



Happiest of birthdays to...

Janice McDonnell	January 2nd
Evelyn Michels	January 12th
Karen Heinen	January 18th
Janet Kent	January 27th
LLoyd Anderson	January 27th

check us out online:

www.bickfordseniorliving/urbandale
www.facebook.com/enrichinghappinessurbandale

Urbandale HAPPENINGS

JANUARY

Ring in the New Year, 2020 is here!

We are in the midst of the holiday season and preparing for our biggest event of the year, the Bickford Christmas party. This event is always a blast and I'm certain this year will be one to remember as well.

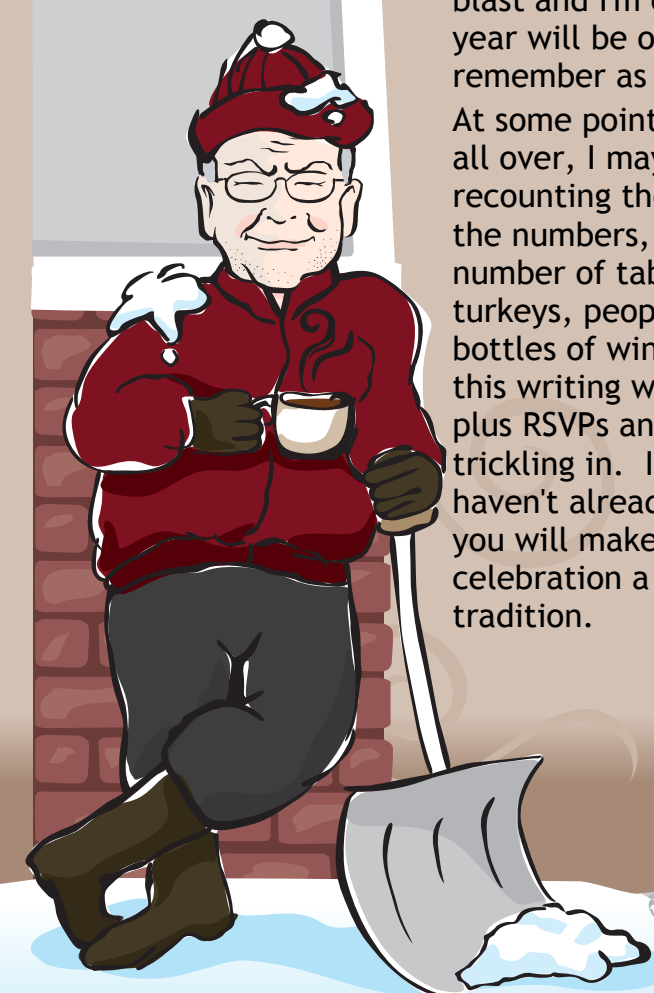
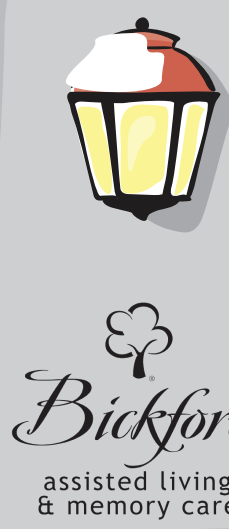
At some point when it's all over, I may start recounting the event by the numbers, like, number of tables, turkeys, people, and bottles of wine. As of this writing we are at 85 plus RSVPs and they keep trickling in. If you haven't already, we hope you will make this celebration a holiday tradition.

January starts off with a bang with several theme days at Bickford of Urbandale.

On Tuesday, January 14th we will celebrate all things hats.

Take a break from the winter weather and come luau with us on Thursday, January 23rd.

Chocolate Cake Day is back! Monday, January 27th is about all things chocolate cake. Start the day out with chocolate trivia and end it with creating your own painting of a decadent piece of chocolate cake.



The Bickford Christmas Party



HAVE hope
TRY new things
BE active
SEE the good
SAY "I love you," more
CHALLENGE yourself
CHOOSE to be happy
EAT better
ENJOY today
FORGIVE more readily
READ more often
BECOME your best you

Blessings to you and yours in 2020. May it be your best year yet!



Blessings for 2020

Treasure the smiles, good times and memories,

Leave behind the disappointments, hard-times and enemies,

Hold onto faith, hope and beliefs,

And may your New Year be filled with Love, Joy, and Peace!



