



Happiest of Birthdays to...

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| Bonnie Deneson | May 2nd |
| Darlene Waggoner | May 10th |
| Hope Spuzello | May 15th |
| Doris Williams | May 24th |
| Glada Carroll | May 24th |
| Mayme Pearl Ward | May 28th |

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100+ and fabulous!!!



A lot of residents at Bickford of Urbandale have May birthdays, and two of them are over 100 years young this month. Mayme Pearl Ward pictured left is 103 this month. Below, Doris Williams turns 101 this month. Doris is pictured here at our last Chaplain lunch outing at the Machine Shed.



Resident Spotlight Glada Carroll

Glada was born on the family farm in Macedonia, Iowa on May 24, 1923. She received a bachelors degree from Iowa State in Food Science. Glada married and had 6 children, 3 girls and 3 boys. She is living proof that you are never too old to get an education. After 5 of the 6 kids were grown she returned to Iowa State to get her Masters degree. Glada received her Masters in her 50's while working fulltime and raising a rebellious teenage daughter. Her belief in the importance of education carries on in the scholarship at Iowa State which bears her name.

Glada went on to be the Director of Food Service for Mercy Hospital for 27 years. She was instrumental in making dieticians licensed in the state of Iowa and served as the Treasurer of the American Dieticians Association for many years. Glada loves to travel, garden, doing the jumble puzzle in the morning paper, and most of all adores her family.



Spring time fun



Pictured left: George, Charlotte, Kait, and Hope

Another Cruise Day is behind us, and it remains one of my favorite theme days of the year. Courtney did it up in Mary B's and we had a lot of fun in A.L.

It's finally Spring and we are excited to honor all the mothers who live at Bickford of Urbandale. Please join us on Monday, May 13th at 2pm for our annual Mother's Day Tea and fashion show.

Pictured below: LaVonne and Darlene enjoy refreshments and conversation on Cruise Day



Bean Bag Baseball is in full swing and with a short spring season time is running out to catch a game. Due to availability of the church where the World Series is played, the World Series will be held before our regular season is over. Please join us on Monday, May 20th at West Des Moines Christian Church to cheer the Bickford Bees on to another World Series win.



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May

10a Coffee Talk
1p Card Games
4p Church Service
5

9a Current Events
9:30a Group Exercise
10:15a make paper flowers
1p Bean Bag Baseball
2:30p Cinco de Mayo refreshments
4:15p Rosary with Kathy
6p Manicures 6

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Kings Corner
1p Mother's Day craft
2p Bingo
3p Ice cream social
6p Adult Coloring 7

9a Current Events
9:30a Stretching
10:15a Trivia
10:30a Catholic Mass
2p Bean Bag Baseball home game
3p Refreshments
6p Checkers 8

9a Current Events
9:30a Group Exercise
10:30a Wii Wheel of Fortune
1p Pianist Stan Dudley
2p Cookies and coffee
2:30p Manicures
6p Kings Corner 9

9a Current Events
9:15a Catholic Chaplain visit
9:30a QiGong
10:15a Bingo w/Urban Plunge
1p Bean bag baseball
3p Happy hour
6p Movie 10

9:30a Group Exercise
1p Movie Matinee
7p Lawrence Welk 11

Mother's Day
10a Coffee Talk
1p Card Games
4p Church Service
12

9a Current Events
9:30a Group Exercise
10:15a Wii Wheel of Fortune
2p Mother's Day Tea and fashion show
4:15p Rosary with Kathy
6p Checkers 13

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Pictionary
1p funny animal videos
2p Crafts with Courtney
3p Ice cream social
6p Adult Coloring 14

9a Current Events
9:30a Stretching
10:15a Resident Council
12p Birthday cake
2p Bean Bag Baseball home game
3p Refreshments
6p Checkers 15

9a Current Events
9:30a Group Exercise
10:30a Trivia
1p Musician Luke Farland
2p Catholic Mass
2:30p Cookies/men's club
3p Gardening
6p Kings Corner 16

9a Current Events
9a Massage
9:15a Catholic Chaplain visit
9:30a QiGong
10:15a Bingo
1p Shopping Trip
6p Movie 17

9:30a Group Exercise
1p Movie Matinee
7p Lawrence Welk 18

10a Coffee Talk
1p Card Games
4p Church Service
19

8:30a Bean Bag Baseball World Series at West Des Moines Christian Church
4:15p Rosary with Kathy
6:15p Noted 4 quartet
20

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Giant Crosswords
1p Bingo
2p Movie Matinee
6p Adult Coloring 21

9a Current Events
9:30a Stretching
10:15a Pictionary
2p Bean Bag Baseball away game at Senior Suites
6p Checkers 22

9a Current Events
9:30a Group Exercise
10:30a Chaplain lunch outing to Saylorville lake
3p Adult coloring
6p Kings Corner 23

9a Current Events
9:15a Catholic Chaplain visit
9:30a QiGong
10:15a Bingo
1p Memorial Day Trivia
2p Memorial Day Craft
3p Happy hour
6p Movie 24

9a Current Events
9:30a QiGong
10:15a Gardening
1p Art Appreciation
2p Crafts
3p Milk shakes
7p Lawrence Welk 25

10a Coffee Talk
1p Musician Doug Karl's "America I love you" program
4p Church Service
26

Memorial Day
9:30a Group Exercise
12p BBQ lunch
1p Movie Matinee-- Top Gun
6p Checkers 27

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Pictionary
1p Crafts with Courtney
2p Bingo
3p Ice cream social
6p Adult Coloring 28

9a Current Events
9:30a Stretching
10:15a Giant Crosswords
2p Bean Bag Baseball away game at Illahee Hills
6p Checkers 29

9a Current Events
9:30a Group Exercise
1p Musician Maurice Jules
2p Cookies and coffee
2:30p Manicures/men's club
6p Kings Corner 30

9a Current Events
9:15a Catholic Chaplain visit
9:30a QiGong
10:15a Bingo
3p Happy hour
6p Movie 31

