January and New Beginnings.







And our BFM Spotlight is...

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 Birthdays!

Norma Fischer- February 1st Mary Jean Love-February 3rd Sally Oldham- February 26th

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Save the Date

If you need groceries, please give Karin your grocery list by MONDAY of that week.

HAIR SALON DAY EVERY TUESDAY

February 3rd-Covid Clinic Day

February 4th-Resident Council

February 7th-Super Bowl

February 8th-"Dog-Gone Good Time" with Brute and Liz

February 11th-Valentine's Day Social

February 11th-"Galentine's" Day!

February 14th-Valentine's Day

February 15th-President's Day

February 17th-Ash Wednesday

February 17th- The Scoop with Nat

February 18th-"Fun with Food" with Jazz

February 19th-National Caregiver's Day Social

February 22nd- Sal and the Helping Hands Club

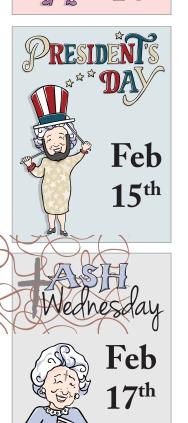
February 23rd-Birthday Bash

February 26th-Mass

February —

Feb





Sunday Monday

9a Chair Yoga w/ Daily Chronicle 10:30a Helping Hands Club 1p Library Hour 3p Target Practice 6p Word Scramble

Groundhog's Day 9a Zumba via YouTube 10:30a "All About Groundhogs" Trivia 1:30p Hour with the Chaplin 3p Finding Phil 6p Daily Crossword

Tuesday

2

9

16

23

Covid-19 Clinic Day 9a-12p COVID Clinic 1p Handbells 1:30p COVID-19 Support Group 3p Darts 6p Coloring Club

3

10

17

Wednesday

9a Morning Warm Up w/ Daily Chronicle 10a Resident Council 1:30p Fun w. Food 3p Balloon Volleyball

6p Word Search

Thursday

9a Walking Club 10:30a Wii Wheel of Fortune 1p Handbells 1:30p Gardening Club 3p Parachute 6p Big Word Small Word

Friday

9:30a Walking Club 10a Puzzle Packs 1p Movie Hour and Spa Time 3p Football Throw 6p Lawrence Welk

Saturday

9a Sit 2B Fit

10a Des Moines Register Read Aloud 1p Superbowl Social 2:30p Church 6p Superbowl

SUPERBU

9a Chair Yoga w/ Daily Chronicle 10:30a "Dog-Gone Good Time" w. Brute and Liz 1p Library Hour 3p Javelin Throw 6p Word Scramble

3p Country Drive 6p Daily Crossword

9a Zumba via YouTube

1:30p Hour with the Chaplin

10:30a Trivia

10:30a Venice Valentine 1p Handbells 1:30p Framed Hearts 3p Bowling 6p Coloring Club

9a Weighted Exercise

Daily Chronicle 10:30a Valentine's Day Bingo! 1:30p Valentine's Day Social! 3-4p 'Gal'entine's Day 6p Word Search 11

9a Morning Warm Up w/

9a Walking Club 9:30a Walking Club 10:30a Large Scale Dominos 10a Remembering Love 1p Handbells Songs 1:30p Cookie Cutter Bird 1p Spa Time Feeders 3p Movie Hour 3p Croquet 6p Lawrence Welk 6p Big Word Small Word

12

19

Happy ynes

9a Sit 2B Fit 10a Des Moines Register Read Aloud 1p Focus on the Family 2:30p Church 6p Music and Relaxation

9a Patriotic Fruit Salad 10:30a Helping Hands Club 1:30p Tie-Dye Mosaic Flag 3p Presidental "Guess-Who" Walking Club 6p Word Scramble

15

22

PRESIDENT

9a Zumba via YouTube 10:30a Mardi Gras Trivia 1:30p Hour with the Chaplin 3p Bocce Ball 6p Daily Crossword

Wednesday 9:30a Ash Wednesday Service 10:30a Chair Yoga w. DC 1p Handbells 1:30p Scoop w/ Nat 3p Washer Toss

6p Coloring Club

9a Sit 2B Fit w/ Daily Chronicle 10:30a Bingo! 1:30p Food Fun with Jasmina 3p Bean Bag Toss 6p Word Search 18

National Caregiver's Day 9a Walking Club 10:30a Wii Wheel of Fortune 1p Handbells 1:30p Caregiver's Social 3p Parachute 6p Big Word Small Word

9:30a Walking Club 10a Puzzle Packs 1p Spa Time 3p Movie Hour 6p Lawrence Welk

9a Sit 2B Fit 10a Des Moines Register Read Aloud 1p Focus on the Family 2:30p Church 6p Music and Relaxation

9a Chair Yoga w/ Daily Chronicle 10:30a Sal & Helping Hands Club 1:30p Library Hour 3p Reel in the Bottle 6p Word Scramble

9a Zumba via YouTube 10:30a Trivia 1:30p Hour with the Chaplin 3p Birthday Bash w. Pinata 6p Daily Crossword

10:30a 1p Handbells Group 3p Mini Golf

9a Weighted Exercise 1:30p COVID-19 Support 6p Coloring Club 24

9a Morning Warm Up w/ Daily Chronicle 10:30a Bingo! 1:30p Fun w. Food 3p Country Drive 6p Word Search

25

Flipping Flapjacks Friday 9a Walking Club 10:30a Yarn Resist Canvas Painting 10:30a Mass

9:30a Walking Club 10a Pictionary 1p Spa Time 3p Movie Hour 6p Lawrence Welk

9a Sit 2B Fit 10a Des Moines Register Read Aloud 1p Focus on the Family 2:30p Church 6p Music and Relaxation

1p Handbells 1:30p Custom Pancakes 3p Bowling 6p Big Word Small Word

27

13

20

21