



Resident Spotlight of the Month goes to Marla Paul
 Marla was born August 31, 1938 to Dorothy and Cliff. She grew up with her 5 siblings here in Des Moines, Iowa. Marla married John Paul and the couple raised 5 children together. Marla loves being a mother and grandmother, she told me that raising her kids brought her great joy! She loves to spend time with people and is a social butterfly.

When I asked Marla what she enjoys most about living here at Bickford she said, " I have met some really great people here, they make me laugh and they remind me that you are never to old to dance!"



BFM Spotlight



Alexis has a daughter Katilyn and a son Jaxson. Alexis enjoys taking the kids to Adventureland, going on bike rides, hiking and swimming.

When I asked Alexis what her favorite part about working here at Bickford was she said, "The optimistically warm culture that you get from our BFMs and the focus we have for resident cares and resident experience."

Banana Split Cart



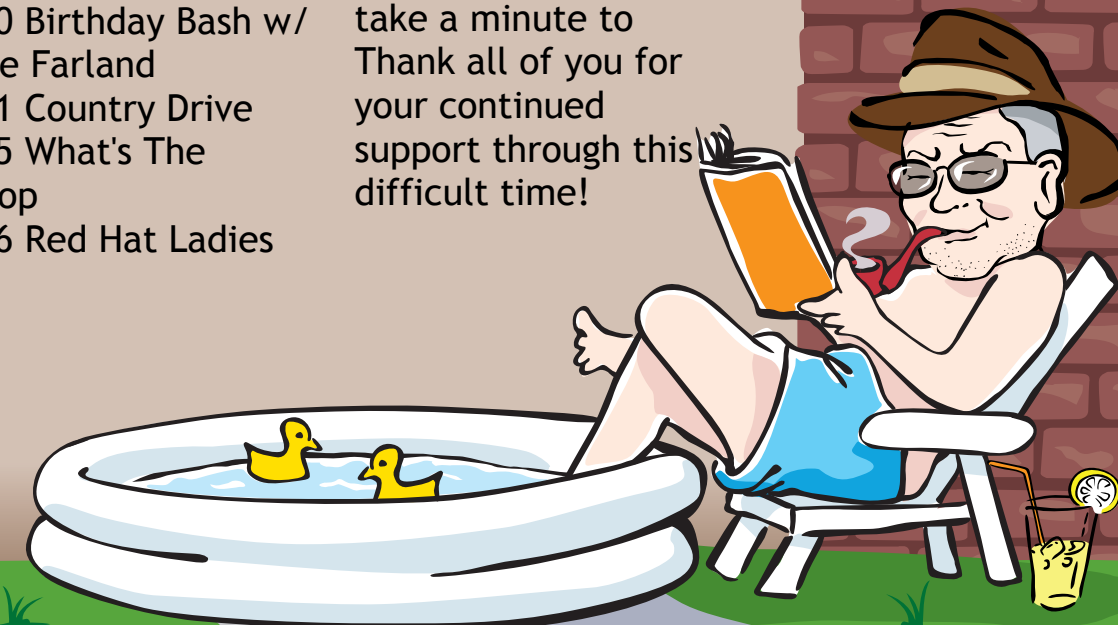
Save The Dates!

- 8-3 Happy Hour w/ Dave Gray
- 8-4 Scavenger Hunt
- 8-5 Pie Eating Contest
- 8-6 Fair Food Social
- 8-7 Country Drive
- 8-7 Pie Face
- 8-11 Resident Council
- 8-13 Ice Cream Social
- 8-15 Piano Time w/ Meara Moore
- 8-17 Social Hour w/ Al & Roger
- 8-18 Glitz & Glam Social Hour
- 8-20 Birthday Bash w/ Luke Farland
- 8-21 Country Drive
- 8-25 What's The Scoop
- 8-26 Red Hat Ladies

We are currently working on our Wall of Honor. We need photos of our men & women who have served!

If you can email me a photo or bring in a copy we will do the rest! Thank you so much for helping us honor our veterans.

We just wanted to take a minute to Thank all of you for your continued support through this difficult time!



Please welcome the newest addition to our Bickford family, Alexis Morrow. Alexis is the new Director here at Bickford. Alexis was born June 22nd in Michigan and grew up in Wisconsin. Alexis is the oldest of 13 children. She is a small town country girl. She went to college for business administration and cross cultural studies.



