



Happiest of Birthdays to...

Marilyn Oliver	March 15th
Gene Steinkamp	March 22nd
Jim Lawless	March 26th
Maxine Bloodsworth	March 31st

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pictured left: Jim and his wife Maribel dancing

Urbandale HAPPENINGS

MARCH

Resident Spotlight

Best of luck Rosslyn!

Charlotte Bolin

I'd like to thank everyone who made my time at Bickford a happy place, especially the residents.

Charlotte graduated from high school in Oskaloosa, IA. She was a licensed beautician before she started her long career with Northwestern Bell. Charlotte met her husband Gerald at Northwestern Bell and they were married for many years. Charlotte and Gerald loved to travel. Among the trips they took was a trip to Lake City, Colorado for a family reunion every other year. They were an integral part in planning this wonderful family event. Charlotte and her friends also took many amazing trips together including attending the Kentucky Derby.

Charlotte's sewing talent is endless. She has sewn many Hummel pictures, and many beautiful quilts. Charlotte and Gerald had a summer home in Lansing, Iowa right along the Mississippi River. They had many friends in Northeastern Iowa and loved to sit on their large deck and watch boats go down the Mississippi. Charlotte loves to be active and spend time with friends and family.



Activities at home and away

Our Valentine Celebration was so sweet! Thank you to everyone who joined us to celebrate our community. Musician, Bill Connett, was amazing as usual. All ages made it to the dance floor before the night was over.

Every month we load up the bus for a shopping trip, usually to Target and the Dollar Tree. If you would like to go with us please let Mary Pat know. The date for the shopping trip in March is Monday, March 18th.

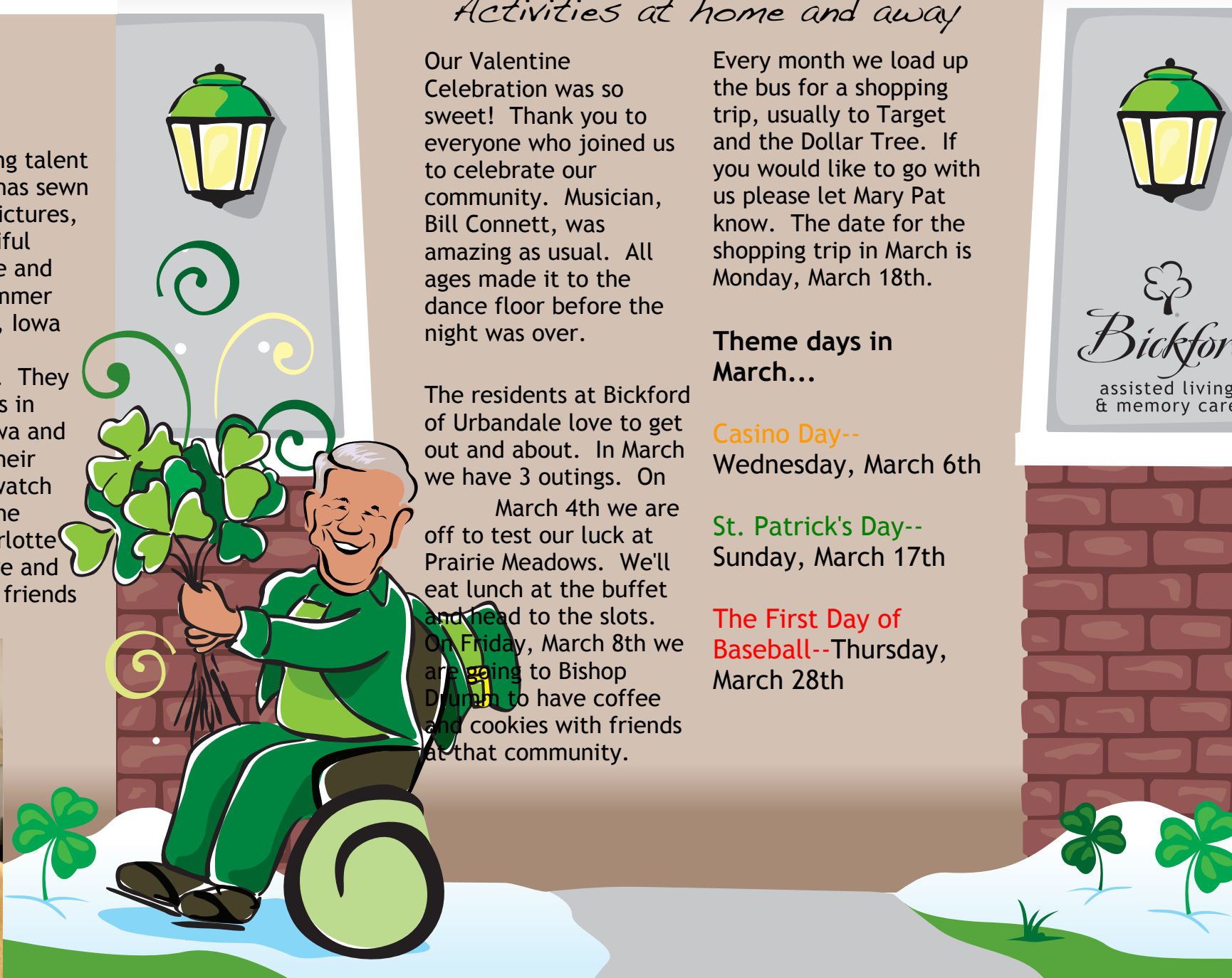
The residents at Bickford of Urbandale love to get out and about. In March we have 3 outings. On March 4th we are off to test our luck at Prairie Meadows. We'll eat lunch at the buffet and head to the slots. On Friday, March 8th we are going to Bishop Drumm to have coffee and cookies with friends at that community.

