



Ajla is our Bickford Family Member Spotlight for December! Ajla is one of our dependable and very loved Medication Aide's on first shift. Ajla goes above and beyond everyday for her residents. She has deep love and compassion for every person she serves. Our family here in West Des Moines admire her compassion, empathy, team player attitude, wonderful work ethic, genuine spirit, and unconditional kindness. She has been with us at Bickford West Des Moines for almost 4 years! Thank you Ajla for all that you do for the residents and our Bickford Family!

# West Des Moines HAPPENINGS

DECEMBER

## Save the Date!

December 1- Hour with the Chaplin  
 December 2- Time with the Director @ 10:30a  
 December 4- Ugly Sweater Day  
 December 7- Winter Wonderland Day  
 December 7- A "Dog-Gone Good Time" w. Brute @ 10:30a  
 December 7- Christmas Lights Tour @ 5:30p  
 December 8- Santa/Elf Day  
 December 8- Hour with the Chaplin

December 9- Polar Express/Pajama Day  
 December 9- Christmas Lights Tour @ 5:30p  
 December 10- Grinch Day  
 December 10- Resident Council @ 10:30a  
 December 11- Ugly Sweater Day  
 December 18- Ugly Sweater Day  
 December 21- Christmas Lights Tour @ 5:30  
 December 23- Christmas Dinner @ 11:30a  
 December 23- Christmas Zoom Concert @ 1:30p  
 December 23- Christmas Lights Tour  
 December 24- Christmas Eve Service @ 1:30  
 December 25- Christmas and Ugly Sweater Day  
 December 30th- General Store @ 2:30p  
 December 31st- New Year's Party from 3p-6p



## We Know How to Have Fun!

## Announcements

-Share Holiday Greetings with your loved one! Make a short video of you and your family and email it to Karin at westdesmoineslec@bnickford.com by DECEMBER 15th. Karin will compile the greetings into a video that we will watch during the Christmas Party on December 23rd.

-Dementia Support Group for Family Members of those with Dementia. Thursday, December 3rd, 3pm-4pm, at the Valley Church Community Center. Please RSVP to Alexis Morrow, alexis.morrow@bickfordseniorliving.com, or to Karin Price at the email previously listed.

-December 23rd we will be having a Christmas Concert! This will feature our Bickford Handbell Choir! Watch your email for a Zoom link so you and your family can join us for the concert. Concert will be December 23rd at 1:30pm.







S M T W T F S

# December

Sandy R. - December 6  
 Irene W. - December 12  
 Allan W. - December 19  
 Luree W. - December 28



9a Walking Club  
 10:30a Des Moines Register Read Aloud  
 2:30p Church  
 3:30p Focus on the Family  
 6p Coloring Club **6**

9:30a Chair Yoga w/ Daily Chronicle  
 10:30a Deal or No Deal  
 2:30p Church  
 3:30p Music Hour  
 6p Activity Pack **13**

9:30a Sit 2B Fit w/ Daily Chronicle  
 10:30a Wheel of Fortune  
 2:30p Church  
 6p Coloring Club **20**

9a Walking Club  
 10:30a Des Moines Register Read Aloud  
 2:30p Church  
 3:30p Focus on the Family  
 6p Activity Pack **27**

Winter Wonderland  
 9a Snow-Ball Throw  
 10:30a "Dog-Gone Good Time" w. Brute  
 1p Draw a Snowman  
 3:00p The Coventry Carolers  
 5:30p X-Mas Lights **7**

6p "Miracle on 34th Street"  
 9a Bird Feeders  
 10:30a Chair Yoga w/ Daily Chronicle  
 1p Helping Hands Club  
 2:30p "White Christmas"  
 6p Christmas Trivia **14**

9a Chair Yoga w. Daily Chronicle  
 10:30a Music Monday  
 1p Helping Hands Club  
 2:30p Movie Matinee "The Santa Claus"  
 5:30p Christmas Lights **21**  
 6p Christmas Story Trivia

9a Helping Hands Club  
 10a Movie Morning  
 1:30p Happy Hour  
 3p Conversation Sticks  
 6p Activity Pack **28**

9a Zumba  
 10:30 Christmas Decorating  
 1p Hour with the Chaplin  
 3p Door Decorating  
 6p Daily Crossword **1**

