



Resident Spotlight of the month is Billy Bryant
 Billy was born May 14, 1934 to Howard & Naomi Bryant.
 Billy was born in Ringold County, Beaconfield, Iowa in the
 same house his mother was born in. The house is now a
 century farm.
 Billy has a beautiful wife Kathy, 4 children, 9 grandchildren,
 8 great grandchildren with another baby due in February.
 Billy loves sports, playing rummikub, and visiting with his
 family. Billy used to play golf and loved to travel.
 Billy was the owner of Apex/Target Concrete and Billy Joe's
 Pitcher Show for 25 years until retiring 10 years ago.
 Billy's favorite part about living here at Bickford is the staff.

West Des Moines HAPPENINGS

FEBRUARY

Save The Date

Valentine's Day Spa
 Come in and join us
 on Wednesday
 February 12th
 from 4pm to 6pm for
 an evening full of
 pampering.

Services offered
 Nail Filing
 Nail Trimming
 Nail Polishing
 Massages
 Facials

Enjoy a little down
 time and have a glass
 of wine with a some
 of our wonderful
 ladies.
 We hope to see you
 all there!

- 2-1 Zumba Fitness
- 2-1 Piano Time w/
Meara Moore
- 2-2 Tailgate Social
- 2-3 Dave Gray
- 2-5 Ice Cream Social
- 2-6 Helene Viall
- 2-7 Resident Council
- 2-8 Maurice Jules
- 2-10 Al & Roger
- 2-12 Valentine's Day
Spa
- 2-14 Sweet Heart
Social w/Mark Challis
- 2-15 Downtime w/ Val
- 2-17 Snack Social
- 2-19 Lunch Bunch
- 2-20 Birthday Bash
w/Luke Farland
- 2-20 Prayer Group
- 2-21 Happy Hour
- 2-26 What's The
Scoop?
- 2-27 Briggs Sisters
- 2-29 Zumba Fitness
- 2-29 Bernice Shannon



BEM spotlight of the month

Mary was born October
 20, 1997 to Lanie and
 Paul. Mary has 1 little
 sister. The girls were
 born and raised in the
 Philippines, the family
 moved to Iowa in 2016.
 Mary loves animals, she
 has 2 dogs, Bleu and
 Gray, a cat named Pogi
 and a fish Grey.
 Mary is a CNA here at
 Bickford and has been
 with us since December.
 Mary chose a career in
 medical field because
 she loves helping others.
 When asked what Mary
 likes the best about
 working for Bickford she
 said "The teamwork,
 everybody helps out
 here!"



Mary Santiago

Prairie Meadows



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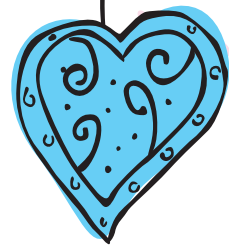
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HAPPY BIRTHDAY!

2-3 Mary Jean
2-21 Richard C.
2-26 Arlyne



February



9:30a Zumba Fitness
10a Sweet Treats w/
Shannon
1p Piano Time w/
Meara Moore
7p Lawrence Welk

Super Bowl Party
9:30 Staying Fit &
Active
1p BINGO
2:30p Church
5:30 Tailgate Social

9:30a Chair Yoga w/
Current Events
11a Reading Group
3p Dave Gray
6p Sorry (Game)
Mary Jean's B-day

9:30a Sit To Fit w/
Daily Chronicle
1p Devotions
3p Meet and Greet
w/Brian
6p Checkers (Game)

9a Balloon Volleyball
w/Link
1p Fancy Fingers &
Spa Day
3p Ice Cream Social
6p Puzzle Club

9:30a Morning Warm
Up w/ Daily Perk
1p Bible Study
3p Helene Viall
6p Group Crossword

9:30a Staying Fit &
Active
11:45 Resident Council
1p Fancy Fingers &
Spa Day
6p Word Search

9:30a Stretches w/
Daily Perk
11a Sing-A-Long w/
Trista
2p Muarice Jules
7p Lawrence Welk

9:30 Staying Fit &
Active
1p BINGO
2:30p Church
6p Evening Chit Chat

9:30a Chair Yoga
w/Daily Chronicle
11a Kings Corner
2p Happy Hour w/
Foote & Buckingham
Duo
6p Activity Pack

9:30a Sit To Fit w/
Daily Chronicle
1p Devotions
2p Movie & Popcorn
6p Card Club

9a Ball Toss w/Link
11a Daily Chronicle
w/Current Events
1p Craft Creations
4-6 Valentine Day Spa

9:30a Cooking Class
w/Jazz
1p Bible Study
3p Staying Fit & Active
6p Music & Relaxation

Valentine's Day
9:30a Staying Fit &
Active
1:30 Fancy Fingers
3p Sweet Heart Social
w/ Mark Challis
6p Coloring Group

9:30a Sweet Treats w/
Shannon
11a Morning Work Out
1p Downtime w/Val
7p Lawrence Welk

9:30 Staying Fit &
Active
1p BINGO
2:30p Church
6p Puzzle Pack

President's Day
9:30a Chair Yoga w/
Current Events
11a Presidential
Trivia
2p Snack Social w/ Liz
6p Puzzle Club

9:30a Sit To Fit w/
Daily Chronicle
1p Devotions
3p Shake Loose a
Memory
6p UNO

9a Bowling w/Link
11a Lunch Bunch
2p Fancy Fingers &
Spa Day
3p Red Hat Ladies
6p Finish the Phrase

9:30a Morning Warm
Up w/Daily Perk
11a Catholic Mass
1p Bible Study
3p Birthday Bash
w/Luke Farland
6p Prayer Group

9:30a Staying Fit &
Active
10a Fancy Fingers and
Day Spa
2p Happy Hour w/
Myra
6p Group Crossword
Richard C's B-day

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

9:30 Staying Fit &
Active
1p BINGO
2:30p Church
6p Activity Pack

9:30a Chair Yoga w/
Daily Chronicle
11a Brain Games
2p Monday Matinee w
popcorn
6p Coloring Group

9:30a Sit To Fit w/
Daily Chronicle
1p Devotions
3p Wii Wheel of
Fortune
6p Activity Packs

9a Bag Toss w/Link
1p Fancy Fingers &
Spa Day
3p What's the Scoop?
6p Daily Chronicle
Arlyne's B-Day

9:30a Morning Warm
Up w/Current Events
1p Bible Study
3p The Briggs Sisters
6p Evening Chit Chat
w/ Steve

9a Staying Fit & Active
10a Craft Creations
1p Fancy Fingers &
Spa Day
6p Puzzle Club

9:30a Zumba Fitness
10a Sweet Treats w/
Shannon
2p Bernice Shannon
7p Lawrence Welk