

## Happiest of Birthdays to....

Elaine Anderson  
Jim Haroldson  
Pat Pommrehn  
Beverly Larkin  
JoAn Johnson  
Wally Kraft  
Sally Hummel

December 1st  
December 7th  
December 21st  
December 23rd  
December 23rd  
December 26th  
December 28th

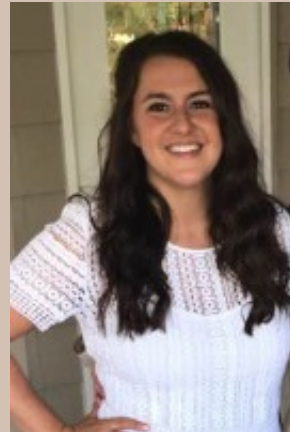
There is more than one way to check us out online:  
our blog can be found at  
[www.enrichinghappiness.com/urbandale](http://www.enrichinghappiness.com/urbandale)  
on facebook at  
[www.facebook.com/enrichinghappinessurbandale](http://www.facebook.com/enrichinghappinessurbandale)

# Urbandale HAPPENINGS DECEMBER

### Welcome Kait Kelly



Kait Kelly recently joined the Bickford family as Director of Community Relations at the Urbandale and West Des Moines branches. Kait, a graduate of Iowa State University, and her husband, Patrick, recently moved back to Iowa from South Dakota to be closer to family and friends. Family has always been a priority for the Kellys.



Kait is thrilled to be working closely with Bickford Residents and their families. She looks forward to making their Bickford experience the best possible.

**We have a new look...**  
Make sure to follow our fun at our new facebook page  
[www.facebook.com/enrichinghappinessurbandale](http://www.facebook.com/enrichinghappinessurbandale)  
\*\*\*Be sure to "like" us while you're there

Thank you to all our Veterans for your service to our country!!!



### R.A.C.K.'ed is back

As 2018 comes to a close and Christmas draws near we are busy preparing for RACK'ed. RACK'ed is an acronym for Random Acts of Christmas Kindness, and has become one of our favorite Christmas traditions. Both our branch and Bickford of West Des Moines participate in giving back to those around us and our broader community.

At the Urbandale branch both Rosslyn, and Mary Pat will lead 5 different RACK'ed projects throughout the month. Kait, our new Community Relations Director, will do 10 acts of kindness, and the Life Enrichment Coordinators at the West Des Moines branch will complete 5.

### Save the Date and join us for Holiday Merriment!

Bickford's Annual Christmas Party is Thursday, December 20th from 4-7pm. We will have live music in both our Assisted Living and Mary B's common areas.



S

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

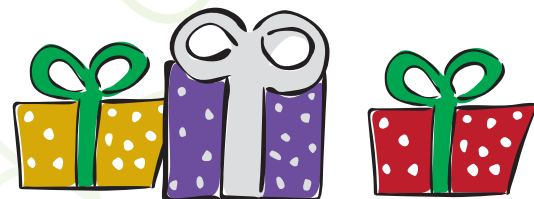
30

M

9a Current Events  
9:30a Group Exercise  
10:15a Wheel of Fortune  
11a New Year's Party  
1p Trivia  
2p Bingo  
4p Rosary with Kathy

31

T



W

9-3p Bean Bag Baseball  
World Series at West Des  
Moines Christian Church  
1p Christmas Movie with  
popcorn  
6:15p Checkers

5

T

Winter Festival  
9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:30a Make snowflakes  
1p hang snowflakes  
2p snowball toss  
3p hot cocoa/winter  
memories

6

F

# December

S

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

1

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

2

9a Current Events  
9:30a Group Exercise  
10:30a Catholic Mass  
10:30a Wheel of Fortune  
1p Shopping Trip  
4p Rosary with Kathy  
6p USA Bingo

3

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:40a Choir Practice  
1p Bean Bag Baseball  
2p Door Decorations  
3p Trivia  
6:15p Noted 4 Quartet

4

9a Current Events  
9:30a Stretching  
10:15a Party with Alpha  
Volunteers  
1p RACK'ed  
3p General Store  
6:15p Checkers

12

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

13

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

7

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

8

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

9

9a Current Events  
9:30a Group Exercise  
10:15a Musician John  
Schumacher  
1p Resident Council  
2p RACK'ed  
4p Rosary with Kathy  
6p Door Decorations

10

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:40a Choir Practice  
1p RACK'ed  
2p In the Kitchen  
3p Decorate gift boxes  
6:15p Conversation  
Starters

11

9a Current Events  
9:30a Stretching  
10:15a Decorate for  
Christmas party  
12p Birthday cake  
1p Ante up  
2p Manicures  
6:15p Checkers

19

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
2p Catholic Mass  
4p Christmas Party-  
Musician Bill Connett in  
A.L. and Musician Phil  
Porter in Mary B's

20

9a Current Events  
9:15a Catholic Chaplain  
visit  
9:30a QiGong  
11a Madrid HS Choir  
1:15p Belles handbell  
choir  
2:30p Happy hour  
6:15p Dice

14

1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

15

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

16

9a Current Events  
9:30a Group Exercise  
10:15a RACK'ed  
delivieries  
2p Christmas craft  
4p Rosary with Kathy  
6p Manicures

17

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:40a Choir Practice  
1p Wheel of Fortune  
2p Movie Matinee  
6:15p Conversation  
Starters

18

9a Current Events  
9:30a Stretching  
10:15a Name that tune  
1:15p Musician Luke  
Farland  
2:30p Cookies and coffee  
3p Walking club  
6:15p Checkers

26

9a Current Events  
9:30a Zumba Gold  
10:30a Chaplain lunch  
outing  
2:30p Manicures/Men's  
club  
6:15p Adult Coloring

27

9a Current Events  
9:15a Catholic Chaplain  
visit  
9:30a QiGong  
10:15a Bingo  
1:15p Pianist Brant  
Williams  
2:30p Happy hour  
6:15p Dice

21

1p Pictionary  
2p Group Exercise  
3p General Store  
6p Tour of Lights  
7p Lawrence Welk

22

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

23

9a Current Events  
9:30a Group Exercise  
10:15a Wheel of Fortune  
1p General Store  
2:30p Remember when  
4p Rosary with Kathy  
6p Kings Corner

24

Christmas  
9:30a Woga  
10a Christmas Carols  
with Chaplain Ray and  
family  
1p Christmas Movie  
3p Christmas Cookies  
6:15p Conversation  
Starters

25

9a Current Events  
9:30a Group Exercise  
10:15a In the Kitchen  
1p Arm Chair Travels  
2p Snow Globe Craft  
3p New Years  
refreshments  
7p Lawrence Welk

26

9a Current Events  
9:15a Catholic Chaplain  
visit  
9:30a QiGong  
10:15a Bingo with Urban  
Plunge  
1p Art Class  
3p Happy hour  
6:15p Dice

27

9a Current Events  
9:15a Catholic Chaplain  
visit  
9:30a QiGong  
10:15a Bingo with Urban  
Plunge  
1p Art Class  
3p Happy hour  
6:15p Dice

28

9a Current Events  
9:30a Group Exercise  
10:15a In the Kitchen  
1p Arm Chair Travels  
2p Snow Globe Craft  
3p New Years  
refreshments  
7p Lawrence Welk

29