

HAPPY YNINGS.

April HappYnings



Happy Birthday!

May 1st- BFM Rebecca
 May 2nd- Dennis
 May 5th- BFM Justin
 May 7th- BFM Jose
 May 24th- Mary S.
 May 26th- BFM Suzie

Bickford Spotlight...

Karin Price is our Life Enrichment Coordinator. Karin is a mom of 3 kiddos, Lydia (10) , Wesley (7), and Florence (5). She grew up in Nebraska and has only lived in Iowa for the past 4 years. She earned a BA in Music from Nebraska Wesleyan University, where she met her husband, Marcus. She has a background in music and early childhood education, Adult ESL, and tradeshow logistics/event-planning. Karin has two beagles; Lady and Shiloh and is always asking for more pets. (You can't take the "farm" out of a "farm girl"). She loves to sing and play music with her family. She is also a hobbyist and free-lance artist. Working as a Life Enrichment Coordinator with Bickford has been one of her favorite most favorite careers. She has fallen in love with the elderly, elderly with dementia and their families. Karin hopes to gain more education to become more like a person she admires, Teepa Snow, and build strong dementia programming. Karin's favorite activity at Bickford is "Walking Club" where you can always find them singing and laughing throughout the branch! Thank You Karin for all the love and joy you bring to our lives



Resident Shopping is now happening on a MONTHLY basis. If you are wanting Karin or Sarah to do your resident shopping, please be sure your list covers the entire month. Resident Shopping will happen during the 3rd week of the month. If you have questions, please talk to Karin or Sarah. Thank you!

Mother's Day is Approaching and we are going to celebrate! Come celebrate with Mom making floral arrangements and corsages. Then we will be having a Rose ceremony celebrating the lives of mothers who have passed and children who have been lost. This will take place Friday, May 6th, at 2:30pm. RSVP to Karin Price, if you are planning on attending!

Our Dementia Support Group meets on the second Thursday of every month at 6pm! We would love to have you there! This is open to any family that has a loved one with dementia. Come with questions, uplift others, and learn in a loving environment. May's Dementia Support Group will be Thursday the 12th at 6pm at the West Des Moines Public Library in the Millie Knee Classroom.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30a Sit 2B Fit
10:30a Des Moines Register
Read Aloud
1:30p Puzzle Hour
2:30p Church
6p Hymn Sing Along

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MOTHER'S DAY
9:30a Sit 2B Fit
10:30a Des Moines Register
Read Aloud
1:30p Puzzle Hour
2:30p Church
6p Hymn Sing Along

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9:30a Sit 2B Fit
10:30a Des Moines Register
Read Aloud
1:30p Puzzle Hour
2:30p Church
6p Hymn Sing Along

15

Backyard Games Week Begins
9:30a Sit 2B Fit
10:30a Des Moines Register
Read Aloud
1:30p Puzzle Hour
2:30p Church
6p Hymn Sing Along

22

9:30a Sit 2B Fit
10:30a Des Moines Register
Read Aloud
1:30p Puzzle Hour
2:30p Church
6p Hymn Sing Along

29

9:15a Make May Day Baskets
10:15 Walking Club-
Delivering May Day Baskets
1:15p Food Council
2:30p Write the Word
6p Movie Monday

2

9:15a Chair Tai Chi
10:15a Meditation Coloring
1:15p Fancy Fingers
2:30p Hard Hatters
6p Movie Monday

9

Make a Kite on a Monday Day
Resident Shopping Lists Due
9:15a Kite Building
1:15p History of Kites
2:30p Fly Kites at Park-Outing
6p Movie Monday

16

9:15a Chair Yoga
10:15a Fancy Fingers
1:15p JULIETS
2:30p Family Feud
6p Backyard Games

23

MEMORIAL DAY
9:15a Chair Tai Chi
10:15a Gardening Club
1:15p History of Memorial Day
2:30p Backyard Games
6p Movie Monday

30

9:15a Zumba
10a Price is Right
1:30p Bible Study
2:30p Bingo
6p Family Chores

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9:15a Zumba
10a WDM Library Visit
1:30p Bible Study
2:30p Bingo
6p Family Chores

10

9:15a Zumba
10a Price is Right Broadcast
1:30p Bible Study
2:30p Bingo
6p Family Chores

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9:15a Zumba
10a Price is Right
12p Nacho Average Tuesday
1:30p Bible Study
2:30p Bingo
6p Backyard Games

24

9:15a Zumba
10a Price is Right Broadcast
1:30p Bible Study
2:30p Bingo
6p Family Chores

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Gardening Day
9:30a Flower/Veggie Garden
Plant Shopping-Outing
1:15p Planting our Gardens!
6p Backyard Games

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Third Shift/Night Workers
Appreciation Day
10a Mass/Fancy Fingers
1:15p Library Hour
2:30p Card Games
6p Cookies and Milk

11

10a Virtual Museum Tour
1:15p Bucket Drumming
2p All Staff In-Service
6p Cookies and Milk

18

National Senior Health and
Fitness Day
9:30a Bickford Bakers
1:15p Spring Forward-Fall
Prevention w. Fox Rehab
2p Walker Clinic and Cleaning
w. Fox Rehab
6p Backyard Games

25

CINCO DE MAYO
9:15a La Macarena
10:15a Hacer un Cartel de Papel
Picado
1:15p Decorar para la Fiesta
2p Fiesta!
6p Mariachi

5

Nurse's Day
9:15a Breakfast w. RNC Liz
10:15a Chair Cardio
1:15p All About Limericks
2:15p Resident Council
6p Card Games
6p Dementia Support Group

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9:15a Art Club
1:15p Ice Cream Social
2:30p Backyard Games
6p Card Games

19

9:15a Chair Cardio
10:15a History of "Taps"
1:15p Memorial Day Decorating
2p Memorial Day Social w.
Buckingham/Foote Duo
6p Backyard Games

26

9:15a DIY Derby Hats
1:15p Walking Club
2:30p Mother's Day Crosages
and Rose Ceremony
6p Board Games

6

Bubbles Day!
9:15a Walking Club
10:15a DIY Bubble Wands
w. Prohaska Daycare
1:30p Fun w. Bubbles on
the Patio
6p Board Games

13

9:15a Walking Club
10:15a Gardening Club
1:15p Card Games
2:30p Museum Visit-Outing
6p Board Games

20

Paper Airplane Day
9:15a Walking Club
10:15a
1:15p Paper Airplane Folding
2:30p Paper Airplane Contest
6p Backyard Games

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KY DERBY DAY
9:15a Chair Yoga
10:15a Coffee and Chat
1:15p Card Games
2:30p Daily Chronicle on the
Patio
5:45p Kentucky Derby Broadcast

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9:15a Chair Tai Chi
10:15a Coffee and Chat
1:15p Card Games
2:30p Daily Chronicle on the
Patio
6p Lawrence Welk Show

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9:15a Chair Exercises
10:15a Coffee and Chat
1:15p Card Games
2:30p Daily Chronicle on the
Patio
6p Lawrence Welk Show

21

9:15a Chair Yoga
10:15a Coffee and Chat
1:15p Card Games
2:30p Daily Chronicle on the
Patio
6p Lawrence Welk Show

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