Theme days in March...

Casino Day--
Wednesday, March 6th

St. Patrick's Day--
Sunday, March 17th

The First Day of Baseball-- Thursday,
March 28th





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

31



March



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

3

9a Group Exercise
9:30a Group Exercise
10:30a Chaplain lunch
outing to Prairie
Meadows
4p Rosary with Kathy
6p Kings Corner

4

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Mardi Gras Trivia
1p make kings cake
2p Mardi Gras craft
3p Kings Cake/coffee
6p Adult Coloring

5

Casino Fun
9a Current Events
9:30a Stretching
10:30a Catholic Mass
10:30a Dice
1p Casino games
3p Cocktails
6p Checkers

6

9a Current Events
9:30a Group Exercise
10a Chaplain Visit
10:30a Trivia
1p Bean Bag Baseball
2p Walking Club
2:30p Art Class
6p Kings Corner

7

9a Current Events
9:15a Catholic Chaplain
visit
9:30a QiGong
10:15a Bingo
1:15p Pianist Stan Dudley
2:30p Happy Hour
6p Dice

1

9a Current Events
9:30a Group Exercise
10:15a Jeopardy
1p Art Appreciation
1:30p Art Class
2:30p Walking
Club/Cribbage
7p Lawrence Welk

2

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

10

9a Group Exercise
9:30a Group Exercise
10:15a Wii Wheel of
Fortune
1:30p Musician Joe
Klinefelter
2:45p Bean Bag Baseball
4p Rosary with Kathy II
6p Kings Corner

11

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a General Store
1p Pictionary
2p Bickford Bakers
3p 3c's
6p Adult Coloring

12

9a Current Events
9:30a Stretching
10:15a Giant Crosswords
1p Art class
2:30p Games
3:30p Movie
6p Checkers

13

9a Current Events
9:30a Group Exercise
10a Chaplain Visit
10:30a Trivia
1p Bean Bag Baseball
2:30p Walking
club/apples to apples
6p Adult Coloring

14

9a Current Events
9:15a Catholic Chaplain
visit
9:30a QiGong
10:15a Bingo
1:15p Accordion player
Lev
3p Happy hour
6p Dice

15

9:30a Group Exercise
10:15a Bingo with Urban
Plunge
1p Movie Matinee
7p Lawrence Welk

16

St. Patrick's Day
9:30a Group Exercise
10:15a St. Patrick's Day
Parade
1p St Patrick's Day Trivia
2p Green
Beer/Leprechaun
photoshoot
4p Church Service

17

9a Group Exercise
9:30a Group Exercise
10:15a Bean Bag Baseball
1p Shopping Trip
4p Rosary with Kathy
6p Kings Corner

18

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Name that tune
1p Spring Art
2p Movie Matinee
6p Adult Coloring

19

9a Current Events
9:30a Stretching
10:30a General Store
1p Art class
2:30p Walking
club/games
6p Checkers

20

9a Current Events
9:30a Group Exercise
10a Chaplain Visit
10:30a Trivia
1p Musician Luke Farland
2p Catholic Mass
2:30p Cookies and games
6p Kings Corner

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

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

23

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

24

9a Current Events
9:30a Group Exercise
10:15a Balloon and
Noodle
1p General Store
2:30p Cribbage
4p Rosary with Kathy
6p Kings Corner

25

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Horse shoes
1p Bean Bag Baseball
2:30p Bickford Bakers
3p Walking Club
6p Adult Coloring

26

9a Current Events
9:30a Stretching
10:15a Giant Crosswords
2p Bean Bag Baseball
First Game of the Spring
Season
6p Checkers

27

First Day of Baseball
9a Current Events
9:30a Group Exercise
10a Chaplain Visit
10:30a Trivia
1p Bean Bag Baseball
2:30p beer and popcorn
6p A League of their own

28

9a Current Events
9:15a Catholic Chaplain
visit
9:30a QiGong
10:15a Bingo
1p Musician Maurice Jules
3p Happy hour
6p Dice

29

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

30