

Happiest of Birthdays to...

- |               |               |
|---------------|---------------|
| Betty Kious   | February 2nd  |
| Betty Dirksen | February 7th  |
| Don Matus     | February 13th |
| Ruth Calhoun  | February 14th |
| Vel Schope    | February 20th |
| Carole Taylor | February 21st |

Pictured left: Betty Kious

Check us out online:

[www.bickfordseniorliving/urbandale](http://www.bickfordseniorliving/urbandale)

[www.facebook.com/enrichinghappinessurbandale](http://www.facebook.com/enrichinghappinessurbandale)

# Urbandale HAPPENINGS

-FEBRUARY-

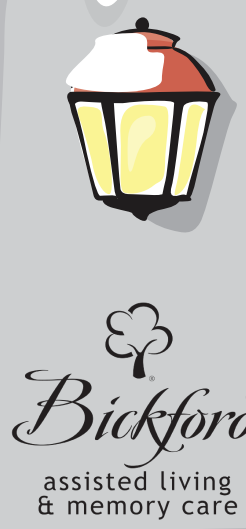
*I'm in the mood for fun*

Grab your friends and your family and come dance like no one's watching. It's Bickford of Urbandale's annual Sweetheart Dance. Monday, February 10th from 6-7:30 pm. Live music by Bill Connett, refreshments, fun, and of course dancing.

At Bickford of Urbandale we have a long history of having fun at home and away. Hop on the bus and get away from it all with us in February. We have 3 bus outings this month.

Pictured below: Spreading the love--Ron delivers a snack box to the Urbandale Fire Department as part of our Random Acts of Christmas Kindness

On Friday, February 7th go shopping with us along the way. Take a break from the winter cold and head to the Greater Des Moines Botanical Gardens on Thursday, February 13th for lunch and a stroll through the tropical dome. On Friday, February 21st we head back to Flix Brewhouse to sit back, relax, and take in an afternoon show.



*Resident Spotlight  
Clara Flattery*

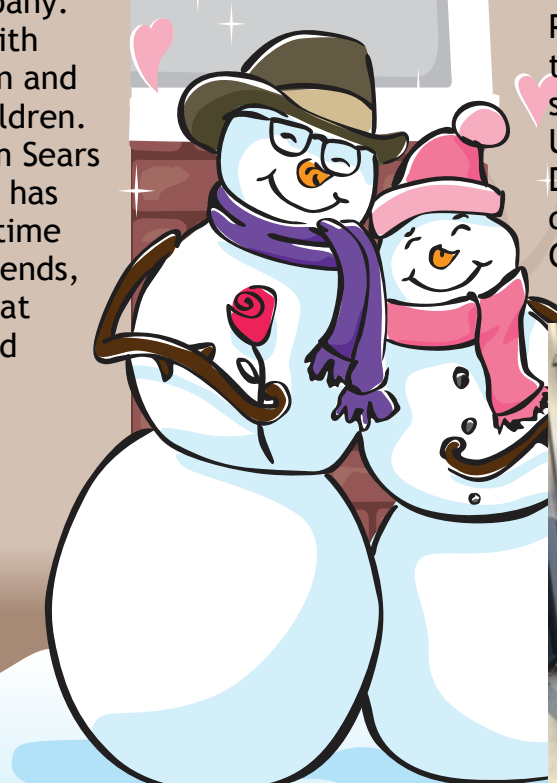
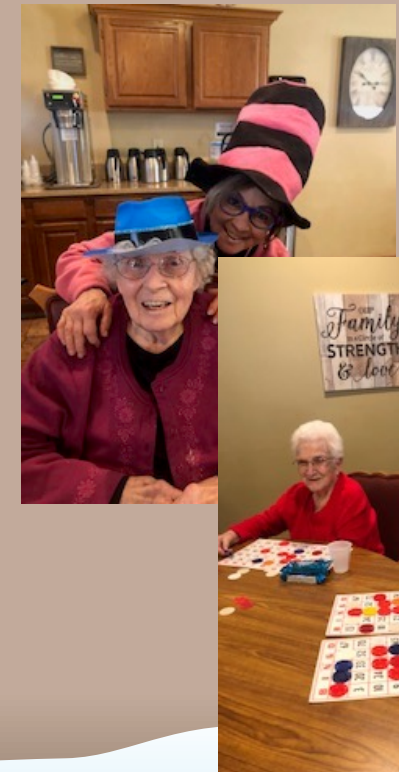


On October 2, 1932 Clara Lucille was born on a farm in Melrose, Iowa. She was the seventh of nine children born to William and Clara McGee. She graduated from Moravia High School. Clara met her future husband James M. Flattery at a dance in Melrose, and they were engaged for 2 years while James served in the U.S. Army.

