

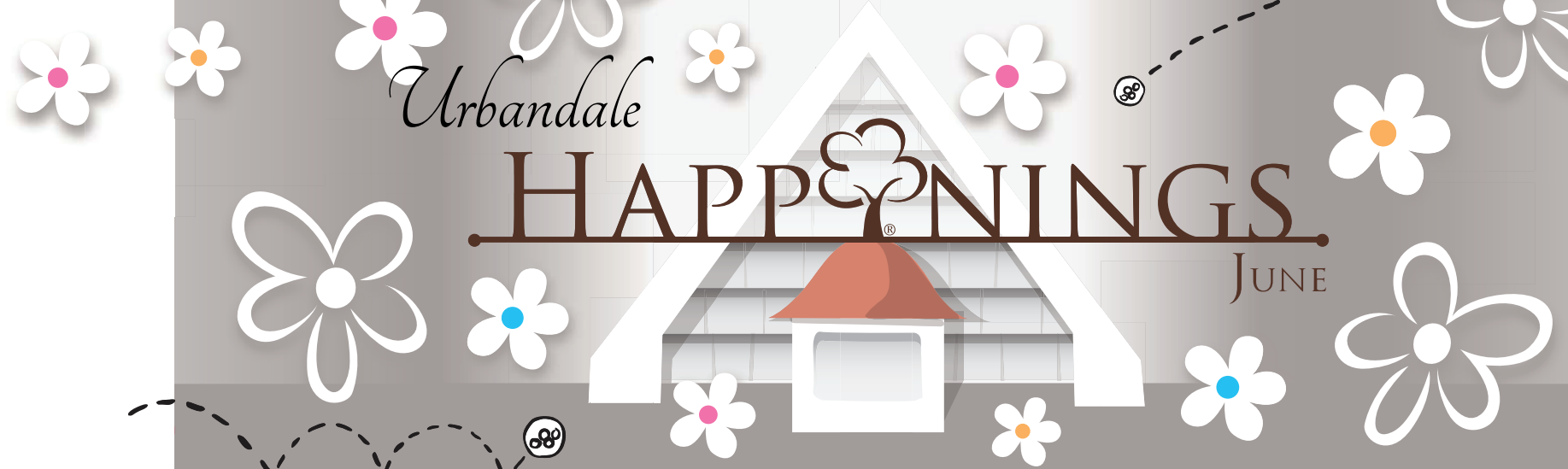
# Happiest of Birthdays to...

June 26th Ron Russell  
 June 28th Verna Shaver  
 June 29th LaVonne Baker  
 June 29th John Homer

check us out online

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

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



## Lovely ladies

## Celebrating our Mothers and Fathers

In May we celebrated all the lovely mothers at Bickford of Urbandale with our annual Mother's Day tea and fashion show. Spring styles were furnished by the Funky Zebra in Clive. Models included our Life Enrichment Coordinator Courtney, our Community Relations Director Kait, Krista from Woodlands Creek, and Abby from Suncrest.

As we flip the calendar to June it's time to celebrate all the wonderful fathers at Bickford of Urbandale. We plan to do it up right with a Father's Day backyard BBQ and car show. Join us on Wednesday, June 19th starting at 3:30 pm.

Have an old, or specialty car you want to showcase that evening? Contact Mary Pat or Courtney at 515-331-3000, or email us at [urbandalelec@enrichinghappiness.com](mailto:urbandalelec@enrichinghappiness.com)

photos from the event at left. Top left: Sue and Betty  
 Top right: Marilyn and Annie  
 Bottom left: Shelly and Pat



## Good old fashioned fun in the summertime

Summer is coming and we have a lot of fun things on the calendar for the month of June. The month kicks off with **Western Day** on Thursday, June 6th. Put on your cowboy boots and join us for one of our most beloved theme days of the year.

On Monday, June 10th we head to Principal Park to cheer on the **Iowa Cubs** as they face the Albuquerque Isotopes at 12:08 pm.

