

## 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](mailto:alexis.morrow@bickfordseniorliving.com), or to Karin Price at [westdesmoineslec@bickfordseniorliving.com](mailto:westdesmoineslec@bickfordseniorliving.com), by November 30th.

**ST. CROIX**  
HOSPICE

# West Des Moines HAPPENINGS

NOVEMBER

## 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

## News from Mary B's!

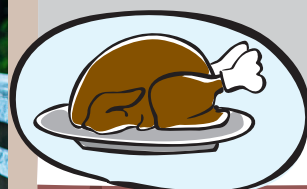
We are sure busy bees back in Mary B's! We our keeping our hands and minds active! The calendar attached is subject to change, based off of the needs of the residents we are attending too, so if you have any questions pertaining to the events in the calendar, please reach out to Karin LEC, or Trista LEA, at [westdesmoineslec@bickfordseniorliving.com](mailto:westdesmoineslec@bickfordseniorliving.com). Once we are able, we will love you to join your family member in these fun and engaging activities! COVID dependant of course. Otherwise, be sure to watch on our Blog

and on our Facebook page, to see pictures of your family member and what they are up to!

See you soon!  
-Karin and Trista



**Bickford**  
assisted living  
& memory care





9:30a Make Fruit Pizza  
10:30a Toss a Ball  
1:30p Popsicles Outside  
3p Devotional  
6p Iron

1



9:30a Window Painting  
10:30a Organize Tackle Box  
1:30p Guess the Scent  
3p Reminisce...  
6p Wallhooky

2



9:30a Arrange Fresh/Artificial Flowers  
10:30a Spelling Bee  
1:30p Pet Therapy  
2p Time with Chaplin Ray  
3p Sand Wood  
6p Balloon Toss

3



9:30a Bake Banana Bread  
10:30a Board Game  
1:30p Invite Children to Decorate Cookies (COVID dependant)  
3p Fold Napkins  
6p Wii Games

4



9:30a Make Roy Rogers' and Shirley Temples'  
10:30a Remember Mama  
1:30p Bunny Hop  
3p Mend Clothes  
6p Travel to Germany

5



9:30a Stamp Collecting  
10:30a Repair Watch  
1:30p Massage Therapy  
3p Make Bacon Wrapped Pineapple  
6p Nerf Basket Ball

6



9:30a Make Salsa  
10:30a Organize Purses and Wallets  
1:30p Beauty Hour  
3p Finish Nursery Rhymes  
6p Noodle Baseball

7

9:30a Guided Relaxation on the Patio (weather permitting)  
10:30a Punch Ball  
1:30p Board Game  
3p Plant Seeds  
6p Polish Wood

8

9:30a Sort Buttons  
10:30a Fill Bird Feeder  
1:30p Take a Walk  
3p Weaving Fabric  
6p Board Game

9

9:30 Make Fresh Fruit Salad  
10:30a Trivia Game  
1:30p Volleyball and the News  
2p Time with Chaplin Ray  
3p Peel Oranges  
6p Travel to Africa

10

**Veteran's Day**  
9:30a Bake Brownies  
10:30a Write Letters  
1:30p Roll Yarn Into a Ball  
3p Ring Toss  
6p Hangman

11

9:30a Rise and Shine  
10:30a Board Game  
1:30p Massage Therapy  
3p Make Turtle Candy  
6p Seated Exercise

12

9:30a Sort Coins  
10:30a Set the Table  
1:30p Balloon Volleyball  
3p Make Jell-O  
6p Nail Polish

13

9:30a Finish Famous Bible Quotes  
10:30a Fix Broken Items  
1:30p Big Buck Hunt  
3p Make APple Turn-overs  
6p Card Game

14

9:30a Make Veggie Pizza  
10:30a Recipe Reminisce  
1:30p Lift Weights  
3p Organize Purses and Wallets  
6p How Good Can I Look?

15

9:30a Pass the Face  
10:30a Peel Oranges  
1:30p Card Game  
3p Paint with String  
6p Wii Games

16

9:30a Make Trail Mix  
10:30a Crossword Puzzles  
1:30p Bunny Hop  
2p Time with Chaplin Ray  
3p Rise and Shine  
6p Board Game

17

9:30a Balance Exercise  
10:30a Wipe Off Tables  
1:30p Old Favorites Sing A Long  
3p Make Puppy Chow  
6p Share How we Met Stories

18

9:30a Make Fall Door Decorations  
10:30a Finish the Phrase  
1:30p Travel to China  
3p Roll Yarn into a Ball  
6p Noodle Baseball

19

9:30a Tai Chi  
10:30a Snapping Beans  
1:30p Luau Party  
3p Stamping  
6p Look at Family Photos

20

9:30a Take a Walk  
10:30a Name that Tune  
1:30p Mom Said...  
3p String Cheerios to Hang for Birds  
6p Polish Shoes

21

9:30a Chicken Soup for the Soul  
10:30a Car Part Repair  
1:30p Pop Popcorn  
3p Make a Rootbeer Float  
6p Wii Games

22

9:30a Bake Muffins  
10:30a Sort Socks  
1:30p Food Tastings  
3p Spring Flowers  
6p Macarena

23

9:30a Make Homemade Applesauce  
10:30a Balance Exercises  
1:30p Hangman  
2p Time with Chaplin Ray  
6p Clip Coupons

24

9:30a Peel Oranges  
10:30a Paracute  
1:30p Camp Fire Songs  
3p Pinecone Birdfeeder  
6p Spelling Bee

25

**Thanksgiving**  
9:30a Finger-Painting  
10:30a Famous Faces  
1:30p Wash Silverware  
3p Penny Toss  
6p Nail Polish

26

9:30a Take a Walk  
10:30a Gift Wrapping  
1:30p Jigsaw Puzzle  
3p Fold Clothes  
6p Card Game

27

9:30a Volleyball and the News  
10:30a Put Silverware Away  
1:30p Stamp Collecting  
3p Travel to Louisiana  
5p Boxed Lunch

28

9:30a Read the Giving Tree  
10:30a Use Carpet Sweeper  
1:30p Card Game  
3p String Cheerios to Hang for Birds  
6p Ring Toss

29

9:30a Sew on a Button  
10:30a Finish Nursery Rhymes  
1:30p Horseshoes  
3p Paint Rocks  
6p Seated Exercises

30

# November

