



Happiest of Birthdays to...

Carol Cunningham	March 13th
Marilyn Oliver	March 15th
Joyce Murtle	March 22nd
Eugene Steinkamp	March 22nd
Jim Lawless	March 26th

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Urbandale HAPPENINGS

MARCH

Looking back and moving ahead

Our **sweetheart dance** was a blast! Thank you to all who made the night possible including musicians Bill Connett and Joe Klinefelter. The sweetheart dance has become one of my favorite annual traditions at Bickford and in my 7 years at the Urbandale branch this was definitely the best. So many residents got up and danced, and those that didn't were clapping their hands and tapping their feet in time with the music.

March brings signs of spring, casino day, St. Patrick's Day, and the first day of baseball. We love visitors at Bickford of Urbandale. Come join in the fun on theme days or any day of the month.

Irish Blessing

May the road rise up to meet you.
 May the wind be always at your back.
 May the sun shine warm upon your face;
 the rains fall soft upon your fields and until we meet again,
 may God hold you in the palm of His hand.

--author unknown



Resident Spotlight Marilyn O'Brien



Marilyn (McGee) O'Brien was born on Easter Sunday, April 1, 1945, in Melrose, Iowa.

Marilyn grew up in Melrose and graduated from Albia High School in 1962. She attended Ottumwa Heights, Northeast Missouri State, and received her degree in Education from William Penn University. She later received her Masters in English from Drake University.

Marilyn married David O'Brien (also from Melrose) on July 1, 1967. Marilyn and Dave had two children, John and Marcy. John was a Professor of Physics and Executive Vice-Dean of the University of Southern California School of Engineering. John died suddenly in 2017.

Marcy is an attorney in Windsor Heights. Marilyn and Dave were married until Dave's death in 2002. Marilyn taught junior and senior high school English in Indianola for twenty-five years and then was Curriculum Director for five years until her retirement in 2007. Following retirement, Marilyn volunteered in the parish office at Christ the King Church in Des Moines for ten years.

Through the years, Marilyn has enjoyed reading, playing the organ, and listening to her son's rock band music. She loves to travel and has visited around seventeen different countries. Marilyn loves having her grand-dog, Charlotte, visit her at Bickford.



Pictured right: Marilyn with her husband and their children
 Pictured below: Marilyn and her extended family

Irish Blessing

May joy and peace surround you,
 contentment latch your door,
 and happiness be with you now and bless you evermore!





10a Coffee Talk
1p Games
4p Church Service

1



9a Current Events
9:30a Exercise w/weights
10:15a Casino crafts
1p Angels Home Health
Community Classroom
2p Decorate for casino
day
4:15p Rosary with Kathy
6p Puzzles

8

9a Current Events
9:30a Exercise w/weights
10:15a Pictionary
1p Musician Dave Gray
2p Cookies, coffee, and
cards
4:15p Rosary with Kathy
6p Puzzles

9



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

3

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

10



Casino Fun
9a News and views
9:30a Stretching w/bands
10:15a Wheel of Fortune
1p Musician Maurice Jules
2p Casino Games
6p Checkers

4

9a News and views
9:30a Stretching w/bands
10:15a Giant Crosswords
1p General Store
2:30p Crafts
6p Checkers

11



9a Current Events
9:30a Group Exercise
10a Chaplain visit
10:30a Resident Council
1p Wheel of Fortune
2p Manicures/Men's Club
6p Kings Corner

5

9a Current Events
9:30a Group Exercise
10:30a Chaplain lunch
outing to the Greenbriar
2p Movie: Julie and Julia
6p Kings Corner

12



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

6

9a Current Events
9:30a QiGong
10:15a Bingo
12p Birthday cake
1p Bean Bag Baseball
3p Happy Hour
6p Movie

13



9a News and views
9:30a Group Exercise
10:15a Wheel of Fortune
1p Bickford Bakers
2p Walking Club
3p Refreshments
7p Lawrence Welk

7

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

14

10a Coffee Talk
1p Games
4p Church Service

15

9a Current Events
9:30a Exercise w/weights
10:15a Wheel of Fortune
1p General Store
2:30p Decorate for St.
Patrick's Day
6p Puzzles

16

St. Patrick's Day
9a Current Events
9:30a Group Exercise
10a Bible Study
10:30a Irish Trivia
1p St. Patrick's party
2p Movie matinee
6p Adult Coloring

17

9a News and views
9:30a Stretching w/bands
10:15a Pictionary
1p Bean Bag Baseball
1p Massage with Ashley
2:30p Movie matinee
6p Checkers

18

9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Musician Luke Farland
2p Catholic Mass
2:30p Manicures/Men's
Club
6p Kings Corner

19

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

20

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

21

10a Coffee Talk
1p Games
4p Church Service

22

9a Current Events
9:30a Exercise w/weights
10:15a You be the judge
1p General Store
2:30p Baseball crafts
4:15p Rosary with Kathy
6p Puzzles

23

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

24

9a News and views
9:30a Stretching w/bands
10:15a Giant Crosswords
1p Bean Bag Baseball
2:30p Walking Club
3p Dice
6p Musician Milt Rhiner

25

First Day of Baseball
9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Musician Aaron
Shoemaker
2p Bean Bag Baseball
6p A League of their own

26

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

27

9a News and views
9:30a Group Exercise
10:15a Wheel of Fortune
1p Karaoke
2p Cookies and coffee
3p Walking Club
7p Lawrence Welk

28

10a Coffee Talk
1p Games
4p Church Service

29

9a Current Events
9:30a Exercise w/weights
10:15a Wheel of Fortune
1p Flutist Val
Wedgeworth
2p Cookies, coffee, cards
4:15p Rosary with Kathy
6p Puzzles

30

9a Current Events
9:30a Group Exercise
10a Bible Study
10:30a You be the judge
1p Bickford Bakers
2p Cookies, cards, coffee
6p Adult Coloring

31

March