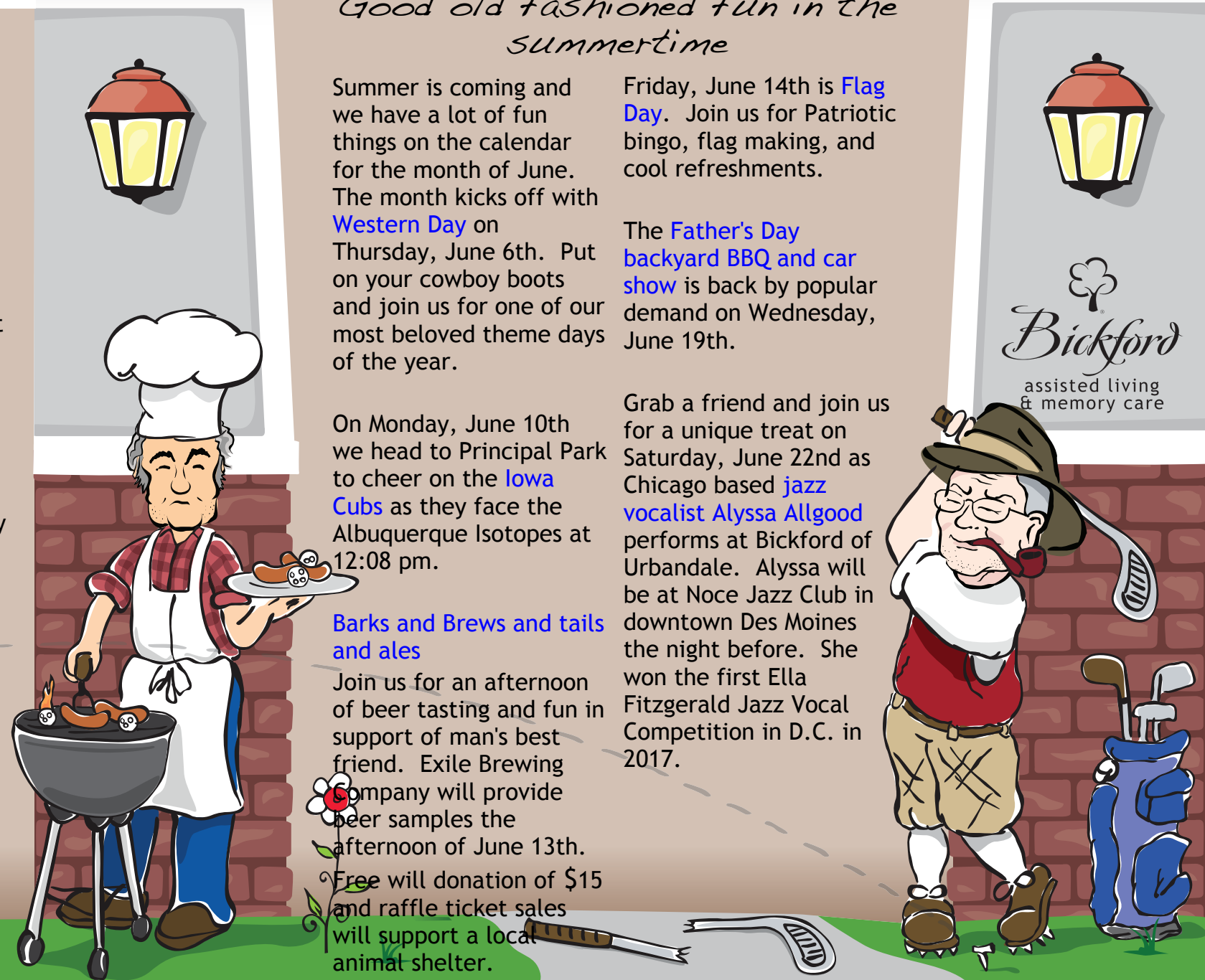
### Barks and Brews and tails and ales

Join us for an afternoon of beer tasting and fun in support of man's best friend. Exile Brewing Company will provide beer samples the afternoon of June 13th. Free will donation of \$15 and raffle ticket sales will support a local animal shelter.

Friday, June 14th is **Flag Day**. Join us for Patriotic bingo, flag making, and cool refreshments.

The **Father's Day backyard BBQ and car show** is back by popular demand on Wednesday, June 19th.

Grab a friend and join us for a unique treat on Saturday, June 22nd as Chicago based **jazz vocalist Alyssa Allgood** performs at Bickford of Urbandale. Alyssa will be at Noce Jazz Club in downtown Des Moines the night before. She won the first Ella Fitzgerald Jazz Vocal Competition in D.C. in 2017.



