

HAPPY BIRTHDAYS.



February Birthday's

2/1- Norma Fisher
2/3- Mary Jean Love
2/26- Sally Oldham



BFM SPOTLIGHT

Sal is our Housekeeping Coordinator and she has been part of our Bickford family since April of 2020. Sal is passionate about her job, making sure the residents feel at home. Sal always puts the residents first. If a resident is in need of assistance or has a question, she will always stop what she is doing to give them her full attention and help them with whatever they need, even if she was in the middle of a job. Sal is always seen helping out other Bickford Family Members by being a team player. When Sal sees a need, she quietly takes care of that need, without wanting any recognition. She helps without being asked. We love Sal and all that she does for our Bickford Family. She truly makes working and living in Bickford a better place.



Save the Dates

Hair Salon Day is Every Tuesday!

If you haven't already, Please "Like" and Follow our page on Facebook!

www.facebook.com/BickfordWestDesMoines

2/3 Covid Clinic
2/7 Super Bowl
2/10 Country Drive
2/11 Valentines Day Social
2/11 'Gal'entine's Day - 3-4pm
2/14 Valentine's Day
2/15 President's Day
2/17 Ash Wednesday
2/19 National Care Givers' Day
2/24 Country Drive

February

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Feb 7th

Feb 14th

Feb 15th

Feb 17th

9:30a Candy Pencil Valentine
10:30a Decorate for Valentines Day
1:30p Ball Toss
3:30p Water House Plants
6p Searching for Feb 1

SUPER BOWL PARTY
9:30a Daily Chronicle
10:30a Football Throw
1:30p Superbowl Snack Social
3:30p Fold Clothes
6:30p Watch the Superbowl 7

Happy Valentines Day
9:30a Daily Chronicle
10:30a Wipe off Tables
1:30p The Princess Bride (Movie)
3:30p Take a Walk
6p Shirley Temples & Love Songs 14

9:30a Daily Chronicle
10:30a Ball Toss
1:30p I love Lucy
3:30p Organize Tackle Box
6p Music Hour 21

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28

9:30a Make Valentines Day Cards
10:30 Laughter Yoga
1:30p Potato Fun
3:30p Love You to Pieces Craft
6P Use Carpet Sweeper 8

PRESIDENT'S DAY
9:30a Peel Oranges
10:30a Q- tip Fireworks Craft
1:30p Red White & Blue Mini Fruit Pizzas
3:30p Presidents Day Trivia
6p Simon Says 15

9:30a Laughter Yoga
10:30a Would You Rather?
1:30p Bake Cupcakes
3:30p Decorate Cupcakes
6p Fold Clothes 22

9:30a Daily Chronicle
10:30a Lift Weights
1:30p Hour with Chaplin
3:30p Scrapbooking
6p Lacing Cards 23

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28

Goundhogs Day
9:30a Sort Socks
10:30a Groundhog Day Trivia
1p Hour with the Chaplin
3:30p Edible Groundhog
6p Searching for Phil 2

9:30a Penny Toss
10:30p Lacing Cards
1:00p Hour with Chaplin
3:30p Make Rosebud Kisses
6p Pizza Pie Crossword 9

Mardi Gras Day
9:30a Ball Toss
10:30a Sweetheart Reminisce
1p Hour with the Chaplin
3:30p Mardi Gras Social
6p Snapping Beans 16

9:30a Daily Chronicle
10:30a Lift Weights
1:30p Hour with Chaplin
3:30p Scrapbooking
6p Lacing Cards 23

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28

Covid-19 Clinic Day
9a-12p COVID Clinic
1:30p Laughter Yoga
3:30p F is for Feb.
6p Sort M&Ms 3

9:30a Decorate Valentines Day Cookies
10:30 Discuss History of Pies
1:30p Country Drive
3:30p Organize Purse
6p Take a Walk 10

ASH Wednesday
9:00a Ash Wednesday Service
10:30a Prayer Pretzles
1:30p Chair Dancing
3:30p Stones Of Lent
6p Fold Clothes 17

9:30a Pet Therapy
10:30a Football Throw
1:30p Make Cinnamon Sugar Tortilla Chip Snacks
3:30p Country Drive
6p Use Carpet Sweeper 24

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28

9:30a Rosa Parks Facts & Quotes
10:30a Beauty Hour
1:30p Lift Weights
3:30p Crinkled Heart Art
6p Clip Coupons 4

9:30a 35 Little Acts of Kindness
10:30a Valentine's Day Social
1:00p Fancy Fingers
3-4p 'Gal'entine's Day
6p Sort Socks 11

9:30a Massage Therapy
10:30a Boxed Lunch
1:30p Fancy Fingers
3:30p Peel Oranges
6p Mashed Potato Dance 25

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28

9:30a Set the Table
10:30a Hole in One Crossword
1:30p Pet Therapy
3:30p Clothespin Birds
6p Wii Games 5

9:30a Make Lincoln Log Cabins
10:30a Wipe Down Tables
1:30p Make Fortune Cookies
3:30p Abraham Lincoln Quotes
6p Cardinal Color Page 12

National Caregiver's Day
9:30a Hanging Ball
10:30a Crackerjack Social
1:30 Flower Coasters
3:30p Chicken Soup for the Soul
6p Fold Towels 19

9:30a Make Beds
10:30a Daily Chronicle
1:30p Wii Wheel of Fortune
3:30p Balance Exercises
6p Walk the Line (Movie) 26

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28

9:30a Baseball Toss
10:30a Which Queen am I?
1:30p Organize Tackle Box
3:30p Rub in Hand Lotion
6p Lawrence Welk 6

9:30a Self Love Collage
10:30p Set the Table
1:30p Snackfood Social
3:30p Hokey Pokey
6p Lawrence Welk 13

9:30a Cherry Pie Social
10:30a Wipe Down Tables
1:30p Famous Couples Reminisce
3:30p Take A Walk
6p Lawrence Welk 20

9:30a Parachute
10:30a Music Hour
1:30p Tea Time w/ Sarah
3:30p Oraganize Diaper Bag
6p Lawrence Welk 27

9:30a Daily Chronicle
10:30a Seated Exercises
1:30p Color Club
3:30p Set the Tables
6p Little House on the Prarie 28