

# HAPPENINGS.



## Jubilant June Memories



## Happy Birthday!

July 1st- Ruth | July 4th- Bob | July 5th-Donnaloy | July 5th-BFM Jose | July 7th-LEC Brittani |  
July 11th-BFM Jasmina | July 12th- Julia | July 13th- Irene T. is 100!!  
| July 19th-BFM Angie | July 20th-Betty Rose

## BFM Spotlight!



Meet our BFM Spotlight, Brittani! Brittani has had the role of CNA and CMA here at Bickford, and now she is adding LEC to her list! Brittani has been working for Bickford for a year. She started her career at Bickford-Cedar Falls and we were so happy when she joined us here in West Des Moines back in April. Brittani has been nominated as a BFM Spotlight by multiple residents and fellow BFMS. She goes above and beyond for our residents, is always offering a helping hand, dependable, and always in positive spirits. It doesn't matter what happens outside of Bickford's walls. When Brittani is here, she is here 110%. We are so glad that Brittani is part of our Bickford Family and can not wait to see what she will do in her new role as an LEC

Fox Rehab will be doing a presentation on Balance and give Balance Assessments on Thursday, July 7th at 1:30p. Come listen and learn some useful information and apply it to your own life!

Irene T. is turning 100! We will be celebrating Irene and this massive milestone birthday on Wednesday, July 13th at 2:30pm. Come join Irene and wish her a happy birthday, and celebrate an amazing human being!

Resident Shopping will be July 28th. Please turn in your shopping list to LEC Brittani by June 26th. Please plan your list to be a FULL MONTH of items.

Dementia Family Support Group will meet again on Thursday, July 14th, at 6pm. It is located at the West Des Moines Public Library. RSVP not required but encouraged. Please email [westdesmoineslec@bickfordseniorliving.com](mailto:westdesmoineslec@bickfordseniorliving.com) for questions and to RSVP.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30a Chair Cardio  
10a Catholic Communion  
1:15p Puzzle Hour  
2:30p Church  
6p Hymn Sing Along

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10

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2:30p Church  
6p Hymn Sing Along

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*\*Activities are Subject to Change\**

**4TH OF JULY**

9a Water Gardens  
9:30a Chair Cardio  
10a Puzzle Hour  
1:15p USA Sing-Along  
2:30p Lemonade on the Patio  
6p Movie Monday

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9a Water Gardens  
9:30a Chair Yoga  
10:15 Meditation Coloring  
1:15p Fancy Fingers  
2:30p Lemonade on the Patio  
6p Movie Monday

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9a Water Gardens  
9:30a Chair Yoga  
10:15a Meditation Coloring  
1:15p Fancy Fingers  
**2p All-Staff Inservice**  
6p Movie Monday

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9a Water Gardens  
9:30a Seated Exercises  
10:15a Scrabble  
1:15p Old Favorites Sing-Along  
2:30p Bucket Drumming  
6p Movie Monday

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9:15a Zumba  
10a The Price is Right  
1:30p Bible Study  
**2pm Independence Day Social with Buckingham/Foote Duo**  
6p Family Chores

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9a Water Gardens  
9:30a Zumba  
10a WDM Library Visits Branch  
1:30p Bible Study  
2:30p Bingo!  
6p Family Chores

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**Man on the Moon Day**  
9a Water Gardens  
9:30a Zumba  
10a History of the Man on the Moon  
1:30p Bible Study  
2:30p Bingo!  
6p Family Chores

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

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9a Water Gardens  
9:30a Seated Exercises  
10:15a Library Hour  
**1:15p Food Council**  
2:30p Bingo!  
6p Cookies and Milk

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9a Water Gardens  
9:30a Seated Exercises  
10:15a Mass/Communion  
**12:30p Red, White, and Brews**  
1:15p Bucket Drumming  
2:30p Irene T.'s 100th!!  
6p Cookies and Milk

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9a Water Gardens  
9:30a Seated Exercises  
10:15a Jenga Reminence  
1:15p Crossword Puzzles  
2:30p Bucket Drumming  
6p Cookies and Milk

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**Merry-Go-Round Day**  
9a Water Gardens  
**9:30a Union Park Heritage Merry-Go-Round-Outing**  
1:15p Chair Tai Chi  
2:30p History of Carousels  
6p Cookies and Milk

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9a Water Gardens  
**9:30a Resident Council**  
10:15a Croquet  
**1:30p Balance Presentation and Clinic w. Fox Rehab**  
6p Card Games

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**Shark Awareness Day**  
9a Water Gardens  
9:30a Chair Cardio  
10:15a Activity with Daycare  
1:15p Bocce Ball  
2:30p Shark Trivia  
6p Card Games  
**6p Dementia Family Support Group**

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**Robin Williams Day**  
9a Water Gardens  
9:30a Chair Cardio  
10:15a Robin Williams Documentary  
1:30p Movie Matinee-Robin Williams Film  
6p Card Games

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**Chocolate Milk Day**  
9a Water Gardens  
**9:30a Resident Shopping-Outing**  
**1:15p Chocolate Milk Social w. Chocolate Milk Trivia**  
2:30p Puzzle Hour  
6p Card Games

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**International Joke Day**  
9a Water Gardens  
9:30a Walking Club  
10a Stand-Up Comedy  
1:15p Patio Hour  
2:30p Red Hat Society  
6p Board Games

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**Drink a Coca-Cola Day**  
9a Water Gardens  
9:30a Walking Club  
10a History of Coca-Cola  
1:15p Connect Four  
2:30p Coca-Cola on the Patio  
6p Board Games

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**ITALIAN DAY**

9a Water Gardens  
9:30a Rowing the Gondola Exercises  
10a Spaghetti Tower Contest  
1:15p Travel to Italy  
2:30p DIY Italian Soda  
6p Card Games

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**Pajama Party Day**  
9a Water Gardens  
9:30a Walking Club  
10:15a Lullaby Music Hour  
1:30p Bedtime Snacks Social  
2:30p Travelling in PJs  
6p Board Games

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9a Water Gardens  
**9:30a Walking Club at Papa Johns Sculpture Park-Outing**  
1:15p The Hard Hatters  
2:30p Best Photos from NASA  
6p Board Games

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

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