January

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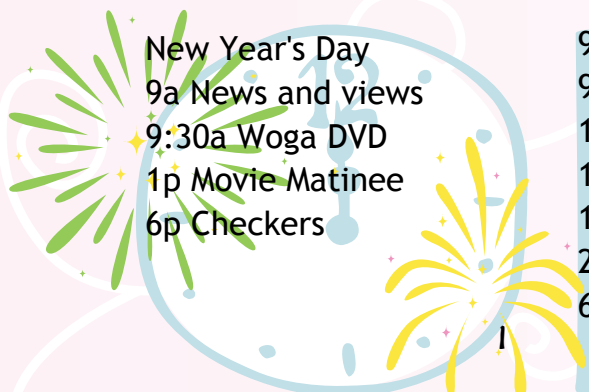
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New Year's Day
 9a News and views
 9:30a Woga DVD
 1p Movie Matinee
 6p Checkers

9a Current Events
 9:30a Group Exercise
 10:15a Coffee Talk
 1p Board Games
 2p Walking Club
 4p Church Service

5

9a Current Events
 9:30a Exercise w/weights
 10:15a Resident Council
 1p Angels Home Health Community Classroom
 2p Take down Christmas decor
 4:15p Rosary with Kathy
 6p Puzzles

6

9a Current Events
 9:30a Group Exercise
 10a Bible Study
 10:30a General Store
 1p Balloon and Noodle
 2p Manicures
 6p Adult Coloring

7

9a News and views
 9:30a Stretching w/bands
 10:30a Catholic Mass
 1p Bickford Bakers
 2p Wheel of Fortune
 3p Refreshments
 6p Checkers

8

9a Current Events
 9:30a Group Exercise
 10a Chaplain Visit
 10:30a Wheel of Fortune
 12noon Birthday cake
 1p Art Appreciation
 2p Art Class
 6p Kings Corner
 6:30p Chaplain visit

9

9a Current Events
 9:30a QiGong
 10:15a Bingo
 1p Shopping Trip
 3p Happy Hour
 6p Movie

10

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

11

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

12

9a Current Events
 9:30a Exercise w/weights
 10:15a Kings Corner
 1p Massage with Ashley
 1:30p Spa Treatments
 3p Walking Club
 4:15p Rosary with Kathy
 6p Puzzles

13

Hat Day
 9a Current Events
 9:30a Group Exercise
 10a Bible Study
 1p Hat making
 2:30p Parade of hats
 3p Refreshments
 6p Adult Coloring

14

9a News and views
 9:30a Stretching w/bands
 10:15a Giant Crosswords
 1p General Store
 2:30p Wheel of Fortune
 3:30p Walking Club
 6p Checkers

15

9a Current Events
 9:30a Group Exercise
 10:30a Chaplain lunch outing
 1p Musician Luke Farland
 2p Catholic Mass
 3p Dominos
 6p Kings Corner

16

9a Current Events
 9:30a QiGong
 10:15a Bingo
 1p Manicures
 2:30p Walking Club
 3p Happy Hour
 6p Movie

17

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

18

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

19

9a Current Events
 9:30a Exercise w/weights
 10:15a Pictionary
 1p Pianist Stan Dudley
 2p Cookies and coffee
 3p Walking Club/Cards
 4:15p Rosary with Kathy
 6p Puzzles

20

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

21

9a News and views
 9:30a Stretching w/bands
 10:15a You be the judge
 1p Art Class
 2:30p Walking Club
 3p Board Games
 6p Checkers

22

Luau Party
 9a Current Events
 9:30a Learn to hula
 10a Chaplain Visit
 1p Seated volleyball
 2p Luau refreshments
 3p Musician Aaron Shoemaker
 6:30p Chaplain Visit

23

9a Current Events
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 2:30p Walking Club
 3p Happy Hour
 6p Movie

24

9a News and views
 9:30a Group Exercise
 10:15a Trivia
 1p Crafts
 2p Walking Club
 2:30p Refreshments
 7p Lawrence Welk

25

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

26

Chocolate Cake Day
 9a Current Events
 9:30a Exercise w/weights
 10:15a Chocolate cake trivia
 1p Cake Walk
 2p Cake testing
 3p Art Class
 4:15p Rosary with Kathy

27

9a Current Events
 9:30a Group Exercise
 10a Bible Study
 10:30a General Store
 1p Bean Bag Baseball
 2:30p Cookies, coffee, cards
 6p Adult Coloring

28

9a News and views
 9:30a Stretching w/bands
 10:15a Giant Crosswords
 1p Bickford Bakers
 2p Walking Club
 2:30p Cookies, coffee, cards
 6p Checkers

29

9a Current Events
 9:30a Group Exercise
 10a Chaplain Visit
 10:30a Pictionary
 1p Wheel of Fortune
 2p Manicures
 6p Kings Corner

30

9a Current Events
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 2:30p Walking Club
 3p Happy Hour
 6p Movie

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