## 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.

Pearl's Passions

Sunday

January

Wednesday Tuesday

Thursday

9a Current Events

10a Chaplain visit

3p Snack Cart

6p King's Corner

9:30a Group Exercise

& Manicures/Men's Club

1p Target Shopping Trip

Friday

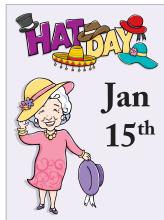
9:30a Exercise Video 1p Movie Matinee

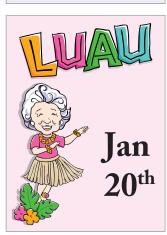
6p Games

10:15a Bingo

Saturday









1p Games

4p Church Service

31 10a Coffee Talk 9a Current Events 9a Current Events 1p Games 9:30a Group Exercise 9:30a Exercise Weights 9:30a Stretching 10a Bible Study 10a Wheel of Fortune 10:15a Pictionary 1p Make Paper Snowflakes & 1p Music- Dave Gray Decorate for January 2p Take down christmas w/Popcorn 2:30p Walking Club decorations 6p Dice 3p Snack Cart 3p Snack Cart 6p Games 4:15p Rosary 6p Cards 10a Coffee Talk 9a Current Events 9a Current Events 9a News and views 1p Games 9:30a Exercise Weights 9:30a Group Exercise 9:30a Stretching 10a Bible Study 10a Wheel of Fortune 4p Church Service 1p Scenic Drive 1p Music- Neil Hewitt 1p Art Appreciation 2:45p Walking Club 2p Cards and Coffee 3p Snack Cart 3p Snack Cart 3p Snack Cart 6p Adult Coloring 4p Lollipop Lollipop 4p Walking Club 4:15p Rosary 5:30p Spa Day 11 12 5:30p Kickball 9a News and 10a Coffee Talk 9a Current Events 9a Current Events 9:30a Exercise Weights 9:30a Group Exercise 9:30a Stretching 1p Games 10:15a Pictionary/Trivia 10a Bible Study 4p Church Service 10:15a Hawaiian Wheel of 1p Target Shopping Trip 1p Kings Corner Fortune 3p Snack Cart 2p Manicures/Men's Club 1p Luau History/Trivia 3p Snack Cart 4p Paper Airplanes 2p Luau Party 4:15p Rosary 6p Adult Coloring 4p Learn to Hula 5:30p Name That Tune 5:30 Luau Pictionary 17 18 19 Phocolate 9a News and Michigan 10a Coffee Talk 9a Current Events 9a Current Events

9:30a Exercise Weights

10a Wheel of Fortune

1p General Store

4p Back Massages

5:30p Fudge Tasting

3p Snack Cart

4:15p Rosary

2:30p Walking club

Monday

9a News and views 1p Movie Matinee 6

9a Current Events 9:30a Group Exercise 10:15a Giant Crosswords 10a Chaplain visit 1p Name That Tune 2p Manicures/Men's Club 2p General Store 3p Snack Cart 6p King's Corner 13

9a Current Events 9:30a Group Exercise 10a Chaplain visit 1p Paint & Sip Art Class 3p Snack Cart 6p King's Corner 20

21 9a Current Events 9:30a Group Exercise 10a ChaplainVisit 1p Scenic Drive 3p Cookies and Coffee 6p King's Corner

6p Movie Night 9a Curren 9:30a Relax & Breathe 10:15a Bingo 1p Make Hats 2p Hat History 3p Tea Party 4p Hat Walk 5:30p Hat Coloring 15 6p Movie Night

9a Current Events

1p DM Symphony

2p General Store

3p Happy Hour

4p Balloon Ball

10:15a Bingo

Performance

9:30a Relax & Breathe

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

22 5:30p Dance Party 9a Current Events 9:30a Relax & Breathe 29

9:30a Exercise Video 1p Movie Matinee 6p Lawrence Welk

9a Current Events 9a Current Events 9:30a Relax & Breathe 9:30a Group Exercise 10a Wheel of Fortune 1p Crochet & Knit Club 1p Name That Tune 2p Cookies & Coffee

2p General Store 3p Happy Hour 2:30p Snack Cart 6p Lawrence Welk 9a Current Events 9:30a Group Exercise 10:15a Giant Crosswords 1p Crafts

2p Cookies, Coffee & Cards

3p Snack Cart

6p Lawrence Welk

9a Current Events 9:30a Group Exercise 10:15a Trivia 1p Popercize 2p Make Smoothies 3p Snack Cart 6p Adult Coloring

10a Chocolate Cake Trivia 1p Bickford Bakers 2:30p Snack Cart 3p Cake Walk(ing) Club 4p Cake Tasting 5:30p History of Cake

9:30a Stretching

9:30a Group Exercise

1p Music- Jim Quales

2p Manicures/Men's Club

26

10a Bible Study

3p Snack Cart

25

6p Adult Coloring

28

14

10:15a Bingo 1p Crafts 2:30p B-day Party 4p Walking Club 5:30p Fly Swatter

30

16

23