



Resident Spotlight of the month Miss Mollie Comito (Amelia) Mollie was born March 4, 1930. She enjoys gardening, knitting and sitting by the fireplace. She is very patient with the staff and with other residents. She has been teaching some of our BFM's how to knit. Mollie loves to be with people, she enjoys helping out with activities and getting people together. She always has a smile on her face and is always up for a challenge. She loves going out to eat but loves eating ice cream even more!

When asked what Mollie likes about living here at Bickford she said, "You girls, the love that you show me and the other residents lets us know that you really care."

# West Des Moines HAPPENINGS

JANUARY

## BFM Spotlight of the Month



Michael Miller was born on May 15, 1989. He is 1 of 4 children, with 2 sisters and a brother. Michael has a wife, Arlina. The couple have a 19month old daughter Juniper. Michael has been a CNA/ CMA with Bickford for 6 1/2 years. When asked why he chose a career in the medical field he said, "I enjoy helping people and I really care about the residents."



## Insurance Cards

We would like to remind you that as you receive your loved ones new insurance cards to please bring them in so that we can keep their charts updated! Thank You!

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We will be going to the casino January 14,2020 for lunch and a concert! Please feel free to join us on any outings or for any activities that you or your loved ones will enjoy. Thank you all so much for the time you volunteer and the support you give our program!

- 1-1 NEW YEARS DAY!
- 1-2 Heleen Viall
- 1-5 Downtime w/Val
- 1-7 What's the Scoop?
- 1-9 Cooking w/Jazz
- 1-13 Massage Therapy
- 1-13 Dave Gray
- 1-14 Casino Outing w/ Lunch & Concert
- 1-14 Red Hat Ladies
- 1-15 Al & Roger
- 1-16 Luke Farland
- 1-18 Piano Time w/ Meara Moore
- 1-22 Resident Council
- 1-22 FIRE DRILL
- 1-23 Hawaiian Hoedown w/ Aaron S
- 1-24 Ice Cream Social
- 1-25 Bernice Shannon
- 1-27 Massage Therapy
- 1-27 The Birthday Bash w/ Jason K
- 1-29 The Briggs Family



# January

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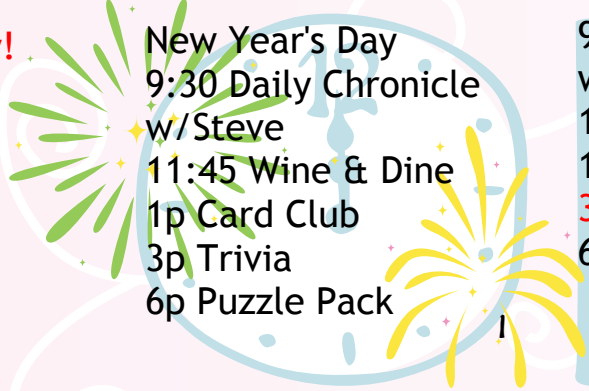
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Happy Birthday!  
1-10 Luree W.



New Year's Day  
9:30 Daily Chronicle w/Steve  
11:45 Wine & Dine  
1p Card Club  
3p Trivia  
6p Puzzle Pack

9:30 Morning Warm Up w/Daily Perk  
11a UNO  
1p Bible Study  
3p Helene Viall  
6p Lip & Sip w/ Steve

9:30 Staying Fit & Active  
11a Daily Chronicle  
1p Fancy Fingers & Spa Day  
3p Kings Corner  
6p Puzzle Club

9:30 Sweet Treats w/Shannon  
11a Funny News  
1p Creative Corner  
7p Lawrence Welk

9:30 Balloon Volleyball  
11a BINGO  
1p Downtime w/Val  
2:30p Church  
6p Phase 10

9:30 Chair Yoga w/ Daily Chronicle  
11a Music & Relaxation  
1:30 Walking Club  
3p Matinee Monday  
6p Activity Pack