Clara wed James in July of 1954. They made their home in Des Moines where they raised seven children. Clara was a stay at home mother for many years, and later worked at Sears and Roebuck and Company. Clara is blessed with eight grandchildren and ten great grandchildren. Since retiring from Sears and Roebuck Clara has enjoyed spending time with family and friends, traveling, walking at Merle Hay Mall, and eating cookies.



Pictured below: LaVonne and Angela on hat day  
Pictured right top and bottom: Clara Flattery (Our resident spotlight)  
Pictured bottom: Gloria and Ruth at bingo



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# February

**Super Bowl Party**  
 9a Current Events  
 9:30a Group Exercise  
 10:15a Super Bowl Trivia  
 1p Football Craft  
 2:30p Super Bowl Craft  
 4p Church Service

2

9a Current Events  
 9:30a Exercise w/weights  
 10:15a Crafts  
**1p Musician Dave Gray**  
 2p Cookies and coffee  
 3p Walking Club  
 4:15p Rosary with Kathy  
 6p Puzzles

3

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

4

9a News and views  
 9:30a Stretching w/bands  
 10:30a Catholic Mass  
 1p Decorate for dance  
 2p Walking Club  
 3p Card Games  
 6p Checkers

5

9a Current Events  
 9:30a Group Exercise  
 10a Chaplain visit  
 10:30a Resident Council  
 1p Make Valentines  
 2p Manicures/men's club  
 6p Kings Corner

6

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

7

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

8

10a Coffee Talk  
 1p Games  
 4p Church Service

9

9a Current Events  
 9:30a Exercise w/weights  
 10a Massage with Ashley  
 1p Walking Club  
 4:15p Rosary with Kathy  
**6p Valentine dance with music by Bill Connett**

10

9a Current Events  
 9:30a Group Exercise  
 10a Bible Study  
 10:30a Trivia  
 1p Name that tune  
 2p Manicures  
 6p Adult Coloring

11

9a News and views  
 9:30a Stretching w/bands  
 10:15a Giant Crosswords  
**1p Gospel musician Jim Quales**  
 2p Refreshments  
 2:30p Kings Corner  
 6p Checkers

12

9a Current Events  
 9:30a Group Exercise  
**10a Chaplain lunch outing to the Greater Des Moines Botanical Garden**  
 6p Kings Corner

13

**Valentine's Day**  
 9a Current Events  
 9:30a QiGong  
 10:15a Bingo  
 1p Famous Couples trivia  
 2p Valentine Pictionary  
 3p Happy Hour  
 6p Movie

14

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

15

10a Coffee Talk  
 1p Games  
 4p Church Service

16

**President's Day**  
 9a Current Events  
 9:30a Exercise w/weights  
 10:15a Presidential Trivia  
 1p Bean Bag Baseball  
 2:30p Walking Club/dominos  
 4:15p Rosary with Kathy  
 6p Puzzles

17

9a Current Events  
 9:30a Group Exercise  
 10a Bible Study  
 10:30a Trivia  
 1p Craft project  
 2p Manicures  
 6p Adult Coloring

18

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

19

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

20

9a Current Events  
 9:30a QiGong  
**11a Movie outing to Flix**  
 3p Happy Hour  
 6p Movie

21

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

22

10a Coffee Talk  
 1p Games  
 4p Church Service

23

9a Current Events  
 9:30a Exercise w/weights  
 10:15a Pictionary  
 1p Bean Bag Baseball  
 2:30p Walking Club/dominos  
 4:15p Rosary with Kathy  
 6p Puzzles

24

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

25

9a News and views  
 9:30a Stretching w/bands  
 10:15a Giant Crosswords  
 1p Bickford Bakers  
 2:30p Refreshments  
 3p Walking Club  
 6p Checkers

26

9a Current Events  
 9:30a Group Exercise  
**10a Treasured music performance**  
 1p Pictionary  
 1:30p Walking Club  
 2p Manicures/men's club  
 6p Kings Corner

27

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

28

9a News and views  
 9:30a Group Exercise  
 10:15a You be the judge  
 1p Art Appreciation  
 2p Art Class  
 3p Refreshments  
 7p Lawrence Welk

29