



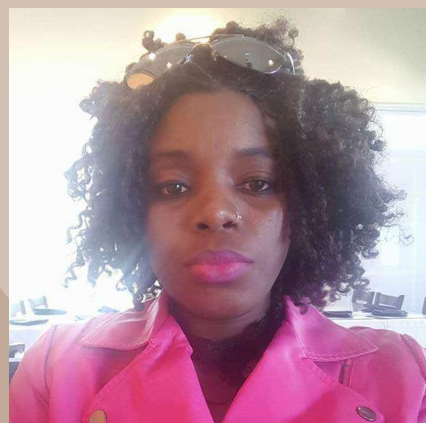
Resident spotlight of the month is Glen. Glen was born October 14, 1928 to James and Hazel. Glen was one of four children, two boys and two girls. Glen married his beautiful wife Darlene and the couple share six children, twelve grandchildren and four great grandchildren. Glen loves holidays because that is when the family comes together and celebrates. Glen loves working on cars and trucks, he enjoys listening to music and even rebuilt a Ford Model A. When I asked Glen what he likes the most about living here at Bickford he said " The staff has been really wonderful and helpful!"

West Des Moines
HAPPENINGS
 MARCH



BFM of the Month

Austina Forkpa was born and raised in Liberia, West Africa. Austina has 2 brothers and 2 sisters. She moved to the US in 2004 to be with her mother. Austina graduated from Valley High School. Austina is the mother of 3 children. Austina is a CNA/CMA here at Bickford. When asked why she chose a career in the medical field she said "I have always enjoyed helping people!" When Austina isn't busy being a CNA/CMA she is working in her mom's store!



Austina Forkpa



February was fun!



Save the Date

- 3-3 Lunch Bunch
- 3-4 Casino Day
- 3- 5 Helene Viall
- 3-7 Zumba Fitness w/ Rosslyn
- 3-9 Happy Hour w/ Dave Gray
- 3-10 Piano Time w/ Mark
- 3-11 Family Council
- 3-11 Briggs Family
- 3-14 Piano Time w/ Meara Moore
- 3-17 Pot-O-Gold Gala
- 3-18 Lunch Bunch
- 3-19 Birthday Bash w/ Luke Farland
- 3-25 Buckingham & Foote Duo
- 3-26 Opening Day of Baseball w/ Aaron Shoemaker
- 3-28 Zumba Fitness w/Rosslyn
- 3-28 Bernice Shannon

From the Nurses desk.. Please avoid bringing your loved ones any drinks with red dye in them. It can be difficult to tell if there are more serious medical issues due to the color of the dye.

 We will be having our Family Council Soup Supper on Wednesday March 11th at 5pm. We will start Resident Council at 4:45pm and serve dinner at 5:00pm. Music starts at 6:00. We look forward to seeing you there!





9:30 Morning Exercise w/Current Events
1p BINGO
2:30p Church w/ Chaplin Ray
6p Card Club

1



9:30 Chair Yoga w/ Daily Chronicle
1p Wii Games
3p Monday Matinee w/ Popcorn
6p Puzzle Pack

2



9a Bagles & Brew w/Brian
11am Lunch Bunch
1p Devotions
6p Group Crossword
MaryJean's B-Day

3



Casino Fun
9a Poker Chip Cookie Decorating w/Jazz
11a Twenty-one
2p Game Day
6p Group Word Search
Mollie's B-Day

4



9:30a Morning Warm Up w/ Current Events
1p Bible Study
3p Helene Viall w/Snacks
6p Puzzle Club

5



9:30a Staying Fit & Active
10:30 Cookie Club
2p Fancy Fingers & Spa Day
6p UNO

6



9:30a Sing-A-Long w/ Trista
1p Creative Corner
3p Group Crossword
7p Lawrence Welk

7

9:30 Morning Exercise w/ The paper
1p BINGO
2:30p Church w/ Chaplin Ray
6p Coloring Group
Lena's B-Day

8

9:30 Chair Yoga w/ Daily Chronicle
1p Music & Relaxation w/Massages
3p Happy Hour w/ Dave Gray
6p Checkers

9

9:30a Sit To Fit w/ Daily Perk
11a Piano Time w/ Mark
1p Devotions w/ Chaplin Ray
6p Sorry (Game)

10

9a Bean Bag Baseball
10:30 Canvas Painting
2p Fancy Fingers & Spa Day
5p Family Council
6p Briggs Family

11

9:30a Morning Warm Up w/ Current Events
1p Bible Study w/ Chaplin Greg
3p Red Hat Ladies
6p Phase 10

12

9:30a Staying Fit & Active
10:30 Daily Chronicle
2p What's the Scoop w/Liz
6p Music & Relaxation
Ben's B-Day

13

9:30a Zumba Fitness w/ Rosslyn
1p Piano Time w/ Meara Moore
3p Walking Club
7p Lawrence Welk

14

9:30 Morning Exercise w/ Daily Chronicle
1p BINGO
2:30p Church w/ Chaplin Ray
6p Evening Chit Chat

15

9:30 Chair Yoga w/ Daily Chronicle
1p Reading Group w/ Trista
3p Monday Matinee
6p Activity Pack

16

St. Patrick's Day
9:30a Sit To Fit w/ Current Events
1p Devotions
3p Pot O' Gold Happy Hour Gala w/ Mark C
6p Card Club

17

9a Ball Toss
11a Lunch Bunch
2p Fancy Fingers & Spa Day
6p Puzzle Club

18

9:30a Morning Warm Up w/ Current Events
1p Bible Study w/ Chaplin Greg
3p Birthday Bash w/ Luke Farland
6p Group Word Search

19

9:30a Staying Fit & Active
10:30 Coffee Corner w/Current Events
2p Snack Social
6p Group Crossword

20

9:30a Sing-A-Long w/ Trista
1p Creative Corner
3p Walking Group
7p Lawrence Welk

21

9:30 Morning Exercise w/ Current Events
1p BINGO
2:30p Church w/ Chaplin Ray
6p Puzzle Club

22

9:30 Chair Yoga w/ Daily Chronicle
1p Music & Relaxation w/ Massages
3p Monday Matinee
6p UNO
Belva's B-Day

23

9:30a Sit To Fit & Active
1p Devotions w/ Chaplin Ray
3p Ice Cream Social w/Myra
6p Yahtzee (Game)

24

9a Balloon Volleyball
11a Daily Chronicle
2p Happy Hour w/ Foote & Buckingham Duo
6p Sorry (Game)

25

First Day of Baseball
9a Bean Bag Baseball
10:30 Aaron Shoemaker
1p Bible Study
3p Baseball Trivia
6p Baseball Clips

26

9:30a Staying Fit & Active
10:30 No Bake Treats w/Shannon
2p Letters to Arizona
6p Coloring Club

27

9:30a Zumba Fitness w/ Rosslyn
1p Creative Corner
3p Bernice Shannon
7p Lawrence Welk

28

9:30 Morning Exercise w/ Daily Perk
1p BINGO
2:30p Church w/ Chaplin Ray
6p Uno

29

9:30 Chair Yoga w/ Daily Chronicle
2p Walking Club
3p Monday Matinee w/Popcorn
6p Phase 10

30

9:30a Sit To Fit & Active
1p Devotions w/ Chaplin Ray
3p Shake Loose a Memory
6p Checkers

31

March

Happy Birthday!
3-3 MaryJean
3-4 Mollie C.
3-8 Lena M.
3-13 Ben S.
3-23 Belva R.
3-28 John B.