9:30 Sit To Be Fit & Active w/Daily Perk  
11a Brain Games  
1p Devotions  
3p What's the Scoop?  
6p Group Crossword

9a Bingo w/Link  
11a Daily Chronicle  
1p Fancy Fingers & Spa Day  
3p Afternoon Stretches  
6p Card Club

9a Morning Warm Up w/Current Events  
10a Cooking w/Jazz  
1p Bible Study  
3p Hot Cocoa Bar  
6p Giant Jenga

9:30 Staying Fit & Active  
11a Brain Games  
1:30 Fancy Fingers & Spa Day  
3p Shake Loose a Memory  
Luree's B-Day

9:30 Sing-A-Long w/ Trista  
11a Current Events w/ Daily Perk  
1p Creative Corner  
7p Lawrence Welk

9:30 Ball Toss  
11a Coloring Club  
1p BINGO  
2:30p Church  
6p UNO

9:30 Chair Yoga w/ Current Events  
11a Snowball Fight  
1p Massages w/Shannon  
3p Dave Gray  
6p Kings Corner

Hat Day  
9:30 Sit To Be Fit w/Daily Chronicle  
10a Casino Trip w/Lunch  
1p Devotions  
3p Red Hat Ladies  
6p Card Club

9a Bowling w/Link  
11a Current Events  
1p Fancy Fingers & Spa Day  
2p Foote & Buckingham Duo  
6p Word Search

9:30 Morning Warm Up w/Daily Perk  
11a Card Club  
1p Bible Study  
3p Luke Farland  
6:30 Evening Worship

9:30 Staying Fit & Active  
11a Current Events  
1:30 Fancy Fingers & Spa Day  
3p No Bake Desserts  
6p Puzzle Pack

9:30 Sweet Treats w/Shannon  
11a Card Club  
1p Piano Time w/ Meara Moore  
7p Lawrence Welk

9:30 Morning Stretches w/Daily Perk  
11a Puzzle Club  
1p BINGO  
2:30p Church  
6p Card Club

9:30 Chair Yoga w/ Daily Perk  
11a Reading Group w/Trista  
1:30 Wii Game  
3p Matinee Monday  
6p Sorry (Game)

9:30 Sit To Be Fit & Active  
11a Brain Games  
1p Devotions  
3p Popcorn Social  
6p Coloring Group

9a Bag Toss w/Link  
11:45 Resident Council  
1p Fancy Fingers & Spa Day  
3p FIRE DRILL  
6p Yahtzee

Luau Party  
9a Morning Warm Up  
10:30 Hawaiian Hoedown w/Aaron Shoemaker  
11a Catholic Mass  
1p Bible Study  
3p Aloha Bingo

9:30 Staying Fit & Active  
11a Coffee Corner  
1:30 Fancy Fingers & Spa Day  
3p Ice Cream Social  
6p Card Club

9:30 Sing-A-Long w/ Trista  
11a Daily Chronicle  
1p Creative Corner  
2p Bernice Shannon  
7p Lawrence Welk

9:30 Beanbag Toss  
11a Current Events  
1p BINGO  
2:30p Church  
6p Puzzle Pack

Chocolate Cake Day  
9:30 Chair Yoga  
11a Baking Class  
1p Massages w/ Shannon  
3p Birthday Bash w/ Jason Kenciel

9:30 Sit To Be Fit & Active  
11a Current Events  
1p Devotions  
3p Finish the Phrase  
6p Group Crossword

9a Craft Time w/Link  
11a Daily Chronicle w/Current Events  
1p Fancy Fingers & Spa Day  
3p Walking Club  
6p The Briggs Family

9:30 Morning Warm Up w/Daily Chronicle  
11a Shake Loose a Memory  
1p Bible Study  
3p Wii Games  
6p Phase 10

9:30 Staying Fit & Active  
11a Funny News  
1:30 Fancy Fingers & Spa Day  
3p Bag Toss  
6p Activity Pack

