30a QiGong  
 10:15a Bingo  
 1:15p Musician Luke Farland  
 2:30p Happy Hour  
 6:15p Dice 26

9:30a Group Exercise  
 1p Movie Matinee  
 6:15p Puzzles  
 7p Lawrence Welk 27

10a Coffee Talk  
 1p Card Games  
 4p Church Service 28

9a Current Events  
 9:30a Group Exercise  
 10:15a Trick or Treating with Traditions Day Care  
 1p Bean Bag Baseball  
 2:30p Musician Joe Klinefelter  
 4p Rosary with Kathy 29

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a Pitch Polker chips  
 1p General Store  
 2p Decorate Halloween Cookies  
 3p 3 c's 30

Halloween  
 9a Current Events  
 9:30a Stretching  
 10:15a Alpha  
 1p set up for baseball  
 2p Bean Bag Baseball Home Game  
 6:15p Checkers 31

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Resident Council  
 1p Art Project  
 2p Cookies and coffee  
 2:30p Manicures/men's club  
 6:15p Adult Coloring 32

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Resident Council  
 1p Art Project  
 2p Cookies and coffee  
 2:30p Manicures/men's club  
 6:15p Adult Coloring 33

