



Happiest of birthdays to...

Marilyn O'Brien
Sharon Hanson

April 1st
April 9th

Check us out online:

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



Always a good time



Photos:

top left: Hope, Charlotte, and Ron on outing to Target
top right: Diane and Sue dancing in the livingroom
bottom left: Don, Henry, and Terry enjoying a cup of coffee and conversation
bottom right: Carol, Janice, Clara, Charlotte, Ron, Mary Pat, Doris, Hope and Don at Flix



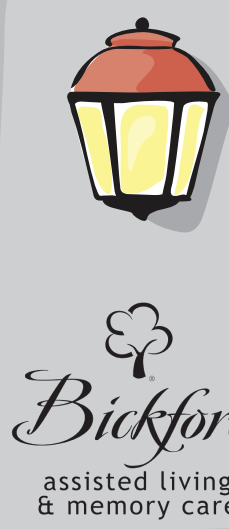
With love

After seven years at Bickford I am moving on. I want to thank each and every resident, family, and Bickford Family Member for touching my heart every day. I loved our time together and have so many cherished memories of good times. Over the years I have learned so much and you all have enriched my perspective and my life. I have been blessed to be your life enrichment coordinator and hope that I have enriched your lives half as much as you have enriched mine. Keep dancing in the livingroom.
With love, Mary Pat

Welcome Spring

As you know we are living in unprecedented times. A lineup of 6 different musical acts in the month of April at Bickford has gone to zero. We hope to move through this quickly and not have too much interruption to our lives. At this point we are continuing on with in house activities, but not taking residents out. Thank you all for your patience as we navigate these uncertain waters. Our hope is that soon we will be back at it and in full swing with spring.

O tenderest Love,
how we do fail
through our own folly
to avail
ourselves of You.
Cold,
we shun
Your warmth,
Your Sun;
dry
Your dew,
Your everflowing Spring;
and pressured much,
we miss Your gentle,
calming touch;
then wonder, "Why?"
O pitying Heart,
forgive
the pauper spirit
that would live
a beggar
at Your Open Gate
until its too late
--too late.
by Ruth Ball Graham



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April

9a News and views
 9:30a Group Exercise
 10:15a White board activity
 1p Balloon and noodle
 2p Trivia
 3p Refreshments
 4p Church Service 5

9a Current Events
 9:30a Exercise w/weights
 10:15a 20 questions
 1p Seated volleyball
 2:30p Resident Council
 4:15p Rosary with Kathy
 6p Puzzles 6

9a Current Events
 9:30a Group Exercise
 10a Bible Study
 10:30a Trivia
 1p Bickford Bakers
 2p Refreshments
 3p Walking Club
 6p Adult Coloring 7

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

9a Current Events
 9:30a Group Exercise
 10a Chaplain visit
 10:30a Dominos
 12p Birthday cake
 1p Wheel of Fortune
 2p Manicures
 6p Kings Corner 2

9a Current Events
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 2:30p On this day...
 3p Happy Hour
 6p Movie 3

9:30a Group Exercise
 1p Movie Matinee
 7p Lawrence Welk 4

Easter
 10a Coffee Talk
 1p Games
 4p Church Service 12

9a Current Events
 9:30a Exercise w/weights
 10:15a Cruise crafts
 1p General Store
 2:30p Decorate for Cruise day
 4:15p Rosary with Kathy
 6p Puzzles 13

9a Current Events
 9:30a Group Exercise
 10a Bible Study
 10:30a Wheel of Fortune
 1p Name that tune
 2p Manicures
 6p Adult Coloring 14

Cruise the Open Seas
 9a News and views
 9:30a Stretching w/bands
 10:15a Cruise trivia
 1p Passport photos
 2p visit ports
 3p The love boat
 6p Movie marathon 15

9a Current Events
 9:30a Group Exercise
 10a Chaplain visit
 10:30a Dominos
 1p Bickford Bakers
 2p Refreshments
 3p Walking Club
 6p Kings Corner 16

9a Current Events
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 2:30p On this day...
 3p Happy Hour
 6p Movie 17

9:30a Group Exercise
 1p Movie Matinee
 7p Lawrence Welk 18

10a Coffee Talk
 1p Games
 4p Church Service 19

9a Current Events
 9:30a Exercise w/weights
 10:15a 20 questions
 1p Seated volleyball
 2:30p Crafts
 4:15p Rosary with Kathy
 6p Puzzles 20

9a Current Events
 9:30a Group Exercise
 10a Bible Study
 10:30a Trivia
 1p Bickford Bakers
 2p Refreshments
 3p Walking Club
 6p Adult Coloring 21

9a News and views
 9:30a Stretching w/bands
 10:15a Pictionary
 1p Bean Bag Baseball
 2:30p Walking Club
 3p Cookies and coffee
 6p Dice 22

9a Current Events
 9:30a Group Exercise
 10a Chaplain visit
 10:30a Walking Club
 1p Wheel of Fortune
 2p Manicures/Men's club
 6p Kings Corner 23

9a Current Events
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 2:30p On this day...
 3p Happy Hour
 6p Movie 24

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 25

10a Coffee Talk
 1p Games
 4p Church Service 26

9a Current Events
 9:30a Exercise w/weights
 10:15a Crafts
 1p Balloon and Noodle
 2:30p Crafts
 4:15p Rosary with Kathy
 6p Puzzles 27

9a Current Events
 9:30a Group Exercise
 10a Bible Study
 10:30a Wheel of Fortune
 1p Name that tune
 2p Manicures
 6p Adult Coloring 28

9a News and views
 9:30a Stretching w/bands
 10:15a Giant Crosswords
 1p General Store
 2:30p Crafts
 3:30p Walking Club
 6p Checkers 29

9a Current Events
 9:30a Group Exercise
 10a Chaplain visit
 10:30a Dominos
 1p Bickford Bakers
 2p Refreshments
 3p Walking Club
 6p Kings Corner 30