

HAPPY BIRTHDAYS.



January and New Beginnings.



February Birthdays!

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

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And our BFM Spotlight is...

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 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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SUPER BOWL PARTY

Feb 7th

Happy Valentine's Day

Feb 14th

PRESIDENT'S DAY

Feb 15th

ASH Wednesday

Feb 17th

9a Sit 2B Fit
10a Des Moines Register Read Aloud
1p Superbowl Social
2:30p Church
6p Superbowl

7

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

14

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

21

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

28

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

1

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

8

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

15

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

22

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

2

9a Zumba via YouTube
10:30a Trivia
1:30p Hour with the Chaplin
3p Country Drive
6p Daily Crossword

9

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

16

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

23

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

3

9a Weighted Exercise
10:30a Venice Valentine
1p Handbells
1:30p Framed Hearts
3p Bowling
6p Coloring Club

10

ASH 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

17

9a Weighted Exercise
10:30a
1p Handbells
1:30p COVID-19 Support Group
3p Mini Golf
6p Coloring Club

24

9a Morning Warm Up w/ Daily Chronicle
10a Resident Council
1:30p Fun w. Food
3p Balloon Volleyball
6p Word Search

4

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

18

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

25

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

5

9a Walking Club
10:30a Large Scale Dominos
1p Handbells
1:30p Cookie Cutter Bird Feeders
3p Croquet
6p Big Word Small Word

12

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

19

Flipping Flapjacks Friday
9a Walking Club
10:30a Yarn Resist Canvas Painting
10:30a Mass
1p Handbells
1:30p Custom Pancakes
3p Bowling
6p Big Word Small Word

26

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

6

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

13

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

20

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

27