Santa/Elf Day  
 9a Zumba  
 10:30a Pin the Nose on Rudolph  
 1p Hour with the Chaplin  
 3:00p Trim the LEC/LEA  
 6p "Elf" Movie **8**

9a Zumba  
 10:30a Christmas Hangman  
 1p Hour with the Chaplin  
 3p Snowball Throw  
 6p Crossword **15**

9a Zumba  
 10:30a Christmas Craft  
 1p Hour with the Chaplin  
 3p Birthday Bash  
 6p Crossword **22**

9a Make Turtle Candy  
 10a Morning Exercises w/ Daily Chronicle  
 1p Hour with Chaplin  
 3p Wii Games  
 6p Big Word Small Word **29**

9a Reindeer Ring Toss  
 10:30a Time with the Director  
 1:30p Ornament Making  
 3p Helping Hands Club  
 6p Christmas Coloring Club **2**

Polar Express Day  
 Wear your PJs!  
 9a Sleigh-Bell Toss  
 10:30a Fun with Food  
 1:30p Train Ornament  
 2:30p "The Polar Express" w. Hot Choc.  
 5:30p X-Mas Lights **9**  
 6p Word Scramble

9a Button Art  
 10:30a Reindeer Ring Toss  
 1:30p Chocolate Covered Anything Day  
 3p Guess that Tune **16**  
 6p Christmas Coloring

9a Reindeer Ring Toss  
 10:30a Helping Hands Club  
 11:30-2:30 Christmas Dinner & Zoom Concert  
 3p Christmas Bingo!  
 5:30p Christmas Lights **23**  
 6p Coloring Club

9a Coffee, Donuts, 2020 Reminisce  
 10:30a Sit 2B Fit w/Daily Chronicle  
 1p Helping Hands Club  
 2:30 General Store **30**  
 6p Coloring Club

9a Christmas Garland  
 10:30a Christmas Jingle Workout  
 1p Christmas Hymn Sing  
 3p Christmas Bingo!  
 6p Word Search **3**

Grinch Day  
 9a Candy Cane Relay  
 10:30a Resident Council  
 1p Christmas Hymn Sing  
 3p Christmas Bingo  
 6p "How the Grinch Stole Christmas" Movie **10**

9a Christmas Jingle Workout  
 10:30a Bow Relay Race  
 1p Christmas Hymn Sing  
 3p Christmas Bingo!  
 6p Word Search **17**

Christmas Eve  
 9a Gingerbread Man Hunt  
 10a Gingerbread Social  
 1:30p Christmas Eve Service  
 6p Concert with the Tabernacle Choir w/ Wassail **24**

New Year's Eve  
 9a New Year's Craft  
 10:30a Balloon Volleyball  
 1p Decorate for New Year's Eve!  
 3p-6p New Year's Party! **31**

Ugly Sweater Day  
 9a Walking Club  
 10:30a Would you Rather?  
 1p Fun with Food  
 3p Wii Games/Fancy Fingers  
 6p Big Word Small Word **4**

Ugly Sweater Day  
 9a Walking Club  
 10:30a Christmas Reminisce  
 1p Ugly Sweater Decorating  
 3p Naughty or Nice?  
 6p "It's a Wonderful Life" Movie **11**

Ugly Sweater Day  
 9a Christmas Cookies  
 10:30a Walking Club  
 1p Gift Wrapping  
 3p X-Mas Carol Pictionary  
 6p Word Scramble **18**

Christmas Day  
Ugly Sweater Day  
 9a Walking Club  
 10:30a Coloring Club  
 1p "A Christmas Story" Movie  
 3p Christmas Bingo  
 6p Word Scramble **25**

**Happy New Year!**  
**2021!**

9:30a Daily Chronicle  
 10:30a Excercise w/ Sarah  
 1:30p Decorate a Stocking  
 3p Christmas Customs around the world  
 6p Lawrence Welk **5**

9:30a Seated Exercises w/ Daily Chronicle  
 10:30a Finish the Phrase  
 1:30p Craft Hour  
 3p Jopardy  
 6p Lawrence Welk **12**

9:30a Ball Toss w/ Daily Chronicle  
 10:30a Holiday Trivia  
 1:30p Craft Hour  
 6p Lawrence Welk **19**

9:30a Daily Chronicle  
 10:30a Excercise W/ Sarah  
 1:30p Canvas Painting  
 3p New Years Wishing Tree  
 6p Lawrence Welk **26**