

HAPPENINGS.



2020 Highlights



New Beginnings

Although it is often easiest to remember the hardships of the past year, we are reflecting on the joy we have felt throughout 2020 and looking forward to new beginnings in 2021.

We are hopeful that this new year will bring health and happiness for every resident, family, and Bickford Family Member. Happy New Year!

The Joys of January

We are starting off 2021 with a BANG! We have 3 theme days to help us kick off our year the Bickford way!

On **Hat Day** (Friday January 15th) we will be busy making hats, having a tea party and doing a hat walk. Our next theme day is **Luau Day** on January 20th. We will be playing Hawaiian Wheel of Fortune, learning how to hula and having a luau party! I'm sure you can see why this is one of the resident's favorite theme days! Our last theme day in January is **Chocolate Cake Day** on January 27th. We're looking forward to a cake tasting, learning about the history of chocolate cake and baking our very own cake creation!

Our bus trips for the month of January include two bus rides to scenic winter landscapes and two shopping trips to Target. Due to current guidelines from Branch Support the LECs will not be taking any residents to Target with them.

We are also looking forward to our musicians this month. We have one performance each week, each of whom is a returning Bickford favorite. Dave Gray is singing some country and gospel music for us on January 4th. On January 11th Neil Hewitt is playing some classic country music. The Des Moines Symphony live stream performance of 'Dance, Rythm & Blues' is on January 22nd and closing out our month is Jim Quales with some gospel music.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy New Year!
NEW Year!
Jan 1st

HAT DAY
Jan 15th

LUAU
Jan 20th

Chocolate CAKE Day
Jan 27th

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| | | | | | | 9:30a Exercise Video 1p Movie Matinee 6p Games 1 | 9:30a Exercise Video 1p Movie Matinee 6p Lawrence Welk 2 |
| 10a Coffee Talk 1p Games 3 | 9a Current Events 9:30a Exercise Weights 10a Wheel of Fortune 1p Music- Dave Gray 2p Take down christmas decorations 3p Snack Cart 4:15p Rosary 6p Cards 4 | 9a Current Events 9:30a Group Exercise 10a Bible Study 1p Make Paper Snowflakes & Decorate for January 2:30p Walking Club 3p Snack Cart 6p Games 5 | 9a News and views 9:30a Stretching 10:15a Pictionary 1p Movie Matinee w/Popcorn 6p Dice 6 | 9a Current Events 9:30a Group Exercise 10a Chaplain visit & Manicures/Men's Club 1p Target Shopping Trip 3p Snack Cart 6p King's Corner 7 | 9a Current Events 9:30a Relax & Breathe 10:15a Bingo 1p Crochet & Knit Club 2p General Store 3p Happy Hour 6p Movie Night 8 | 9a Current Events 9:30a Group Exercise 10a Wheel of Fortune 1p Name That Tune 2p Cookies & Coffee 2:30p Snack Cart 6p Lawrence Welk 9 | |
| 10a Coffee Talk 1p Games 4p Church Service 10 | 9a Current Events 9:30a Exercise Weights 10a Wheel of Fortune 1p Music- Neil Hewitt 2p Cards and Coffee 3p Snack Cart 4p Lollipop Lollipop 4:15p Rosary 5:30p Kickball 11 | 9a Current Events 9:30a Group Exercise 10a Bible Study 1p Scenic Drive 2:45p Walking Club 3p Snack Cart 6p Adult Coloring 12 | 9a News and views 9:30a Stretching 10:15a Giant Crosswords 1p Art Appreciation 2p Manicures/Men's Club 3p Snack Cart 4p Walking Club 5:30p Spa Day 13 | 9a Current Events 9:30a Group Exercise 10a Chaplain visit 1p Name That Tune 2p General Store 3p Snack Cart 6p King's Corner 14 | 9a Current Events 9:30a Relax & Breathe 10:15a Bingo 1p Make Hats 2p Hat History 3p Tea Party 4p Hat Walk 5:30p Hat Coloring 6p Movie Night 15 | 9a Current Events 9:30a Group Exercise 10:15a Giant Crosswords 1p Crafts 2p Cookies, Coffee & Cards 3p Snack Cart 6p Lawrence Welk 16 | |
| 10a Coffee Talk 1p Games 4p Church Service 17 | 9a Current Events 9:30a Exercise Weights 10:15a Pictionary/Trivia 1p Target Shopping Trip 3p Snack Cart 4p Paper Airplanes 4:15p Rosary 5:30p Name That Tune 18 | 9a Current Events 9:30a Group Exercise 10a Bible Study 1p Kings Corner 2p Manicures/Men's Club 3p Snack Cart 6p Adult Coloring 19 | 9a News and views 9:30a Stretching 10:15a Hawaiian Wheel of Fortune 1p Luau History/Trivia 2p Luau Party! 4p Learn to Hula 5:30 Luau Pictionary 20 | 9a Current Events 9:30a Group Exercise 10a Chaplain visit 1p Paint & Sip Art Class 3p Snack Cart 6p King's Corner 21 | 9a Current Events 9:30a Relax & Breathe 10:15a Bingo 1p DM Symphony Performance 2p General Store 3p Happy Hour 4p Balloon Ball 5:30p Dance Party 22 | 9a Current Events 9:30a Group Exercise 10:15a Giant Connect 4 1p Punch Ball - \$ 2p Peppermint Shakes 3:15p Snack Cart 6p Kings Corner 23 | |
| 10a Coffee Talk 1p Games 4p Church Service 24 | 9a Current Events 9:30a Exercise Weights 10a Wheel of Fortune 1p General Store 2:30p Walking club 3p Snack Cart 4p Back Massages 4:15p Rosary 5:30p Fudge Tasting 25 | 9a Current Events 9:30a Group Exercise 10a Bible Study 1p Music- Jim Quailes 2p Manicures/Men's Club 3p Snack Cart 6p Adult Coloring 26 | 9a News and views 9:30a Stretching 10a Chocolate Cake Trivia 1p Bickford Bakers 2:30p Snack Cart 3p Cake Walk(ing) Club 4p Cake Tasting 5:30p History of Cake 27 | 9a Current Events 9:30a Group Exercise 10a ChaplainVisit 1p Scenic Drive 3p Cookies and Coffee 6p King's Corner 28 | 9a Current Events 9:30a Relax & Breathe 10:15a Bingo 1p Crafts 2:30p B-day Party 4p Walking Club 5:30p Fly Swatter 29 | 9a Current Events 9:30a Group Exercise 10:15a Trivia 1p Popercize 2p Make Smoothies 3p Snack Cart 6p Adult Coloring 30 | |