



Resident Spotlight of the month Mildred "Millie" Johnson.

Meet Millie. Millie was born on April 2, 1923 in Adrian Missouri. She has 3 sisters and 1 brother. She attended Walker school until she graduated in 1941. Millie married her husband Ben on October 30, 1945, the two share 3 beautiful daughters. The family lived in Kansas City, Missouri. Millie was a homemaker until her youngest daughter was in junior high school. When asked what she enjoys most about living here at Bickford she said "Everybody is so nice and helpful, the staff really takes their time to help me when I need it."

West Des Moines HAPPENINGS NOVEMBER



BFM spotlight of the month

Meet Grace Erpelding. Grace was born on November 23, 1999. She grew up on a farm outside of Winterset, Iowa. She has 3 sisters. Grace was encouraged by her grandmother and aunts to bake, so now they all get together for a weekend and all they will do is bake. Grace got her CNA while she was in highschool. Grace has been a CNA here at Bickford for 7 months. She is currently attending The Mercy College of Health and Sciences to get her BSN in nursing. When asked why she chose a career in the medical field she



said "I've always been interested in injury and living on a farm there was always plenty of that and that's what got me into the medical field. What I love most about what I do are the residents, I love helping people."



Family Council

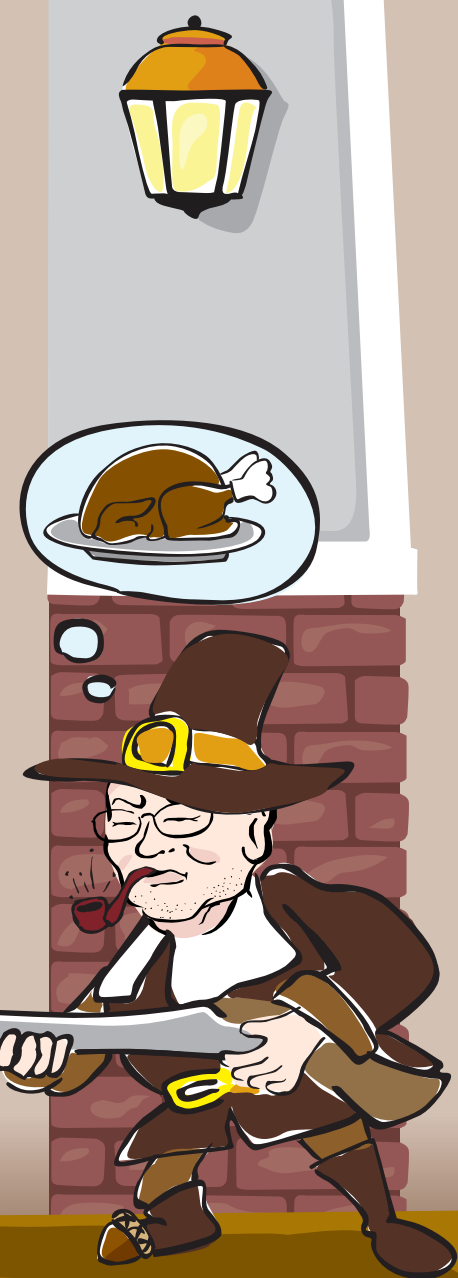
Please Join us for Family Council on Saturday November 16th at 12:00pm. We will be having our Bickford Thanksgiving Dinner following our meeting. We invite you all to stay and enjoy lunch with your loved ones. Please RSVP no later than November 4th. To RSVP, you can call the branch or simply tell us while you are here during your visit. Please be sure to give your family members name with the number of guests planning to attend. No family too big or small, we welcome all!



Family History Day



50's Theme Day with Ice Cream and Elvis!



