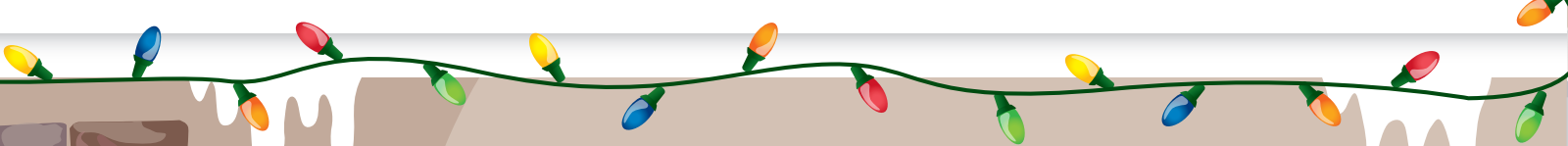




West Des Moines

# HAPPENINGS

DECEMBER

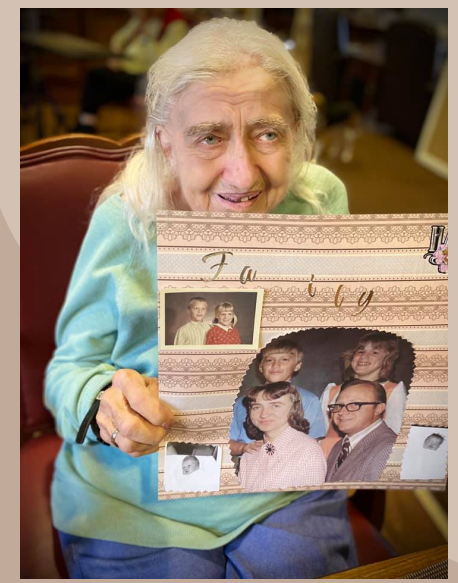


## Happy Holiday's

We're so excited to be partnering with **Urbandale Senior Recreation Center!** On **December 16th, 2020** Spread the Joy, with our **Cocoa & Cookies Holiday Drive Thru!** Please RSVP to **Kait Kelly** at **515-419-8872.** This Year needs a little more cheer!

If you would like to send your loved one a video of a Holiday Greeting, please send to [westdesmoineslec@bickfordseniorliving.com](mailto:westdesmoineslec@bickfordseniorliving.com). Please include Holiday Video in the subject line.

Once a month we will be scrapbooking, if you would like to include any memorable photos to include into their scapbook please also e-mail those to [westdesmoineslec@bickfordseniorliving.com](mailto:westdesmoineslec@bickfordseniorliving.com).







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# December

9:30a Make PB Sandwhich  
 10:30a Marshmallow Snowball Throw  
 1:30p Which is the correct spelling  
 3:30p Square Dancing  
 6p Big Word Small Word **6**

9:30a String Cranberries/ Popcorn  
 10:30a Lift Weights  
 1:30p Recipe Reminisce  
 3:30p Organize Diaper Bag  
 6p How Good Can I Look? **13**

9:30a Decorate Cupcakes  
 10:30a Tell Me a Yarn  
 1:30p Sort Socks  
 3:30p Powercize  
 6p Rub in Hand Lotion **20**

9:30a Make Puppy Chow  
 10:30a Devotional  
 1:30p Holiday Crossword  
 3:30p Seated Soccer  
 6p Polish Shoes **27**

**Winter Wonderland**  
 9:30a Clothespin Snowman  
 10:30a Set the Table  
 1:30p Snowball Throw  
 3:30p Dip Pretzels  
 6p White Christmas the Movie **7**

9:30a Paint Glass Ornaments  
 10:30a Organize Tackle Box  
 1:30p Wii Games  
 3:30p Card Game  
 6p Pitching Washers **14**

9:30a Holiday Tree  
 10:30a Ring Toss  
 1:30p Remember Papa  
 3:30p Playdoh Pictionary  
 6p Fold Towels **21**

9:30a Seated Exercises  
 10:30a Scrapbooking  
 1:30p Happy Hour  
 3:30p Finish Famous Sayings  
 6p Sort Socks **28**

**Santa/Elf Day**  
 9:30a Watch Elf the Movie  
 10:30a Reindeer Pokey  
 2p Church  
 3:30p Decorate Santa Hats  
 6p Iron **8**

9:30a Peel Oranges  
 10:30a Sweet&Soft Mouse  
 2p Church  
 3:30p Christmas Carols Crossword  
 6p Macarena **15**

9:30a Make Smores  
 10:30a Set the Table  
 2p Church  
 3:30p Seated Exercises  
 6p Milk for Everyone **22**

9:30a Snow Art  
 10:30a Calendar Flashback  
 2p Church  
 3:30p Simon Says  
 6p Lacing Cards **29**

**Polar Express Day/PJ Day**  
 9:30a Mason Jar Cocoa  
 10:30a Decorate Christmas Tree  
 1:30p Polar Express  
 3:30p Tai Chi  
 6p Jolly Lights **9**

9:30a Make Seasonal Plate for Cookies  
 10:30a Wipe Off Tables  
 1:30p Sing Christmas Carols  
 3:30p Share How We Met Stories  
 6p Nerf Basketball **16**

9:30a Nutcracker Bingo  
 10:30a Balloon Volleyball  
 1:30p Sort Cloth Squares  
 3:30p Tic Tac Toe  
 6p Wash Silverware **23**

9:30a Pinecone Bird Feeder  
 10:30a Guess the Scent  
 1:30p Match Up  
 3:30p Chair Dancing  
 6p Wipe Off Table **30**

**Grinch Day**  
 9:30a Merry Green Mix  
 10:30a Memory Game  
 1:30p Grinch Ornament  
 3:30p Grinch the Movie  
 6p Use Carpet Sweeper **10**

9:30a Santa Pants Centerpiece  
 10:30a Finish the Phrase  
 1:30p Parachute  
 3:30p Board Game  
 6p Roll Yarn Into a Ball **17**

**Christmas Eve**  
 9:30a Make Gingerbread Houses  
 10:30a Daily Paper  
 1:30p Simon Says  
 3:30p Organize tackle box  
 6p Make Hot Cocoa **24**

**New Years Eve**  
 9:30a Dip Oreos & Pretzels  
 10:30a Set Up Decorations  
 2:00p New Years Eve Party  
 6p Lift Weights **31**

9:30a Bake Christmas Cookies  
 10:30a Iron  
 1:30p Balloon Volleyball  
 3:30p Nail Polish  
 6p Teddy Bear Tales **4**

9:30a Decorate Stockings  
 10:30a Finish Holiday Song Lyrics  
 1:30p Guess the Spice  
 3:30p Lacing Cards  
 6p Volleyball & News II **11**

**Christmas Day**  
 9:30a Make Turtle Candy  
 10:30a Daily Chronicle  
 1:30p Chair Dancing  
 3:30p A Christmas Carol the Movie  
 6p Fold Clothes **25**

9:30a Christmas Holiday Trivia  
 10:30a Laughter Yoga  
 1:30p Afternoon Tea  
 3:30p Fold Clothes  
 6p Make Rootbeer Floats **12**

9:30a String Cheerios to hang for Birds  
 10:30a Mom Said...  
 1:30p Pedicure  
 3:30p Take a Walk  
 6p Car Part Repair **19**

9:30a Dipped Candy Canes  
 10:30a Chicken Soup for the Soul  
 1:30p Seated Exercises  
 3:30p Put away Silverware  
 6p Lawrence Welk **26**