9:30 Chair Exercises w/Current Events
10:30 Phase 10
1:00 BINGO
2:30p Church
6:00 Activity Pack

30

9:30 Chair Yoga w/Daily News
10:30 Brain Games
1:00 Wii Bowling
3:00 Monday Matinee
6:00 Coloring Club
Lyle & Marla B-day

31

Happy Birthday!
8-26 - Ron
8-31 - Marla
8-31- Lyle



August

9:30 Sweet Treats w/ Shannon
10:30 Giant Jenga
1:00 Creative Corner
3:00 Card Club
6:00 Lawrence Welk

1

9:30 Chair Exercises w/Current Events
10:30 Group Word Search
1:00 BINGO
2:30 Church
6:00 Puzzle Club

2

9:30 Chair Yoga w/Daily News
10:00 Washer Toss
1:00 Reading Group
3:00 Happy Hour w/ Dave Gray
6:00 Card Club

3

9:30 Morning Exercise
10:30 Shake Loose a Memory
1:00 Devotions
3:00 Fair Day Scavenger Hunt
6:00 Yahtzee

4

9:30 Sit to be Fit w/Daily Chronicle
10:30 Cooking Club
1:00 Trivia Hour
3:00 Pie Eating Contest
6:00 Checkers

5

County Fair Day
9:30 Morning Warm Up w/ Daily Perk
10:30 Cornhole
1p Bible Study
3:00 Fair Food Social
6:00 Fair History

6

9:30 Staying Fit & Active
10:30 Country Drive
1:00 Fancy Fingers & Spa Day
3:00 Pie Face (Game)
6:00 UNO

7

9:30a Bagels & Brew w/ Daily News
10:30 Goup Crossword
1:00 Creative Corner
3:00 Coloring Club
6:00 Lawrence Welk

8

9:30 Chair Exercises w/Current Events
10:30 Ball Toss
1:00 BINGO
2:30 Church
6:00 Activity Pack

9

9:30 Chair Yoga w/Daily News
10:30 Brain Games
1:00 S'mores n More
3:00 Monday Matinee
6:00 Group Crossword

10

9:30 Morning Exercise
10:30 Resident Council w/Alexis
1:00 Devotions
3:00 Bean Bag Baseball
6:00 Coloring Group

11

9:30 Sit to be Fit w/Daily Chronicle
10:30 Tea Time
1:00 BINGO
3:00 Wine & Cheese
6:00 Group Word Search

12

9:30 Morning Warm Up w/ Daily Perk
10:30 Finish That Phrase
1:00 Bible Study
3:00 Ice Cream Social
6:00 Puzzle Club

13

9:30 Staying Fit & Active
10:30 Daily News
1:00 Fancy Fingers & Spa Day
3:00 Washer Toss
6:00 Sorry (Game)

14

9:30 Sweet Treats w/ Shannon
10:30 Piano Time w/ Meara Moore
1:00 Creative Corner
3:00 Walking Club
6:00 Lawrence Welk

15

9:00 Chair Exercises w/Current Events
10:30 Balloon Volleyball
1:00 BINGO
2:30 Church
6:00 Patio Time

16

9:00 Chair Yoga w/Daily News
10:00 Social Hour w/Al & Roger
1:00 Book Club
3:00 Monday Matinee
6:00 Activity Pack

17

Hollywood Day
9:30 Morning Exercise
10:30 Hollywood History
1:00 Devotions
3:00 Glitz & Glam
6:00 UNO

18

9:30 Sit to be Fit w/Daily Chronicle
10:30 Craft Creations
1:00 Hall Bowling
3:00 Group Crossword
6:00 Phase 10

19

9:30 Morning Warm Up w/ Daily Perk
10:30 Brain Games
1:00 Bible Study
3:00 Birthday Bash w/Luke Farland
6:00 King's Corner

20

9:30 Staying Fit & Active
10:30 Country Drive
1:00 Fancy Fingers & Spa Day
3:00 Wii Games
6:00 Old Maid

21

9:30 Muffins & More w/ Current Events
10:30 Shake Loose a Memory
1:00 Creative Corner
3:00 Walking Club
6:00 Lawrence Welk

22

9:30 Chair Exercises w/Current Events
10:30 Bean Bag Baseball
1:00 BINGO
2:30 Church
6:00 War

23

9:30 Chair Yoga w/Daily News
10:30 Coloring Club
1:00 Massages w/ Shannon
3:00 Monday Matinee
6:00 Checkers

24

9:30 Morning Exercise
10:30 Operation
1:00 Devotions
3:00 What's The Scoop?
6:00 Puzzle Club

25

9:30 Sit to be Fit w/Daily Chronicle
10:30 Brain Games
1:00 BINGO
3:00 Red Hat Ladies
6:00 Sorry (Game)
Ron's Birthday

26

9:30 Morning Warm Up w/ Daily Perk
10:30 Shake Loose a Memory
1:00 Bible Study
3:00 Finish the Phrase
6:00 Puzzle Pack

27

9:30 Staying Fit & Active
10:30 Canvis Painting
1:00 Fancy Fingers & Spa Day
3:00 Trivia Hour
6:00 Card Club

28

9:30 Sweet Treats w/ Shannon
10:30 Trivia
1:00 Creative Corner
3:00 Bernice Shannon
6:00 Lawrence Welk

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