

## Happiest of Birthdays to...

Clara Flattery  
Louise Clyne  
Shirley Doggett  
Charles Carnes  
Charlotte Sheldon  
Sue Helmick

October 2nd  
October 8th  
October 9th  
October 15th  
October 27th  
October 29th

check us out online:

[www.bickfordseniorliving/urbandale](http://www.bickfordseniorliving/urbandale)

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



## Resident Spotlight

### Adele Haag

Adele and her husband Don met dancing many years ago. They were best friends for a long time before they ever dated. Adele used to fix Don up with her girlfriends until one night they kissed, and the rest is history. Adele and Don have been happily married for 38 years.

An avid photographer, Adele has won several blue ribbons for her photographs at the Iowa State Fair.

Pictured very top left: Suzanne, Sue, Chris, and Betty

Pictured left: Lois at art class

Pictured right: Charles at art class

Pictured bottom left: Don and Adele

Pictured below: Adele

Adele loves to travel as long as it's not by airplane or boat. Don and Adele used to spend winters in Florida or South Padre Island. An amazing dancer, Adele was a line dance instructor at the resort she and Don stayed at in Florida.



## It's going to be spooktacular

### Calling all dogs!

#### Bickford's annual Puppy Spooktacular is back!

Our little dog show has become a treasured October tradition. Grab a friend and join us on Friday, October 18th at 2pm. If your dog is up for dressing up and being part of the show please get in touch with Mary Pat or Courtney, so we can get you registered. Resident dogs, dogs of resident friends and families are all welcome to show their stuff.

Bean Bag Baseball games are every Wednesday in October at 2pm.

Family history day is Friday, October 8th. We will celebrate our Bickford family that day with special themed activities.

October is full of music and we even have some new offerings. Urbandale's Senior Singers will perform on Monday, October 1st. Joe Parrish will be in our living room on Wednesday, October 9th with his therapeutic social drumming.

One of my yearly favorites is trick or treating. Join us the morning of Monday, October 28th for trick or treaters from the 3 and 4 year old classrooms at Traditions of Urbandale as they trick or treat in the halls of Bickford.





# October

9a Current Events  
 9:30a Group Exercise  
 10a Bible Study  
 1p Manicures  
 2p Senior singers program  
 3p Cookies and coffee  
 6p Adult Coloring 1

9a News and views  
 9:30a Stretching  
 10:15a Giant Crosswords  
 1p Prep for baseball game  
 2p Bean bag baseball game vs. Legacy Pointe  
 6p Checkers 2

9a Current Events  
 9:30a Group Exercise  
 10:30a Chaplain lunch outing to Drake Diner  
 1p Movie matinee  
 2:30p Balloon and noodle  
 6p Kings Corner 3

9a Current Events  
 9:30a QiGong  
 10:15a Bingo  
 1p Massage therapy with Ashley  
 1p Spa treatments  
 3p Happy hour  
 6p Movie 4

9:30a Group Exercise  
 1p Movie Matinee  
 7p Lawrence Welk 5

10a Coffee Talk  
 1p Card Games  
 4p Church Service 6

9a Current Events  
 9:30a Group Exercise  
 10:15a Wheel of Fortune  
 1p Bean Bag Baseball  
 2:30p Resident Council  
 4:15p Rosary with Kathy  
 6p Manicures 7

9a Current Events  
 9:30a Group Exercise  
 10a Bible Study  
 10:45a Giant Crosswords  
 1p Arts and crafts  
 2p Kings Corner  
 3p Ice cream social  
 6p Adult Coloring 8

9a News and views  
 9:30a Stretching  
 10a Social drumming  
 1p Prep for baseball game  
 2p Bean bag baseball game vs. Prairie Hills  
 6p Checkers 9

9a Current Events  
 9:30a Group Exercise  
 10a Chaplain visit  
 10:30a General Store  
 1p Prep family tree  
 2p Manicures/Men's club  
 6p Kings Corner 10

