

HAPPENINGS

A "Spooktacular" October



Happy Birthday!

November 1st- Payton, Volunteer | November 7th- Dean, DFG | November 21st- Elmer

Let Us Introduce...



My name is Robin Bartalos and I am the new Community Relations Director for West Des Moines and Urbandale. My husband and I have two boys and two dogs. I enjoy spending time with family, traveling to Arizona to see family and friends, and anything water related. For example, I love to go to the pool, water parks and especially the lake with my jet ski. The kids like to be pulled on an inner tube.

I'm not originally from Des Moines, I've lived different places like Texas, Wyoming and Arizona. But I have been back in Iowa for almost 5 years now.

I look forward to getting to know everyone and surely you will meet my boys and maybe even one of my dogs someday. I love bringing my family to events!

November 2nd- Election Day. If you are wanting to vote, please be sure your State ID is up-to-date and that you have a ride to your voting station.

November 3rd and November 17th- We will be taking residents out shopping. We will be visiting Hy-Vee and Target. If you are wanting to participate, please let Karin know!

November 5th- Country Drive to see the colors of Ledges State Park! Let Karin know if you want to attend.

November 11th- We will be having a Veteran's Day Program. Moments Hospice will be joining us! Come honor our Bickford Veterans and enjoy some light refreshments.

November 12th- Come here from a professional Bee-Keeper! Dean will be sharing his expertise on keeping bees.

November 13th- Massage Therapist visit. Let Karin know if you want to be on the list.

November 16th- Come get some "In-Cider" Information on life at Bickford West Des Moines! Of course, warm cider will be served.

November 16th- Our monthly Dementia Family Support Group. RSVP to Karin, LEC if you are planning on attending. westdesmoineslec@bickfordseniorliving.com.

November 18th- Outing to the Cat Cafe. If you love coffee and warm drinks, and if you love cats, let Karin know if you want to attend. Six residents may attend.

November 19th- Visit the National Balloon Museum. If you are wanting a ticket. Let Karin know. We can have 6 residents attend.

Sunday

Monday

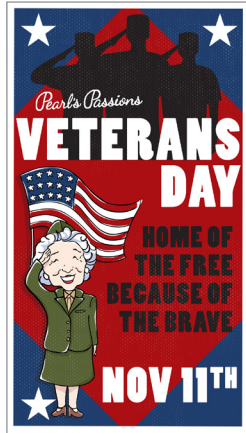
Tuesday

Wednesday

Thursday

Friday

Saturday



9a Autumn Leaves Globe
10a Chair Yoga w. Daily Chronicle
1p Library Hour
2p Bingo!
6p Funny Church and Synagogue Signs

1

Election Day
9a Floral Arrangements
10a The Price is Right Broadcast
1p Cast Your Vote!
2p Bible Study
6p Family Chores-Wipe off Tables and Chairs

2

9:30a 1:1 Activities
10:30a Hy-Vee Shopping Trip
1p Food Council
2p Chair Exercise Video
6p Fresh Cookies and Milk

3

National Candy Day
9a Weighted Exercises
10a Candy History and Orgins
1p Bickford Bakers
2p Gumdrops Towers
6p Fancy Fingers

4

9a Walking Club
10a Monopoly
1:30p Hand Bell Choir
2p Ledges State Park Country Drive
6p Board Games

5

9a Shooting Hoops
10a Picture the Word
1p Fancy Fingers
2p Chicken Soup Short Stories
6p Lawrence Welk

6

9:30a Des Moines Register Read Aloud
10:30a "Gone with the Wind" Movie
1:30p Sit 2B Fit w. Daily Chronicle
2:30p Church
6p Hymn Music Hour

7

9a Chair Yoga w. Daily Chronicle
10a Library Hour
1p Pet Therapy
2p Bingo!
6p "Over the River and Through the Wood"

