



Happiest of Birthdays to...

Jim Haroldson
Pat Pommrehn
JoAn Johnson

7th
21st
23rd

Urbandale HAPPENINGS DECEMBER

November Novelties

RACK'd

Random Acts of Christmas Kindness has become a holiday tradition here at Bickford. The Activities Team with the help of the residents will be selecting 5 service projects to complete during the month of December. This will include choosing the organizations to give back to, selecting what method of service we want to gift them with, gathering supplies, and finally delivering the gifts/services we put together.

Christmas Spirit!

Although this year has been different and challenging, Christmas is always a heartwarming and joyful time of year at Bickford! We are excited that it is FINALLY here!

performing for us via livestream during our Holiday Party!

Due to current restrictions from the state and Bickford Branch Support, we are unable to invite family members to participate in the Holiday Party with us. We wish this weren't the case but we have a few surprises lined up to help make this Christmas a special one!

The most anticipated events this month include our **Winter Festival** on the 9th and our **Holiday Party** on the 22nd. The Winter Festival will have lots of fun games, winter trivia and snowflake making. Back by popular demand, Bill Connett will be

Some other exciting activities we have this month include **6 music performances**, **2 bus trips to see Christmas Lights**, **4 Christmas themed dress up days**, and our annual **RACK'd Campaign**. (Continued on back)



December

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10a Coffee Talk
1p Games
3p Snack Cart
6

9a Current Events
9:30a Exercise Weights
10a Wheel of Fortune
1p Target Shopping Trip
2:45pm Walking Club
3p Snack Cart
4:15p Rosary with Kathy
6p Puzzles **7**

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Music - Val Wedgeworth
2p Manicures/Men's Club
3p Snack Cart
6p Adult Coloring **8**

Winter Festival
9a News and Views
9:30a Stretching
10a Winter Pictionary & Trivia
1p Make Snowflakes
2:30p Winter Festival
6p Winter Coloring **9**

9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Rack'd
2p General Store
3p Snack Cart
6p King's Corner **10**

9a Current Events
9:30a Relaxation & Breathing
10:15a Bingo
1p Christmas Crafts
2:30p Walking Club
3p Happy Hour
6p Movie **11**

9a News & Views
9:30a Stretching
10:15a I Love Lucy Trivia
1p Name That Tune - \$
2p Candy Cane Crunch Milkshakes & Snack Cart
3:15p Walking Club
6p Lawrence Welk **12**

10a Coffee Talk
1p Games
3p Snack Cart
13

9a Current Events
9:30a Exercise Weights
10a Trivia
1p Christmas Mad Libs
2p Fireside Cocoa
3p Snack Cart
4p Hand Massages
4:15p Rosary with Kathy
5:30p Facials & Spa **14**

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Name That Tune
2p Watch White Christmas
3p Snack Cart
6p Adult Coloring **15**

9a News and Views
9:30a Stretching
10:15a Giant Crosswords
1p General Store
2:30p December B-Day
4p Balloon Ball
5:30p Christmas Caroling
5:45p Christmas Lights Bus Trip **16**

9a Current Events
9:30a Group Exercise
10a Chaplain visit
1p Music - Jim Quales
2p Manicures/Men's Club
3p Snack Cart
6p King's Corner **17**

9a Current Events
9:30a Relaxation & Breathing
10:15a Christmas Bingo
1p Deliver Rack'd Gifts
2:45p Walking Club
3p Happy Hour
6p Movie **18**

9a News & Views
9:30a Group Exercise
10:15a Giant Crosswords
1p Decorate Ornaments
2p Coffee and Christmas Traditions
2:30p Walking Club
3p Snack Cart
6p Lawrence Welk **19**

10a Coffee Talk
1p Games
3p Snack Cart
20

9a Current Events
9:30a Exercise Weights
10a Christmas Trivia
1p Music - Neil Hewitt
2p Bickford Bakers - Christmas Treats
4:15p Rosary with Kathy
6p Puzzles **21**

Christmas Sweater Day
9a Current Events
9:30a Group Exercise
10a Bible Study
1p Des Moines Symphony
3p Snack Cart
4p Holiday Party with Bill Connett **22**

Christmas PJ Day
9a News and Views
9:30a Stretching
10a Christmas Caroling
1p Christmas Movie & Popcorn
1:30p Manicures
3p Snack Cart
6p Dice **23**

Christmas Outfit Day
9a Group Exercise
9:30p Holiday Party Games and Photo Booth
1p Christmas Movie
6p King's Corner **24**

Christmas
9:30a Exercise Video
1p Movie - The Santa Clause
6p Christmas Coloring **25**

9:30a Group Exercise
3p Snack Cart
6p Lawrence Welk **26**

9a Current Events
9:30a Group Exercise
10a Boxing Day Facts
1p Uno
2p New Years Trivia
2:30p Walking Club
3p Snack Cart
27

9a Current Events
9:30a Exercise Weights
10a Wheel of Fortune
1p Target Shopping Trip
3p Snack Cart
4p Back Massages
4:15p Rosary with Kathy
5:30p "Snowball" Fight **28**

9a Current Events
9:30a Group Exercise
10a Bible Study
1p Livestream Music
2p General Store
2:45p Walking Club
3p Snack Cart
6p Adult Coloring **29**

9a News and Views
9:30a Stretching
10a Giant Crosswords
1p New Year's Resolutions
2p Manicures/Men's Club
3p Snack Cart
6p Dice **30**

9a Current Events
9:30a Group Exercise
10a Chaplain visit
11:45 Countdown to Noon
1p New Year's Trivia
2p New Year's Party
6p King's Corner **31**

