



Happiest of Birthdays to...

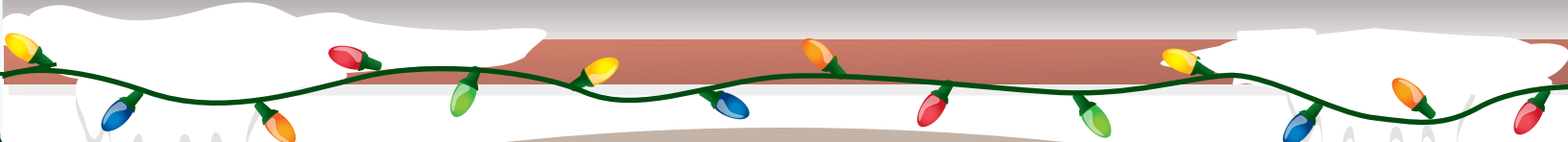
Jim Haroldson December 7th
 Pat Pommrehn December 21st
 JoAn Johnson December 23rd

check us out online:
www.bickfordseniorliving/urbandale
www.facebook.com/enrichinghappinessurbandale

Pictured left: Bev
 Pictured below left: the crew on the bus leaving Cooney's
 Pictured below right: Verna Shaver

Urbandale HAPPENINGS

DECEMBER



Holiday Blessings

"Small cheer and great welcome makes a merry feast." William Shakespeare
 "Maybe Christmas doesn't come from a store. Maybe Christmas perhaps, means a little bit more." The Grinch
 "Love the giver more than the gift." Brigham Young

"Joy is what happens to us when we allow ourselves to recognize how good things really are." Marianne Williamson
 "May your walls know joy, may every room hold laughter, and every window open to great possibility." Mary Anne Radmacher

Resident Spotlight Verna Shaver

Verna Shaver was born and raised in State Center, Iowa. After graduating from high school, she attended Evangelical Deaconess Hospital in Marshalltown where she earned her RN in 1947. She married Berwin Shaver in 1949, and they made their home in Marshalltown.

Verna worked as a nurse in the doctor's office in State Center. She was also an active member of St. Paul Lutheran Church in State Center. Verna has two daughters, two granddaughters, and three grandchildren.



Rack'd and Holiday Party

Rack'd is back! It's that time of year again and while we have just finished reflecting on all we are thankful for, it's time to give back. Rack'd has become a holiday tradition at Bickford of Urbandale. These Random Acts of Christmas Kindness are a wonderful way to celebrate the magic of the season. Mary Pat and Courtney will each be selecting 5 service projects to complete with residents during the month of December.

Please join us on Monday, December 16th at 4:00 pm for our annual holiday party. We will have live music by Bill Connett, dinner, and even a visit from Sant and Mrs. Claus. Grab your kids, your partner, your family, and friends and come for the holiday event of the year! Please RSVP by calling 515-331-3000 and tell us how many people will be coming, so we can plan accordingly.

Music, music, music... December is full of live music. Come to the living room for live music on December 4th, 12th, 13th, 16th, 19th, 20th, 26th, 27th!



S

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

1

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

8

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

15

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

22

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

29

M

9a Current Events
9:30a Exercise w/weights
10:15a Shopping trip
1p Angels Home Health
community classroom-
exercising your brain
2p Decorate for
Christmas
4:15p Rosary with Kathy

2

9a Current Events
9:30a Exercise w/weights
10:15a Wheel of Fortune
1p Bean Bag Baseball
2:30p Arts and crafts
4:15p Rosary with Kathy
6p Left,right,center

9

9a Current Events
9:30a Exercise w/weights
10:15a Funny animal
videos
1p Decorate for holiday
party
4p Holiday party with
live music by Bill Connors

16

9a Current Events
9:30a Exercise w/weights
10:15a Wii Wheel of
Fortune
1p Bean Bag Baseball
2:30p Rack'd
4:15p Rosary with Kathy
6p Left,right,center

23

9a Current Events
9:30a Exercise w/weights
10:15a Decorate for New
Years
1p Seated volleyball
2:30p Arts and Crafts
3:30p Walking club
6p Left,right,center

30

T

9a Current Events
9:30a Group Exercise
10a Bible Study
10:30a General Store
1p Bickford Bakers
2p Wheel of Fortune
3p Refreshments
6p Adult Coloring

3

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Rack'd
2p Manicures
3:30p Trivia
6p Adult Coloring

10

9a Current Events
9:30a Group Exercise
10a Bible Study
10:30a Wheel of Fortune
1p Manicures
2p Movie: Timepiece
6p Adult Coloring

17

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Manicures
2:30p Balloon and Noodle
3:30p Walking club/mail
delivery
6p Adult Coloring

24

9a Current Events
10a Bible Study
10:30a New Year's trivia
11a Count down to noon
1p Wii wheel of Fortune
2p Walking Club
2:30p Cookies, coffee,
cards
6p Adult Coloring

31

W

9a News and views
9:30a Stretching w/bands
10:30a Catholic Mass
1p Decorate for
Christmas
2p Flutist Val
Wedgeworth
3p Cookies and coffee
6p Checkers

4

Winter Festival
9a News and views
9:30a Stretching w/bands
10a Making snowflakes
1p Winter Festival
Pictionary
2:30p Winter party
6p Puzzles

11

9a News and views
9:30a Stretching w/bands
10:15a Giant Crosswords
1p Rack'd
2:30p Walking club
3p Kings Corner
6p Checkers

18

Christmas
9a News and views
9:30a Woga Exercise
class
1p Movie: Miracle on 34th
Street
6p Puzzles

25

T

9a Current Events
9:30a Group Exercise
10a Chaplain visit
10:30a Resident Council
1p Rack'd
2p Manicures/Men's
club
6:30p Chaplain visit

5

9a Current Events
9:30a Group Exercise
10a Belle's handbell choir
1p General Store
2p Manicures
6p Kings Corner

12

9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Musician Luke Farland
2p Catholic Mass
6p Kings Corner
6:30p Chaplain visit

19

9a Current Events
9:30a Group Exercise
10a Chaplain visit
10:30a Trivia
1p Country musician
Jason Kinsel
2:15p cookies and coffee
6p Kings Corner

26

F

9a Bean bag baseball
World Series at West
Des Moines Christian
Church
1p Funniest home videos
6p Movie: Red Skelton
Christmas Classics

6

9a Current Events
9:30a QiGong
10:15a Bingo
1p Social drumming
2:15p Happy hour
3p Cards
6p Movie: The Bishop's
Wife

13

9a Current Events
9:30a QiGong
10:15a Bingo
12p Birthday cake
1p Gospel musician Jim
Quales
2:15p Happy hour
6p Movie: Christmas
Wonderland

20

9a Current Events
9:30a Group Exercise
10a Massage with Ashley
10:15a Bingo
2p Flutist Val
Wedgeworth
3p Happy hour
6p Movie: Call me Mrs.
Miracle

27

S

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

7

9a Current Events
9:30a Group Exercise
10:15a Pictionary
1p Arts and crafts
2p Walking club
3p coffee, cookies, and
cards
7p Lawrence Welk

14

1p Rack'd
2:30p Exercise
class/walking club
3:15p Karaoke
6p Christmas light tour in
Beaverdale
7p Christmas Movie

21

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

28

December