8

9a Pumpkin Placemats
10a The Price is Right Broadcast
1p Bucket Drumming
2p Bible Study
6p Family Chores-Assist Vacuuming Hallways and Dining Room

9

9:30a 1:1 Activities
10:30a Zumba
1p Veteran's Day Centerpieces
2p Cards for Veteran's
6p Fresh Cookies and Milk

10

VETERANS DAY
9a Veteran's Day Program
1p Resident Council
2p Buckingham/Foote Duo
6p Fancy Fingers

11

9a Walking Club
10a Captivated by Costa Rica
1:30p Hand Bell Choir
2p All About Bees with Dean
6p Board Games

12

9a Walking Club
10a Massage Therapist
1p Fancy Fingers
2p The Great British Baking Show-Holidays
6p Lawrence Welk

13

Pajama Party Day
9:30a Des Moines Register Read Aloud
10:30a Sit 2B Fit w. Daily Chronicle
1:30p Puzzle Hour
2:30p Church
6p Hymn Music Hour

14

9a Chair Yoga w. Daily Chronicle
10a Gratitude Game
1p Library Hour
2p Bingo!
6p Random Trivia

15

9a Floral Arrangements
10a The Price is Right
1p Balloon Volleyball
1:30p "In-Cider" Information
2p Bible Study
3p Dementia Support
6p Family Chores-Fold Napkins

16

9:30a 1:1 Activities
10:30a Target Shopping Trip
1p Zumba
2p The Hard Hatters
6p Fresh Cookies and Milk

17

Happy Birthday Mickey Mouse!
9a Mickey Mouse Oreo Pops
10a Weighted Exercises
1p Remembering Mickey
2:30p Cat Cafe Outing
6p Fancy Fingers

18

International Men's Day
9a Walking Club
10a Pin the Mustache on the Man
1p Mustache Social
2:30p Ballooning Hall of Fame Outing
6p Name that Mustache

19

9a Walking Club
10a Remembering Preparing a Meal
1p Fancy Fingers
2p A Charlie Brown Thanksgiving
6p Lawrence Welk

20

9:30a Des Moines Register Read Aloud
10:30a Sit 2B Fit w. Daily Chronicle
1:30p Puzzle Hour
2:30p Church
6p Hymn Music Hour

21

9a Chair Yoga w. Daily Chronicle
10a Thanksgiving Candy Dice Game
1p Thanksgiving Centerpieces
2p Bingo!
6p Junk Drawer Detective

22

9a 1:1 Activities
10a The Price is Right Broadcast
1p Bucket Drumming
2p Tom Hofer and Thanksgiving Social
6p Family Chores-Dusting Tables and Bookshelves

23

9:30a Bickford Bakers-Thanksgiving Pies
1p Handbell Choir Practice
2p Turkey Hunting
6p Fresh Milk and Cookies

24

THANKSGIVING
8a Macy's Day Parade Broadcast
10a Thanksgiving I Spy
1p Football Throw
2p Football Games
6p Fancy Fingers

25

Hawkeye vs. Nebraska Tailgate!
9:30a Walking Club
10:30a NE vs. IA Trivia
12:30pm Hawkeye vs. Nebraska Football Game w. Tailgate Snacks
6p Board Games

26

9a Walking Club
10a Hymn Sing A-Long
1p Fancy Fingers
2p White Christmas Movie
6p Lawrence Welk

27

Hanukkah Begins
9:30a Des Moines Register Read Aloud
10:30a Sit 2B Fit w. Daily Chronicle
1:30p Puzzle Hour
2:30p Church
6p Hymn Music Hour

28

9a Deck The Halls!
10a Helping Hands Club
1p Christmas Music Hour
2p "Oh Christmas Tree"
6p Hot Chocolate Social

29

9a Floral Arrangements
10a The Price is Right Broadcast
1p Corn Hole
2p Bible Study
6p Family Chores-Sanitizing Door Handles and Handrails

30