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Happy Birthday!!  
Diana Nov. 5  
Eric Nov. 28

# November



9:30a Bean Bag  
Baseball Practice  
1p BINGO  
2:30p Church  
6p UNO  
3

9:30a Woman's Tea  
w/Daily Chronicle  
11a Name that Tune  
2p Hot Cocoa Bar  
6p Checkers  
4

9:30 Chair Yoga  
w/Daily Perk  
11a Rummikub  
1p Devotions  
6p Group Crossword  
Diana's Birthday 5

9a Balloon Volleyball  
w/Link  
11a Card Club  
2p Bean Bag Baseball  
w/Snack Social  
6p Word Search  
6

9:30a Staying Fit &  
Active w/Current  
Events  
11a Puzzle Club  
1p Bible Study  
3p Helene Viall  
7

9:30a Coffee Corner  
w/Daily Perk  
1:30 Fancy Fingers  
3p Briggs Sisters  
6p Card Club  
8

9:30a Sweet Treats  
w/Shannon  
1p Piano Time  
w/Meara Moore  
3p Movie & Popcorn  
7p Lawrence Welk  
9

9:30a Bean Bag  
Baseball Practice  
1p BINGO  
2:30p Church  
6p Card Club  
10

Veteran's Day  
9:30a Woman's Tea  
w/Daily Perk  
10a Cheri Hoyt  
1p Massage Therapy  
w/Poetry Group  
3p Pinning Ceremony  
11

9:30a Staying Fit &  
Active w/ Daily Perk  
11a Olive Garden  
Lunch Bunch  
1p Devotions  
3p Wii Games  
12

9a Ball Toss & Bingo  
w/Link  
11:45 Resident Council  
2p Bean Bag Baseball  
w/Snack Social  
6p Briggs Family  
13

9:30a Cooking Class  
w/Jazz  
11a Card Club  
1p Bible Study  
3p Birthday Bash  
w/Aaron Shoemaker  
14

9:30a Coffee Corner  
w/Daily Chronicle  
11a UNO  
1:30p Fancy Fingers  
3p Reading Group  
15

Bickford Thanksgiving  
12p Family Council  
w/Thanksgiving Lunch  
3p Movie & Popcorn  
7p Lawrence Welk  
16

9:30a Bean Bag  
Baseball Practice  
1p BINGO  
2:30p Church  
6p Word Search  
17

9:30a Woman's Tea  
w/Current Events  
11a Shake Loose a  
Memory  
2p Red Hat Ladies  
6p Checkers  
18

9:30a Sit to be Fit w/  
Daily Perk  
11a Men's Card Club  
1p Devotions  
3p Life (Game)  
19

9a Parachute Ball  
w/Daily Perk  
1p Foote & Buckingham  
Duo  
2p Bean Bag Baseball  
w/Snack Social  
6p UNO  
20

9:30a Chair Yoga  
w/Daily Chronicle  
11a Thanksgiving  
Cards to Family  
1p Bible Study  
3p Puzzle Club  
21

9:30a Coffee Corner  
w/Current Events  
11a Target Outing  
1:30p Fancy Fingers  
3p Wii Wheel of  
Fortune  
22

9:30a Muffins & More  
w/Shannon  
1:30p Creative Corner  
3p Movie & Popcorn  
7p Lawrence Welk  
23

9:30a Bean Bag  
Baseball Practice  
1:00 BINGO  
2:30p Church  
6p Group Crossword  
24

9:30a Woman's Tea  
w/Current Events  
11a Trivia  
1p Massage Therapy  
w/ Reading Group  
6p Card Club  
25

9:30 Chair Yoga w/  
Daily Perk  
11a Word Search  
1p Devotions  
3p Happy Hour w/Luke  
Farland  
26

9a Craft Club w/  
Daily Chronicle  
11a Reading Group  
11a Catholic Mass  
1:30 Walking Club  
6p Checkers  
27

Thanksgiving  
9:30 Daily Chronicle  
11a Puzzle Club  
1:30p UNO  
3p Movie & Popcorn  
Eric's Birthday 28

9:30a Coffee Corner  
w/Daily Perk  
11a Coloring Club  
1:30p Fancy Fingers  
3p Ice Cream Social  
29

9:30a Sing-a-Long  
w/Trista  
1:30 Creative Corner  
3p Bernice Shannon  
7p Lawrence Welk  
30