





BFM SPOTLIGHT

Sal is our Housekeeping Coordinator and she has been part of our Bickford family since April of 2020. S al 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.





February Birthday's

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

Save the Dates

Hair Salon Day is Every Tuesday!

If you haven't already, Please "Like" and

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

Pearl's Passions

February -

Wednesday Sunday Monday Tuesday

Goundhogs Day

10:30a Groundhog Day

1p Hour with the Chaplin

3:30p Edible Groundhog

6p Searching for Phil

9:30a Penny Toss

10:30p Lacing Cards

3:30p Make Rosebud

6p Pizza Pie Crossword

Mardi Gras Day

10:30a Sweetheart

6p Snapping Beans

1p Hour with the Chaplin

3:30p Mardi Gras Social

9:30a Ball Toss

Reminisce

1:00p Hour with Chaplin

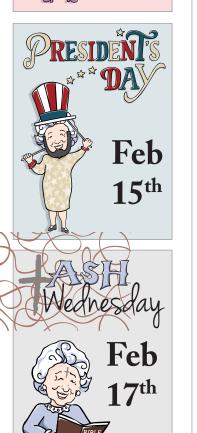
9:30a Sort Socks

Trivia

Kisses







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

SUPERBUI

9:30a Daily Chronicle

10:30a Football Throw

1:30p Superbowl Snack

Happy yncs Valentingsy

3:30p Fold Clothes

9:30a Daily Chronicle

10:30a Wipe off Tables

3:30p Take a Walk

1:30p The Princess Bride

6p Shirley Temples & Love

9:30a Daily Chronicle

3:30p Organize Tackle

9:30a Daily Chronicle 10:30a Seated Exercises

1:30p Color Club 3:30p Set the Tables 6p Little House on the

Prarie

10:30a Ball Toss

1:30p I love Lucy

6p Music Hour

6:30p Watch the

Superbowl

(Movie)

Box

Social

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

9:30a Peel Oranges 10:30a Q- tip Fireworks Craft :30p Red White & Blue Mini ruit 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

16 9:30a Daily Chronicle 10:30a Lift Weights 1:30p Hour with Chaplin 3:30p Scrapbooking 6p Lacing Cards

23

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

Wednesday

9:30a Massage Therapy 10:30a Boxed Lunch 1:30p Fancy Fingers 3:30p Peel Oranges 6p Mashed Potato Dance 24

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

20 9:30a Parachute 10:30a Music Hour 1:30p Tea Time w/ Sarah 3:30p Oraganize Diaper Bag 6p Lawrence Welk

Covid-19 Clinic Day 9a-12p COVID Clinic

1:30p Laughter Yoga 3:30p F is for Feb. 6p Sort M&Ms

9:30a Decorate Valentines

10:30 Discuss History of

1:30p Country Drive

3:30p Organize Purse

6p Take a Walk

Day Cookies

Ouotes 10:30a Beauty Hour 1:30p Lift Weights 3:30p Crinkled Heart Art 6p Clip Coupons

9:30a 35 Little Acts of

10:30a Valentine's Day

1:00p Fancy Fingers

3-4p 'Gal'entine'sDay

6p Sort Socks

Kindness

Social

10

Thursday

9:30a Rosa Parks Facts &

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

Friday

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

Saturday

9:30a Make Lincoln Log Cabins 10:30a Wipe Down Tables

1:30p Make Fortune Cookies 3:30p Abraham Lincoln Quotes

9:30a Hanging Ball

10:30a Crackerjack Social

6p Cardinal Color Page 12

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

11 9:30a Stretching Exercises National Caregiver's Day

18

25

10:30a Spa Day 1:30p Stamped Heart 3:30p Daily Chronicle 6p Sort Socks

1:30 Flower Coasters 3:30p Chicken Soup for the Soul 6p Fold Towels

10:30a Wipe Down Tables 1:30p Famous Couples Reminisce 3:30p Take A Walk 6p Lawrence Welk

9:30a Cherry Pie Social

13

27

19

26

28

21