



Resident spotlight of the month Irene Wilcox.
 Meet Irene, Irene was born April 23, 1926 to Raymond and Bessie Flinn. Irene has 1 older brother and 4 younger sisters. Irene married her high school sweetheart Bill in April 1943. The couple share 4 children, Tom, Jeff, Trish and Dennis. Irene and Bill bought the Madrid Register-News in 1952. Irene wrote a column in the paper for many years and in 2014 Irene received the The Distinguished Service Award for her hard work and dedication. The newspaper is still family owned and operated today. Irene says her favortie part about living here at Bickford is "I have a feeling of safety and security that I didn't have before. The staff cares and it really shows."

West Des Moines
HAPPENINGS
 DECEMBER

BFM Spotlight of the Month



Meet MaryJude. MaryJude was born on June 26, 1958. She is a mother of two, Nic and Ashley. Nana to four, Hunter, Jaden, Coltrane and Cadence. They are all very active and keep the wheels on the bus turning, but she loves every bit of it. MaryJude has been a caregiver for 35 years, here at Bickford for 2 years. She says, "Caregiving is a challenge, I just smile and accept it!"

Veteran's Day Pinning



Trick-or-treat





Save the Dates

It looks as though December will be a very busy month for us here at Bickford. Please feel free to join us for any outings or activities that you think your loved one will enjoy. We will be taking multiple trips to the Jolly Holiday Lights in Altoona this month, so please make sure you tell us if you do not wish for your loved one to go.

- 12-4 -Store Outing
- 12-5 - Helene Viall
- 12-7 - Meara Moore
- 12-10 - Lunch Bunch
- 12-11- Winter Festival w/ Luke Farland
- 12-12- Christmas Bella's Quartet
- 12-12 -The Briggs Sisters
- 12-13 Show Choir
- 12-14 Christmas Caroling
- 12-15 - Christmas Caroling w/Cookies
- 12-16 - Cheri Hoyt
- 12-17-Christmas Party w/Al & Roger
- 12-18 -Briggs Family
- 12-19 - Cooking Class w/ Jazz
- 12-19- Catholic Mass
- 12-19 - Jason Kencil
- 12-20- Little Visits
- 12-24 - Christmas w/ Caroling Chaplin Ray
- 12-27 - Bernice Shannon



S

9:30 Bean Bag Baseball
1p BINGO
2:30p Church
6p Yahtzee

1

M

9:30 Staying Fit & Active w/Daily Chronicle
11a Tree Decorating
3p Matinee Monday
6p Group Word Search

2

T

9:30 Sit to Be Fit w/Current Events
11a Shake Loose a Memory
1p Devotions
3p Brain Teasers

Carole's B-day

3

W

9a Bowling w/Link
11a Department Store Outing
2p Let's Get Cooking!
6p Puzzle Pack

4

T

9:30 Chair Yoga w/Daily Perk
11a Craft Corner
1p Bible Study
3pm Helene Viall

5

F

9:30 Beanbag Baseball World Series
11a Daily Chronicle
2p Fancy Fingers
6p Yahtzee

Verna's B-day

6

S

9:30 Cookie Club w/Shannon
1p Piano Time w/Meara Moore
2p Creative Corner
7p Lawrence Welk

7

9:30 Ball Toss
11a Cooking Class w/Shannon
1p BINGO
2:30p Church

8

9:30 Sit to Be Fit w/Daily Chronicle
11a Christmas Cards
3p Matinee Monday
6p Puzzle Club

9

9:30 Chair Yoga w/Current Events
11a Tavern Pizza & Pasta Grill (lunch)
1p Devotions
3p Craft Corner

10

Winter Festival
9a Craft Club w/Link
11a Daily Chronicle
1:30 Sugar Cookie Decorating
4p Winter Wonderland w/Luke Farland

11

9:30 Morning Warm up w/Daily Chronicle
10:30 Hand Bella's Quartet
1p Bible Study
3p The Briggs Sisters

12

9:30 Staying Fit & Active w/Daily Perk
11a Show Choir
2p Fancy Fingers
6p Coloring Group

13

9:30 Sing-a-long w/Trista
1p Creative Corner
5p Christmas Caroling
7p Lawrence Welk

14

9:30 Balloon Volleyball
11a Daily Chronicle w/Current Events
1p Christmas Caroling w/Cookies
2:30p Church

15

9:30 Chair Yoga w/Daily Chronicle
10a Piano Time w/Cheri Hoyt
3p Matinee Monday
6p Checkers

16

9:30 Sit To Be Fit w/Current Events
11a Penny Pitch
1p Devotions
2p Christmas Party w/Al & Roger
6p Jolly Holiday Lights

17

9a Bingo w/Link
11a Daily Chronicle w/Current Events
1:30 Red Hat Ladies
6p Briggs Family

18

9:30 Cooking Class w/Jazz
11a Poetry Club
11a Catholic Mass
1p Bible Study
2p Hot Cocoa Bar w/Jason Kenciel
Allan's B-day

19

9:30 Chair Yoga w/Daily Chronicle
11a Little Visits w/daycare Friends
2p Fancy Fingers
6p Card Club

20

9:30 Sweet Treats w/Shannon
11a Daily News
1p Let's Get Cooking! (Puppy Chow)
7p Lawrence Welk

21

9:30 Coffee Corner w/Current Events
11a Morning Warm Up
1p BINGO
2:30p Church

22

9:30 Morning Warm Up w/Daily Chronicle
11a Color/Craft Club
3p Wii Wheel of Fortune
6p Group Crossword

23

9:30 Staying Fit & Active w/Daily Perk
11a Brain Games
1p Christmas Caroling w/Chaplin Ray
3p Sharing Memories

Maxine's B-day

24

Merry Christmas
9:30 Coffee & Donuts w/Steve
11a Daily Chronicle
2p Christmas Movie & Popcorn
6p Puzzle Club

25

9:30 Chair Yoga w/Current Events
11a Finish that Phrase
1p Bible Study
3p Bowling

26

9:30 Sit to Be Fit w/Daily Perk
11a Bowling
1:30p Fancy Fingers
3p Birthday Bash w/Bernice Shannon (keyboard)

27

9:30 Sing-a-long w/Trista
11a Daily Chronicle
1:30 Creative Corner
7p Lawrence Welk

28

9:30 Parachute Ball
11a Card Club w/Daily Perk
1p BINGO
2:30p Church

29

9:30 Chair Yoga w/Daily Chronicle
11a Penny Pitch
3p Matinee Monday
6p Board Games of Choice

30

9:30 Sit To Be Fit w/Current Events
11a Canvas Painting
1p Devotions
3p Happy Hour

31

December

Happy Birthday!
12-3 Carole
12-6 Verna
12-19 Allan
12-24 Maxine

