



Dementia Support Group for Families

We know this is an unprecedented time. Please join us outside the building in the parking lot at Bickford of West Des Moines for an opportunity for families of loved ones with dementia to connect and support one another. Bring your lawn chair. We will provide a beverage and cookies!

Thursday, October 8th
3:00 pm - 4:00 pm



West Des Moines

HAPPENINGS

OCTOBER

Let Me Introduce Myself...



band director for Ankeny Public schools, and I have a dog, Lady, who will occasionally visit the residents. I sing, do a variety of art, and play French horn. I have a background in Music Education, teaching ESL, Production Management, Customer Service, and Early Childhood Education. As the Life Enrichment Coordinator, I will strive everyday to enrich the lives of the residents at Bickford Senior Living, to see their most divine potential, even with obstacles and impairments in their way. I will strive that they too can see how wonderful, valued, dignified, and divine individuals they truly are.



My name is Karin Price, and I am the new Life Enrichment Coordinator at Bickford Senior Living! I currently live with my family in Ankeny. I have three children who are 9, 6, and 4. I have been married for almost 12 years to my husband, Marcus, a

"Song of the Witches" - Shakespeare

Double, double toil and trouble;

Lizard's leg and howlet's wing,

Fire burn and caldron bubble.

For a charm of powerful trouble,

Fillet of a fenny snake,

Like a hell-broth boil and bubble.

In the caldron boil and bake;

Double, double toil and trouble;

Eye of newt and toe of frog,

Fire burn and caldron bubble.

Wool of bat and tongue of dog,

Cool it with a baboon's blood,

Adder's fork and blind-worm's sting,

Then the charm is firm and good.

Adder's fork and blind-worm's sting,



October



Family History Day

9a Sit to be Fit
10a Journal Decorating
1p "Where in the World..."
3p Journaling Club
6p Coloring Club

7

9a Sit and Stretch
10a Patio Time
2:30p Church
3:30 Focus on the Family
6p Television from the Past

4

9a Chair Yoga w/Daily News
10a Music Monday
2p Set-up Movie Matinee
3p Movie Matinee-As Good As It Gets
6p Trivia

5

9a Morning Exercise
10a Travel to Egypt
1p Hour with the Chaplin
3p Social Hour
6p Crossword

6

9a Morning Warm Up w/ Daily Perk
10a Fun with Food-Chocolate Chip Cookies
1p Hour with the Chaplin
2:30p Country Drive
6p Word Search

1

9a Walking Club
10:30a "Best Smile Contest"
1:30p Fancy Fingers & Spa Day
3p Ring Toss Tournament
6p Big Word Small Word

2

9a Walking Club
10a Sing-Along with Trista
1p Creative Corner
3p Sports of the Past
6p Lawrence Welk

3

9a Sit and Stretch
10a Patio Time
2:30p Church
3:30 Focus on the Family
6p Television from the Past

11

9a Chair Yoga w/Daily News
10a Music Monday
2p Set-up Movie Matinee
3p Monday Matinee-The Addams Family
6p Trivia

12

9a Morning Exercise
10a Travel to China
1p Hour with the Chaplin
3p Social Hour
6p Crossword

13

9a Sit to be Fit w/Daily Chronicle
10a Apple Suncatchers
1p Helping Hands Club
3p Journaling Club
6p Coloring Club

14

9a Morning Warm Up w/ Daily Perk
10a BINGO
1p Hour with the Chaplin
3p Country Drive
6p Word Search

15

9a Walking Club
10a Fun with Food-Apple Turnovers
1:30p Fancy Fingers & Spa Day
3p Catch the Apple
6p Big Word Small Word

16

9a Walking Club
10a Sing-Along with Trista
1p Creative Corner
3p Sports of the Past
6p Lawrence Welk

17

9a Sit and Stretch
10a Patio Time
2:30p Church
3:30 Focus on the Family
6p Television from the Past

18

9a Chair Yoga w/Daily News
10a Music Monday
2p Set-up Movie Matinee
3p Monday Matinee-Nightmare Before Christmas
6p Trivia

19

9a Morning Exercise
9a Flu Shots w/ Liz
10a Travel to England
1p Hour with the Chaplin
2p Door Decorating
3p Social Hour
6p Crossword

20

9a Sit to be Fit w/Daily Chronicle
10a Leaf Printing
1p Helping Hands Club
3p Journaling Club
6p Coloring Club

21

9a Morning Warm Up w/ Daily Perk
10a Decorate for Halloween
1p Hour with the Chaplin
3p Country Drive
6p Word Search

22

9a Walking Club
10a Fun with Food-Ghost Strawberries
1:30p Fancy Fingers & Spa Day
3p Halloween Pictionary
6p Big Word Small Word

23

9a Walking Club
10a Coffee, Donuts, and Remineisce
1p Creative Corner
3p Sports of the Past
6p Lawrence Welk

24

9a Sit and Stretch
10a Patio Time
2:30p Church
3:30 Focus on the Family
6p Television from the Past

25

9a Chair Yoga w/Daily News
10a Fun with Food-Pumpkin Bars
2p Set-up Movie Matinee
3p Monday Matinee-Hocus Pocus
6p Trivia

26

9a Morning Exercise
10a Travel to Germany
1p Hour with the Chaplin
3p Social Hour
6p Crossword

27

9a Sit to be Fit w/Daily Chronicle
10a Pumpkin Panting
1p Helping Hands Club
3p Journaling Club
6p Coloring Club

28

9a Morning Warm Up w/ Daily Perk
10a BINGO
1p Hour with the Chaplin
3p Country Drive
6p Word Search

29

9a Walking Club
10a Music Friday
1:30p Fancy Fingers & Spa Day
3p Pumpkin Bowling
6p Big Word Small Word

30

Halloween
9a Walking Club
10a Sing-A-Long w/ Trista
1p Halloween Social
3pm Sports of the Past
6p Lawrence Welk

31