

# HAPPENINGS.

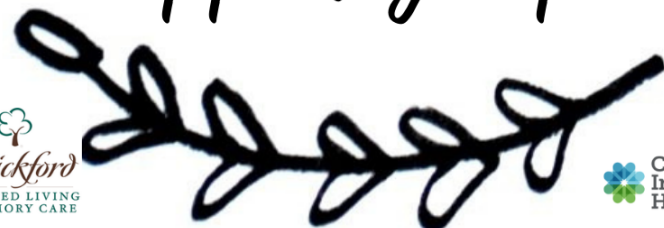
## Dementia Family Support Group

You're Invited to our Dementia Family Support Group! Led by professionals who work with Alzheimer's and Dementia patients, Education Sessions with experts, we offer a place to surround with yourself with others that are varied stages of their journey with having a loved one with Dementia. Come to learn, gain knowledge from experts and those who have been through it, and to be part of a safe and caring community.

Meetings are on the 2nd Thursday of every month at 6pm | Contact Karin Price, LEC at 515.327.9400 or westdesmoineslec@bickfordseniorliving.com for details, RSVP, and location information.



## Dementia Family Support Group



Happy Birthday!

March 28th- John B

## Director, Amra Sisic



## Meet Amra!

Meet our new director, Amra Sisic! She was born and raised right here in Des Moines! She is Bosnian, and recently married her husband, Mirza in September. She loves to be with family and friends. In her free time she loves to shop for plants and cook! Amra and her husband are expecting a bouncing baby boy in June! She is incredibly excited to be part of our Bickford Family and we are so excited to have her here with us. Welcome to the family Amra!

amra.aksamovic@bickfordseniorliving.com

## "Bee" in the Know!

Thank you! Because of all of YOU, we raised \$355 towards our goal of \$2000 for the Walk to End Alzheimer's! Your loved ones LOVED their Valentine's and the Silent Auction was a huge success! Thank you to those that participated and donated. Keep your eyes peeled on how you can enrich the life of your loved one, while fundraising for a great cause!

Join the "Bickford Bees" Walk to End Alzheimer's Team! Go to: [https://act.alz.org/site/TR?team\\_id=724465&pg=team&fr\\_id=15521](https://act.alz.org/site/TR?team_id=724465&pg=team&fr_id=15521) to join, or contact Karin Price at westdesmoineslec@bickfordseniorliving.com, and she will get you registered! You can also use this link to donate directly to our Bickford Bees Team!

Does your family member struggle with Alzheimer's or Dementia? Or, do you have any friends or family that are caregiver's that are on the Dementia Journey with their loved ones? Come to our Dementia Family Support Group and invite your friends and family. More information is on the back of this newsletter.

Sunday

Monday

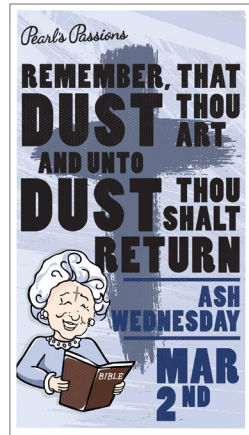
Tuesday

Wednesday

Thursday

Friday

Saturday



Take Note:  
Karin in AL  
M & T: Afternoons  
W-F: Mornings

Karin in MB  
M & T: Morning  
W-F: Afternoons

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

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9:15a Chair Yoga  
10:15a Meditation Coloring  
1:15p Food Council  
2:30p Fancy Fingers  
6:30p Wheel of Fortune

9:15a Chair Tai Chi w.  
10:15a Meditation Coloring  
1:15p Fancy Fingers  
2:30p Bingo!  
6:30p Wheel of Fortune

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**Spring Decor Switch Over!**  
10a The Price is Right Broadcast  
1:30p Bible Study  
2:30 Decorate for Spring  
6p Family Chores-Folding Napkins and Table Cloths

**CASINO FUN**  
9:15a Horse Racing  
10:15a WDM Library Visit  
2p Casino Social w. Tom Hofer  
6p Resident/BFM Bingo Night!

9:15a Zumba  
10a The Price is Right Broadcast  
1:30p Bible Study  
2:30p Jenga Reminiscence  
6p Family Chores- Dusting Tables and Decor

9:15a Zumba  
10a The Price is Right Broadcast  
1:30p Bible Study  
2p All Staff In-Service  
6p Family Chores-Sanatize Handrails and Door Handles

9:15a Zumba  
10a The Price is Right Broadcast  
1:30p Bible Study  
2:30p Scrabble  
6p Family Chores-Vacuuming Hallways

**ASH WEDNESDAY**  
**Spring Decor Switch Over!**  
9:30a Chair Exercise Video  
1:15p Ash Wednesday Prayer Service  
2:30p Decorate for Spring  
6p Cookies and Milk

9:30a Chair Cardio  
10a Dollar Tree Shopping Trip  
1:15p Hard Hatters w. Dean  
2:30p Card Games  
6p Cookies and Milk

9:30a Chair Cardio  
10:30a Library Hour  
1:15p JULIETS w. Sarah  
2:30p Card Games  
6p Cookies and Milk

9:30a Chair Cardio  
1:15p Pet Therapy  
2:30p Card Games  
2:30p-3:30p Pups and Pints Marketing Event  
6p Cookies and Milk

9:30a Bickford Bakers  
1:15p "Amazing Reptiles-Snakes"-Jester Park  
2:30p Card Games  
6p Cookies and Milk

9:15a Crafting Corner  
1:15p Gardening Club w. Jazz  
2:30p Coffee and Chat  
6p Fancy Fingers

9:15a Wii Sports  
10:15a Resident Council  
1:30p Bible Study  
2:30p Coffee and Chat  
6p Dementia Family Support Group  
6p Fancy Fingers

**ST PATRICKS DAY**  
9:15a Walking Club-Leprechan Hunt  
10:15a "Lucky to be Me"  
2:30p St. Patrick's Day Social  
6p St. Patrick's "I Spy"

9:15a Art Club  
1:15p Coffee and Chat  
3p Bucket Drumming  
6p Fancy Fingers

**OPENING DAY**  
9:15a Baseball Throw  
10:15a Table-Top Baseball  
1:15p Movie Matinee-"Field of Dreams" w. Cracker Jacks  
6p Fancy Fingers

9:15a Walking Club  
10:15a Handbell Choir  
1:15p Movie Matinee  
6p Board Games

9:15a Walking Club at the Botanical Gardens  
1:15p Movie Matinee  
6p Board Games

9:15a Walking Club  
10:15a Handbell Choir  
1:15p Movie Matinee  
6p Board Games

9:15a Walking Club  
10a WDM Library Outing  
1:15p Movie Matinee  
6p Board Games

9:15a Walking Club  
10:15a Music Hour  
1:15p Card Games  
3p Coloring Club  
6p The Lawrence Welk Show

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