

Dementia Support Group for Families

We know this is an unprecedented time. Please join us at Valley Church in the Community Center, for an opportunity for families of loved ones with dementia to connect and support one another. We will provide a beverage and cookies! Thursday, December 3rd, 3:00 pm - 4:00 pm.

Please RSVP to Alexis Morrow at alexis.morrow@bickfordseniorliving.com, or to Karin Price at westdesmoineslec@bickfordseniorliving.com, by November 30th.



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 to my husband, Marcus, a

Looking Ahead...

If you see \$ on the Calendar, that is an opportunity to win Bickford Bucks! Be sure to come to the activity to win!

Karin and Trista will do the weekly shopping trip on Wednesdays. Please have your shopping list to them by Tuesday, every week.

November 4th-Time with the Director @ 10am

November 13th- Country Drive @ 9:30am

November 6th- Puzzles with Lucas @ 3:30pm

November 13th- Puzzles with Lucas @ 3:30pm

November 9th- "Dog-Gone Good Time" with Brute @ 10:30am

November 20th- Puzzles with Lucas @ 3:30pm

November 9th- Happy Hour with Dave Grey! @ 3pm

November 26th- Thanksgiving Day!

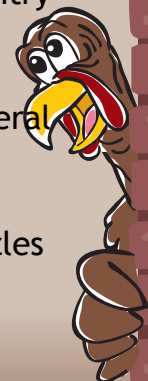
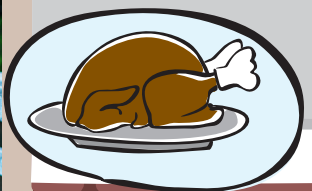
November 11th- Veteran's Day Program @ 10am

November 27th- Country Drive @ 9:30am

November 12th- Resident Council @ 10am

November 27th- General Store! @ 2:30pm

November 27th- Puzzles with Lucas @ 3:30pm





9:30a Sit & Stretch
10a Patio Time
2:30p Church
3:30p Focus on Family
6p TV Classics

1



9:30a \$ Chair Yoga w/
Daily Chronicle
10a Music Monday
1:30p Set-up Movie
Matinee
2p Movie Matinee
6p Trivia

2



9:30a \$ Morning Exercise
w/DSM Register
10a "Travel to the
Netherlands"
1p Hour with the Chaplin
3p Social Hour w/ Wii
Games
6p Daily Crossword

3



9:30a \$ Sit to be Fit
w/Daily Chronicle
10a \$ Time with the
Director
11:30a Grocery Trip
2p Helping Hands Club
3p Journaling Club
6p Coloring Club

4



9:30a \$ Morning Warm
Up w/ Daily Perk
10a Wii Games
1:30p Hymn Sing
3p \$ BINGO
6p Word Search

5



9:30a \$ Walking Club
10a Poppy Wreath
1:30p Fancy Fingers &
Spa Day
3:30p Puzzle Time w/
Lucas
6p Big Word Small
Word

6



9:30a Walking Club
10a Coffee, Donuts,
and Remineisce
1:30p Creative Corner
3p Board/Card Games
6p Lawrence Welk

7

9:30a Sit & Stretch
10a Patio Time
2:30p Church
3:30p Focus on Family
6p TV Classics

8

9:30a \$ Chair Yoga w/
Daily Chronicle
10a Music Monday
10:30a \$ "Dog-Gone Good
Time" w/Brute
3p Happy Hour w/ Dave
Grey
6p Trivia

9

9:30a \$ Morning Exercise
10a "Travel to Australia"
1:30p Hour with the
Chaplin
2p Set-up Movie Matinee
2:30p Movie Matinee
6p Daily Crossword

10

9:30a \$ Sit to be Fit
w/Daily Chronicle
10a Veteran's Day
Program
11:30a Grocery Trip
2p \$ Helping Hands Club
3p Journaling Club
6p Coloring Club

11

9:30a \$ Morning Warm
Up w/ Daily Perk
10a \$ Resident Council
1:30a Hymn Sing
3p \$ BINGO
6p Word Search

12

9:30a \$ Walking Club
9:30am Country Drive
10a Fancy Fingers &
Spa Day
1:30p \$ Fun with Food
3:30p Puzzle Time w/
Lucas
6p Big Word Small
Word

13

9:30a Walking Club
10a Coffee, Donuts,
and Remineisce
1:30p Creative Corner
3p Board/Card Games
6p Lawrence Welk

14

9a Sit & Stretch
10a Patio Time
2:30p Church
3:30p Focus on Family
6p TV Classics

15

9:30a \$ Chair Yoga w/
Daily Chronicle
10a Music Monday
1:30p \$ Set-up Movie
Matinee
2p Movie Matinee
6p Trivia

16

9:30a \$ Morning
Exercise
10a "Travel to Mexico"
1:30p Hour with the
Chaplin
3p Social Hour w/ Wii
Games
6p Daily Crossword

17

9:30a \$ Sit to be Fit
w/Daily Chronicle
10a
11:30a Grocery Trip
2p \$ Helping Hands Club
3p Journaling Club
6p Coloring Club

18

9:30a \$ Morning Warm
Up w/ Daily Perk
10a Wii Games
1:30p Hymn Sing
3p \$ BINGO
6p Word Search

19

9:30a \$ Walking Club
10a Fancy Fingers &
Spa Day
1:30p \$ Fun with Food
3:30p Puzzle Time w/
Lucas
6p Big Word Small
Word

20

9:30a Walking Club
10a Coffee, Donuts,
and Remineisce
1:30p Creative Corner
3p Board/Card Games
6p Lawrence Welk

21

9a Sit & Stretch
10a Patio Time
2:30p Church
3:30p Focus on Family
6p TV Classics

22

9:30a \$ Chair Yoga w/
Daily Chronicle
10a "Macy's Thanksgiving
Day Parade"
1:30p \$ Set-up Movie
Matinee
2p Movie Matinee
6p Trivia

23

9:30a \$ Morning Exercise
10a Travel back to the
"First Thanksgiving."
1:30p Hour with the
Chaplin
3p \$ The Price is Right!
6p Daily Crossword

24

9:30a \$ Sit to be Fit
w/Daily Chronicle
10a Turkey Centerpieces
11:30a Grocery Trip
2p \$ Helping Hands Club
3p Journaling Club
6p Coloring Club

25

Thanksgiving
9:30a Morning Warm
Up w/ Daily Perk
10a Hymn Sing
1:30p \$ BINGO
3p Remineisce "Macy's
Thanksgiving Day
Parade"
6p Word Search

26

9:30a \$ Walking Club
9:30a Country Drive
10a Fancy Fingers & Spa
Day
1:30p \$ Fun with Food
2:30 General Store
3:30p Puzzle Time w/
Lucas
6p Big Word Small
Word

27

9:30a Walking Club
10a Coffee, Donuts,
and Remineisce
1:30p Creative Corner
3p Board/Card Games
6p Lawrence Welk

28

9a Sit & Stretch
10a Patio Time
2:30p Church
3:30p Focus on Family
6p TV Classics

29

9:30a \$ Chair Yoga w/
Daily Chronicle
10a Music Monday
1:30p \$ Set-up Movie
Matinee
2p Movie Matinee
6p Trivia

30

November