Family History Day  
 9a Current Events  
 9:30a QiGong  
 10:15a Family bingo  
 1p Family tree of memories  
 3p Happy hour  
 6p Movie 11

9:30a Group Exercise  
 1p Movie Matinee  
 7p Lawrence Welk 12

10a Coffee Talk  
 1p Card Games  
 4p Church Service 13

9a Current Events  
 9:30a Group Exercise  
 10:15a You be the judge  
 12p Birthday cake  
 1p Gospel musician Jim Quales  
 4:15p Rosary with Kathy  
 6p Kings Corner 14

9a Current Events  
 9:30a Group Exercise  
 10a Bible Study  
 10:45a Wheel of Fortune  
 1p Manicures  
 2p Movie--The Wizard of Oz  
 6p Adult Coloring 15

9a News and views  
 9:30a Stretching  
 10:15a Giant Crosswords  
 1p Prep for baseball game  
 2p Bean bag baseball game vs. The Bridges  
 6p Checkers 16

9a Current Events  
 9:30a Group Exercise  
 10a Chaplain visit  
 1p Musician Luke Farland  
 2p Catholic Mass  
 2p Cookies and coffee  
 3p Painting class  
 6p Kings Corner 17

9a Current Events  
 9:30a QiGong  
 10:15a Bingo  
 1p Bean Bag Baseball  
 2:30p Trivia  
 3p Happy hour  
 6p Movie 18

9a Current Events  
 9:30a Group Exercise  
 10a Wheel of Fortune  
 1p Bickford Bakers  
 2p Cards  
 3p Coffee and baked goods  
 7p Lawrence Welk 19

10a Coffee Talk  
 1p Card Games  
 4p Church Service 20

9a Current Events  
 9:30a Group Exercise  
 10:15a Wheel of Fortune  
 1p Bean Bag Baseball  
 2:30p Bickford Bakers  
 4:15p Rosary with Kathy  
 6p Manicures 21

9a Current Events  
 9:30a Group Exercise  
 10a Bible Study  
 10:45a Pictionary  
 1p Knitting Club  
 2p Kings Corner  
 3p Ice cream social  
 6p Adult Coloring 22

9a News and views  
 9:30a Stretching  
 10:15a Giant Crosswords  
 1p Prep for baseball game  
 2p Bean bag baseball game vs. Beaverdale Estates  
 6p Checkers 23

9a Current Events  
 9:30a Group Exercise  
 10a Chaplain visit  
 10:30a General Store  
 1p Art Class  
 2p Manicures/Men's club  
 6p Kings Corner 24

9a Current Events  
 9:30a QiGong  
 10:15a Bingo  
 1:15p Musician Dave Gray  
 2:30p Cookies and coffee/happy hour  
 3:30p Funniest home videos  
 6p Movie 25

9a News and views  
 9:30a Group Exercise  
 10:15a Baking  
 1p Art Appreciation  
 2p Art Class  
 3p Refreshments  
 7p Lawrence Welk 26

10a Coffee Talk  
 1p Card Games  
 4p Church Service 27

9a Exercise  
 10:15a Trick or treating with Traditions Daycare  
 1p Bean Bag Baseball  
 2:30p Painting class  
 4:15p Rosary with Kathy  
 6p General Store 28

9a Current Events  
 9:30a Group Exercise  
 10a Bible Study  
 10:45a Wheel of Fortune  
 1p Spa time/Manicures  
 3p Ice cream social  
 6p Adult Coloring 29

9a News and views  
 9:30a Stretching  
 10:15a Pictionary  
 10:30a Catholic Mass  
 1p Prep for baseball game  
 2p Bean bag baseball game vs. Wesley Life  
 6p Checkers 30

Halloween  
 9a Current Events  
 9:30a Group Exercise  
 10a Oktoberfest program Jerry McCollum  
 1p Halloween Trivia  
 1:30p Chaplain visit  
 3p Beer and pretzels  
 6p Kings Corner 31