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

30

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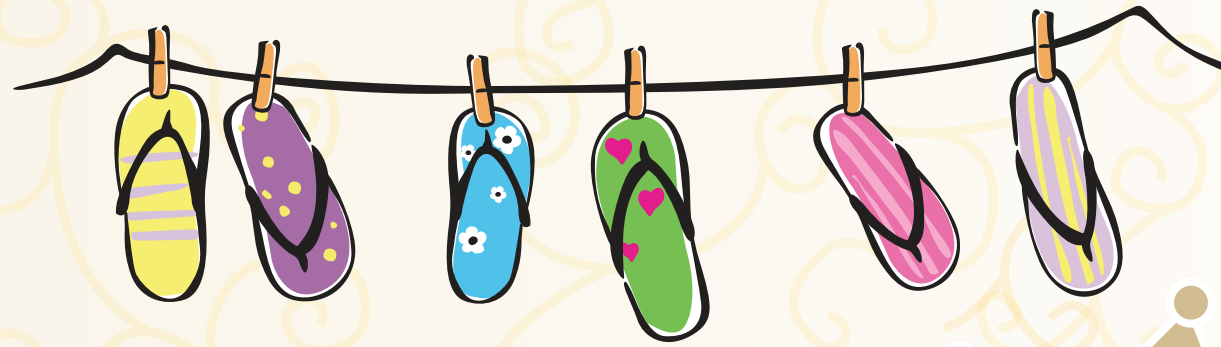
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# June

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

2

9a Current Events  
9:30a Group Exercise  
10:15a Wii Wheel of Fortune  
1p Angels Home Health Community Classroom  
4:15p Rosary with Kathy  
6p Manicures

3

9a Current Events  
9:30a Group Exercise  
10a Bible Study  
10:45a Kings Corner  
1p Arts & crafts  
2p Bingo  
3p Ice cream social  
6p Adult Coloring

4

9a News and views  
9:30a Stretching  
10:30a Catholic Mass  
10:30a Gardening  
1p Musician Luke Farland  
2p Cookies and coffee  
2:30p Games  
6p Dice

5

Western Day  
9a Current Events  
9:30a Line Dancing  
10a Chaplain visit  
10:30a Photo booth  
1:30p Musician Joe Klinefelter  
2:30p Saloon Time  
6p John Wayne Movies

6

9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
1p General Store  
2p Gardening  
3p Happy hour  
6p Movie

7

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

9

9a Current Events  
9:30a Group Exercise  
11a load bus for Iowa Cubs Baseball Game  
12:08p Iowa Cubs Baseball Game  
4:15p Rosary with Kathy  
6p General Store

10

9a Current Events  
9:30a Group Exercise  
10a Bible Study  
10:45a Wheel of Fortune  
1p Funny animal videos  
2p Bingo  
3p Ice cream social  
6p Adult Coloring

11

9a News and views  
9:30a Stretching  
10:15a Art Class  
1p Musician Maurice Jules  
2p Cookies and Coffee  
2:30p Trivia  
3p Walking club  
6p Checkers

12

9a Current Events  
9:30a Group Exercise  
10a Chaplain visit  
10:30a Pictionary  
1p Decorate for Barks and Brews  
3p Barks and Brews  
6p Dice

13

Flag Day  
9a Current Events  
9a Massage Therapy  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
1p Craft-make flags  
3p Happy hour

14

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

16

9a Current Events  
9:30a Group Exercise  
10:15a Wii Wheel of Fortune  
1p Bean Bag Baseball  
2:30p Resident Council  
4:15p Rosary with Kathy  
6p Manicures

17

9a Current Events  
9:30a Group Exercise  
10a Bible Study  
10:45a Giant crosswords  
1p Arts & crafts  
2p Movie matinee  
6p Adult Coloring

18

9a News and views  
9:30a Stretching  
10a Bingo with Urban Plunge  
1p Set up for car show  
3:30p Father's Day BBQ and car show  
6p Movie

19

9a Current Events  
9:30a Group Exercise  
10a Chaplain visit  
1p Gospel musician Jim Quales  
2p Catholic Mass  
2:30p Men's Club  
6p Kings Corner

20

9a Current Events  
9:30a QiGong  
10:15a Gardening  
1p Bean Bag Baseball  
2:30p Pictionary  
3p Happy hour  
6p Movie

21

9a News and views  
9:30a Group Exercise  
10:15a Bingo with Urban Plunge  
1p Chicago Jazz Musician Alyssa Allgod  
2p Refreshments  
7p Lawrence Welk

22

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

23

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

24

9a Current Events  
9:30a Group Exercise  
10a Bible Study  
10:45a Pictionary  
1p Arts & crafts  
2p Bingo  
3p Ice cream social  
6p Adult Coloring

25

9a News and views  
9:30a Stretching  
10:15a Giant Crosswords  
12p Birthday cake  
1p Gardening  
2p Arts and crafts  
3p Men's club  
6p Dice

26

9a Current Events  
9:30a Group Exercise  
10a Chaplain visit  
10:30a Chaplain lunch outing to Prairie Meadows  
6p Kings Corner

27

9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
1p Bean Bag Baseball  
3p Happy hour  
6p Movie

28

9:30a Bingo with Urban Plunge  
1p Movie Matinee  
7p Lawrence Welk

29