



## Happiest of Birthdays to...

Betty Kious	February 2nd
Bette Dirksen	February 7th
Vel Schope	February 20th
Carole Taylor	February 21st

join us on February 21st for birthday cake to honor of all our February birthdays

# Urbandale HAPPENINGS

FEBRUARY

## February Fun

February typically means colder temperatures, the Super Bowl, Valentines Day, and President's Day. We have an open door policy when it comes to our fun activities. Join us for these special days or any day in between. Get hyped up for the big game on Sunday, February 3rd with a superbowl tailgate in the livingroom. Enjoy live music and refreshments at our Valentines Day celebration the evening of February 13th. On Monday, February 18th check out President's Day themed activities.

### **Hop on Howie:**

In February we are headed to John and Nick's for our Chaplain lunch outing, and our Shopping Trip will be to Target.

### **Spiritual offerings:**

Service every Sunday at 4pm. Catholic Rosary Monday at 4pm. Bible Study Tuesday at 10am. Chaplain visit Thursday at 10am. Catholic Chaplain visit Friday at 9:15am, and Catholic Mass twice a month.

### **Live music:**

Every month talented musicians entertain residents in the living room with a variety of songs.

### **Massage Therapy:**

Licensed Massage Therapist Ashley Roen comes once a month for massages. Give the gift of massage to yourself or your loved one for Valentines Day.

Check us out online either on facebook or at our blog:

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

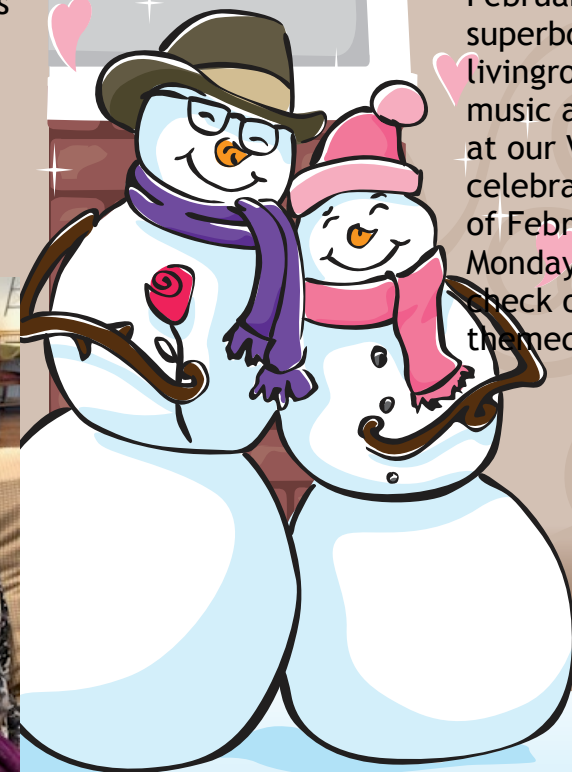
[www.enrichinghappiness.com/urbandale](http://www.enrichinghappiness.com/urbandale)

pictured below: Verna smiles for the camera



You have probably heard at least once that our Bean Bag Baseball team won Central Iowa's Bean Bag Baseball World Series in December. On Monday, January 14th Bishop Drumm's baseball team brought cookies to celebrate our win. A big thank you to Terri and her team for their amazing sportsmanship and wonderful offering of friendship. Both teams thoroughly enjoyed the time together.

Pictures on the left are from that day.





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# February



Super Bowl Party  
 9a Current Events  
 9:30a Group Exercise  
 10:15a Super Bowl Trivia  
 1p Football Craft  
 2:30p Super Bowl Party  
 4p Church Service

3

9a Current Events  
 9:30a Group Exercise  
 10:15a Wheel of Fortune  
 1:30p Musician Joe Klinefelter  
 2:30p Cookies and coffee  
 4p Rosary with Kathy  
 6p USA Bingo

4

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a In the Kitchen  
 1:15p Fortune cookies  
 2:30p Chinese New Year refreshments  
 3p Movie  
 6p General Store

5

9a Current Events  
 9:30a Stretching  
 10:30a Catholic Mass  
 10:30a Cards  
 1p Resident Council  
 2p Cookies and Coffee  
 3p Games  
 6p Checkers

6

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Pictionary  
 1p Bean bag baseball  
 2p Manicures/Men's Club  
 3p Kings Corner  
 6p Adult Coloring

7

9a Current Events  
 9:15a Catholic Chaplain visit  
 9:30a QiGong  
 9:30a Massage  
 11a Chaplain lunch outing to John and Nicks  
 3p Happy hour  
 6p Dice

1

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

2

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

10

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

11

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a Name that Tune  
 1p Putt putt  
 2p Bickford Bakers  
 3p 3c's  
 6p Manicures

12

9a Current Events  
 9:30a Stretching  
 10:15a Giant Crosswords  
 1p Decorate for party  
 5:30p Valentine Party with live music by Bill Connett

13

Valentine's Day  
 9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Pictionary  
 1p Famous Couples  
 2p Decorate Cookies  
 3p Cookies and Coffee  
 6p Movie

14

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

15

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

16

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

17

President's Day  
 9a Current Events  
 9:30a Group Exercise  
 10:15a Wheel in DC  
 1p President's Day trivia  
 2p Art Class  
 4p Rosary with Kathy  
 6p President's Day food art

18

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a General Store  
 1p Bean bag baseball  
 2p Movie Matinee  
 6p USA Bingo

19

9a Current Events  
 9:30a Stretching  
 10:15a Musician Dave Gray  
 1p In the kitchen  
 2p refreshments  
 3p Games  
 6p Checkers

20

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a Pictionary  
 12p Birthday cake  
 1:15p Musician Luke Farland  
 2p Catholic Mass  
 6p Adult Coloring

21

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

22

9a Current Events  
 9:30a Group Exercise  
 10:15a Bingo with Urban Plunge  
 1:15p Briggs Family Band  
 2:15p Cards and coffee  
 7p Lawrence Welk

23

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

24

9a Current Events  
 9:30a Group Exercise  
 10:15a Trivia  
 1p Wii Wheel of Fortune  
 2p Walking club  
 2:30p Name that tune  
 4p Rosary with Kathy  
 6p Manicures

25

9a Current Events  
 9:30a Zumba Gold  
 10a Bible Study  
 10:45a Horse Shoes  
 1p Pictionary  
 2p Bickford Bakers  
 3p 3c's  
 6p Crafts with Courtney

26

9a Current Events  
 9:30a Stretching  
 10:15a Giant Crosswords  
 1p General Store  
 2:30p Dominos  
 6p Checkers

27

9a Current Events  
 9:30a Zumba Gold  
 10a Chaplain Visit  
 10:30a You be the judge  
 1p Balloon and Noodle  
 2p Manicures/Men's Club  
 6p Adult Coloring

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