



Happiest of Birthdays to...

- Clara Flattery 2nd
- Ruth Richards 7th
- Shirley Doggett 9th
- Charles Carnes 15th
- John Scott 16th
- Charlotte Sheldon 27th
- Sue Helmick 29th
- Lola Carson 30th



Spooky Season

We are so excited for the festive and fun events we have planned for October!

Continuing in Bickford Halloween tradition we are having our annual **Pet Costume Contest** on Thursday, October 22nd. We welcome you to bring your pet in costume to our front lawn for all the residents to see. We will vote on which costumes we like the best and the winners will get a prize!

Our Musician lineup for this month includes **Dave Gray** on October 5th and the country stylings of **Luke Farland** on the 11th. **Val Wedgeworth** will play some flute music on the 19th and **Jim Quales** will both start and end our month on the 1st and 29th. We are so thrilled with how many performers we have had lately!

With many themed activities leading up to it, our **Halloween Party** will be on the 30th. There will be some games, snacks and drinks! Our costume contest and some other Halloween festivities will be on Saturday, October 31st.

We are going on 2 outings this month. On **Family History Day** we are taking a drive around Des Moines and surrounding areas to **visit our roots!** We will also be visiting **Sherman Hill** to see all of the spooky decorated houses!

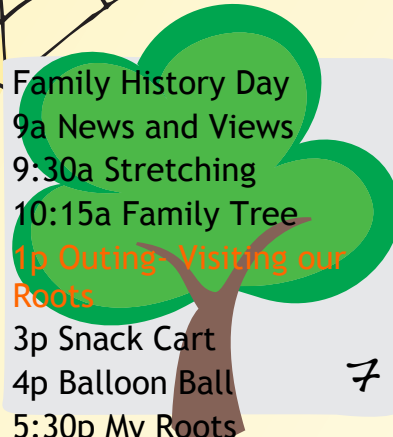


Picture Perfect Moments

Welcome to the 50's



October



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

9a Current Events
9:30a Exercise Weights
10a Resident Council
1p Music- Dave Gray
2p Cookies & Coffee
3p General Store
4p Walking Club
4:15p Rosary with Kathy⁵
5:30p Courtyard Tunes

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Trivia
2p Manicures/Men's Club
3p Snack Cart
6p Adult Coloring
6

Family History Day
9a News and Views
9:30a Stretching
10:15a Family Tree
1p Outing- Visiting our Roots
3p Snack Cart
4p Balloon Ball
5:30p My Roots
7

9a Current Events
9:30a Group Exercise
10:15a Music- Jim Quales
1p Bible Study
2p Manicures/Men's Club
3p Snack Cart
6p Kings Corner
1

9a Current Events
9:30a Relaxation & Breathing
10:15a Bingo
1p On This Day
2p Wii Golf - \$
3p Happy Hour
6p Movie
2

9a Current Events
9:30a Group Exercise
10:15a Whiteboard Games
1p Balloon Ball
2p Make Pumpkin Bread
3:15p Snack Cart
7p Lawrence Welk
3

10a Coffee Talk
1p Games
11

9a Current Events
9:30a Exercise Weights
10:15a Wheel of Fortune
1p On This Day
2p Jokes and Java
3p Snack Cart
4p Beach Ball
4:15p Rosary with Kathy¹²
5:30p Blow Bubbles

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Decorate for Halloween
2p Giant Connect 4
3p Snack Cart
4p Walking Club
5:30p Name the Candy
13

9a News and Views
9:30a Stretching
10a Hangman
10:30a Mass
1p Door Decorating Contest
3p National Chocolate Covered Pretzel Day
6p Dice
14

9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Music- Luke Farland
2p I Love Lucy Trivia
3p Snack Cart
4p Hand Massages
5:30p Karaoke - \$
15

9a Current Events
9:30a Relaxation & Breathing
10:15a Bingo
1p Target Shopping Trip
3p Happy Hour
4p Courtyard Tunes
5:30p Balloon Ball
16

9a Current Events
9:30a Group Exercise
10:15a Giant Crosswords
1p Spelling Bee
2p Snacks and Stories
3p Walking Club
7p Lawrence Welk
17

10a Coffee Talk
1p Games
18

9a Current Events
9:30a Exercise Weights
10:15a Music Bingo
1p Music- Val Wedgeworth
2p Cookies and Coffee
3p Walking Club
4:15p Rosary with Kathy¹⁹
6p Puzzles

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Wii Golf
2p Movie- Hocus Pocus
3:30p Snack Cart
4p Beach Ball
5:30p Courtyard Chats²⁰

9a News and Views
9:30a Stretching
10:15a Giant Crosswords
1p Halloween Craft
2p Manicures/Men's Club
3p Snack Cart
6p Dice
21

9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Pet Costume Contest
3p Puppy Chow
4p Hand Massages
5:30p Pictionary
22

9a Current Events
9:30a Relaxation & Breathing
10:15a Bingo - \$
1p Name That Tune
2:30p October Birthday Party!!
6p Movie
23

9a Current Events
9:30a Group Exercise
10:15a Wheel of Fortune
1p Trivia
2p Bowling Tournament
3p Snack Cart
7p Lawrence Welk
24

10a Coffee Talk
1p Games
25

Pajama Day
9a Current Events
9:30a Exercise Weights
10:15a Wii Bowling
1p Spa Day
3p Snack Cart
4p Back Massages
4:15p Rosary with Kathy²⁶
5:30p Dance Party

Favorite Color Day
9a Current Events
9:30a Group Exercise
10a Bible Study
1p Pumpkin Decorating
2:30p Candy Walk
3p Snack Cart
4p Balloon Ball
5:30p Trivia Night
27

Beach Day
9a News and Views
9:30a Stretching
10:15a Hangman
1p Halloween Outing- Sherman Hill
3p Snack Cart
4p Courtyard Convos
5:30p Guess the Food
28

Sports Day
9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Music- Jim Quales
2p Manicures/Men's Club
3p Snack Cart
6p Kings Corner
29

Costume Day
9a Current Events
9:30a Deep Breathing
10:15a Bingo
1p Trick or Treating - \$
2p Halloween Party & Happy Hour
4p Hand Massages
5:30p Name That Tune
30

Halloween
9a News and Views
9:30a Group Exercise
10:15a Halloween Trivia
1p Vote on Best Costume
2p Halloween Coloring
3p Snack Cart
7p Halloween Movie
31