



Happiest of Birthdays to...

Hope Spuzello	May 15th
Glada Carroll	May 24th
Nance Flemming	May 24th
Doris Williams	May 24th

Check us out Online!
www.bickfordseniorliving/urbandale
www.facebook.com/enrichinghappinessurbandale



Fun Moments From April!

A Letter From Our Director



Dear Bickford Families, We appreciate all of your patience and understanding during this difficult time. We want to assure you that we are continuously taking the best care of your family members here and as always are treating them like our own. Despite the current situation we are continuing to keep your loved ones active, healthy, and involved. We're providing exercise class twice daily and a snack and hydration cart three times a day. We will be posting frequently on our facebook page so please make sure to follow us for the

latest updates. We know you miss your family members very much and we are willing to do whatever it takes to help you bridge this temporary gap. We love you all and can't wait to have you back again soon!
 -Amanda

- Internal Updates**
Director- Amanda Skatter
Assistant Director- Courtney Gordon
Head RNC- Angie Peterson
Backup RNC- Tara Schwaderer
Admin Assistant- Dania Ryburn



Pictured Right: Walter politely asking Karen for some of her snack

Pictured Below: Marilyn meeting her grand-puppy for the first time through her apartment window

Spring Fever

With the arrival of spring we have been itching to spend more time outside! In April we had a handful of beautiful sunny days and we made the most of them!

In May we will be celebrating Derby Day, Cinco De Mayo, Mother's Day and Memorial Day!

Due to COVID-19 we will be celebrating Mother's Day a little differently this year. For those wishing to celebrate with their family members we invite you to come on Thursday May 7th for 'Mother's Day Window Chats!' Please bring a lawn chair and sit outside your mom's window to chat! We will be sending out more details about this special event in the coming weeks.



The saying 'April showers bring May flowers' has proven true with the snow and rain we got mid month. We can only hope that the 'May flowers' part rings true as well!



S

10a Coffee Talk
1p Games
4p Church Service

31

M

9a Current Events
9:30a Group Exercise
10a 20 questions
1p General Store
2:30p Resident Council
3:30p Walking Club
6p Puzzles

4

T

Cinco de Mayo
9a Current Events
9:30a Group Exercise
10a Bible Study
10:30a Trivia
1p Crafts
2:30p Fiesta
3:30p Salsa Dancing

5

W

9a News and views
9:30a Stretching
10:15a Pictionary
1p Mother's Day Craft
2p Manicures/ Men's Club
2:30p Refreshments
3:30p Group Exercise
6p Dice

6

T

9a Current Events
9:30a Group Exercise
10a Chaplain Time
10:30a Wheel of Fortune
1p Mother's Day
Window Chats
6p Kings Corner

7

F

9a Current Events
9:30a QiGong
10:15a Bingo
1p On This Day...
1:30p Walking Club
2p Giant Connect 4
3p Happy Hour
6p Watch Big

1

S

Kentucky Derby Day
9a Current Events
9:30a Group Exercise
10:15a Derby Trivia
1p Derby Race
2p Mint Juleps
3p Derby Watch Party
7p Lawrence Welk

2

10a Coffee Talk
1p Games
4p Church Service

3

9a Current Events
9:30a Group Exercise
10:15a Crafts
1p General Store
2:30p Milkshakes
3:30p Dance Party
6p Puzzles

11

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

12

9a News and views
9:30a Stretching
10:15a Giant Crosswords
1p Window Painting
2:30p Refreshments
3p Walking Club
6p Checkers

13

9a Current Events
9:30a Group Exercise
10a Chaplain Time
10:30a Trivia
1p Crafts
2p Manicures/Men's Club
2:30p Refreshments
3:30p Stretching

14

9a Current Events
9:30a QiGong
10:15a Bingo
1p On This Day
1:30p Walking Club
2p Giant Connect 4
3p Happy Hour
6p Watch Mrs. Doubtfire

15

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

9

Mother's Day
10a Coffee Talk
1p Games
4p Church Service
6p Adult Coloring

10

10a Coffee Talk
1p Games
4p Church Service

17

9a Current Events
9:30a Group Exercise
10:15a 20 Questions
1p You Be The Judge
2p Dance Party
2:30p Milkshakes
3p Card Games
6p Puzzles

18

9a Current Events
9:30a Group Exercise
10a Bible Study
10:30a Trivia
1p Name That Tune
2p Manicures/Men's Club
2:30p Refreshments
6p Adult Coloring

19

9a News and views
9:30a Stretching
10:15a Pictionary
1p General Store
2:30p Refreshments
3:30p Group Exercise
6p Dice

20

9a Current Events
9:30a Group Exercise
10a Chaplain Time
10:30a Wheel of Fortune
1p Decorate for Memorial Day
2:30p Refreshments
3p Walking Club
6p King's Corner

21

9a Current Events
9:30a QiGong
10:15a Bingo
1p On This Day
1:30p Walking Club
2p Giant Connect 4
3p Happy Hour
6p Watch The Blind Side

22

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

23

10a Coffee Talk
1p Games
4p Church Service

24

Memorial Day
9a Current Events
9:30a Exercise
10a Memorial Day Trivia
1p Patriotic Name That Tune
2p Memorial Day Craft
3p Refreshments
6p Movie- Top Gun

25

9a Current Events
9:30a Group Exercise
10a Bible Study
10:15a Wheel of Fortune
1p Bickford Bakers
2:30p Refreshments
3p Walking Club
6p Adult Coloring

26

9a News and views
9:30a Stretching
10:15a Giant Crosswords
1p Art Appreciation
2:30p Refreshments
3p Walking Club
6p Checkers

27

9a Current Events
9:30a Group Exercise
10a Chaplain Time
10:30a Trivia
1p I spy/Scavenger Hunt
2p Manicures/Men's Club
2:30p Refreshments
3:30p Stretching
6p King's Corner

28

9a Current Events
9:30a QiGong
10:15a Bingo
1p Giant Connect 4
Tournament
2:30p Walking Club
3p Happy Hour
6p Watch The Holiday

29

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

30

May