



# Happiest of Birthdays to...

Ann Irelan----November 26th

As always, check us out online

at our blog

[www.enrichinghappiness.com/urbandale](http://www.enrichinghappiness.com/urbandale)

or on facebook

[www.facebook.com/bickfordseniorlivingurbandale](http://www.facebook.com/bickfordseniorlivingurbandale)

Urbandale

# HAPPENINGS

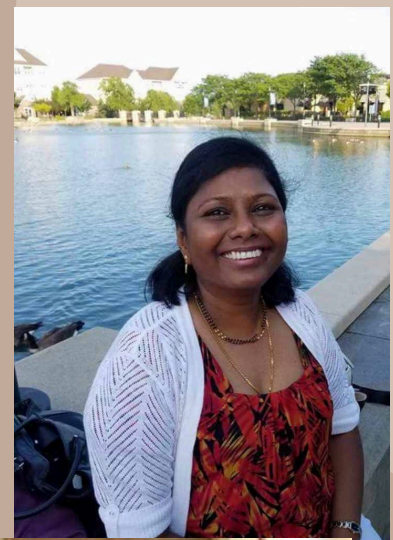
NOVEMBER



Best of luck and lots of love to....

There's something about Mary

Mary Kumar



Mary Kumar is originally from India and has been a CNA at Bickford of Urbandale for 17 years. She and her husband Raj have 2 daughters Michelle and Monisha, and 1 granddaughter. Mary's favorite hobby is cooking. She loves to find new recipes on the internet and try them out. This staff spotlight is a bitter sweet one as Mary is leaving Des Moines to start a new chapter of her life. Mary has been a huge asset to Bickford and will truly be missed.

In Mary's words,  
Dear Bickford Family,  
With sadness I would like everyone to know that October 23rd will be my last day at Bickford. I have worked here for 17 years and have enjoyed working with the residents, and awesome co-workers. I am moving to the Atlanta area and look forward to new adventures.

I will miss you all!  
love,  
Mary



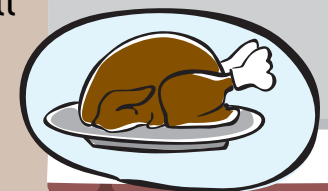
## Giving Thanks

Veteran's Day is Sunday, November 11th. Come join us on Friday, November 9th as we honor and give thanks to all Veterans. Urbandale American Legion Post 663 will lead us in honoring Bickford's Veterans with a Veteran's Day Remembrance Program at 1:30 pm. Everyone is welcome to attend this special ceremony. Refreshments to follow.

Thanksgiving is Thursday, November 22nd. If you would like to join your loved one at noon for Thanksgiving lunch please RSVP to 331-3000 by November 15th. Thanksgiving meals are \$10 per person.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."  
--John F. Kennedy

"THE GREATEST THING IS TO GIVE THANKS FOR EVERYTHING. HE WHO HAS LEARNED THIS KNOWS WHAT IT MEANS TO LIVE."  
--Albert Schweitzer





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# November



10a Coffee Talk  
1p Card Games  
4p Church Service

4

9a Current Events  
9:30a Group Exercise  
10:15a Musician John Schumacher  
1p Beanbag baseball  
3p Resident Council  
4p Rosary with Kathy  
6p USA bingo

5

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:30a Bluegrass musician Dale Martel  
1p Reach out and read  
2p Baking and cards  
6:15p Conversation Starters

6

9a Current Events  
9:30a Stretching  
10:15a Alpha  
1p Prep for baseball game  
2p Beanbag baseball home game vs. Scottish Rite  
6:15p Checkers

7

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:30a Wheel of Fortune  
1p Art Project  
2:30p Manicures/men's club  
6:15p Adult Coloring

1

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:30a General Store  
1p Art Class  
2:30p Manicures  
6:15p Adult Coloring

8

9a Current Events  
9:30a QiGong  
10:15a Musician Luke Farland  
1p Bingo  
3p Happy Hour  
6:15p Dice

2

9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
1:30p Veteran's Day Celebration  
2:30p Refreshments  
6:15p Dice

9

9a Stretching  
9:30a Bingo with Urban Plunge  
1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

3

9a Stretching  
9:30a Games with Urban Plunge  
1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

10

**Veteran's Day**  
10a Coffee Talk  
1p Movie matinee  
2:30p cards  
4p Church Service

11

9a Current Events  
9:30a Group Exercise  
10:15a Beanbag baseball  
1p Shopping Trip  
3p Dice  
4p Rosary with Kathy  
6p Manicures

12

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:45a Name that Tune  
1p Pictionary  
2p Bickford Bakers  
3p 3c's  
6:15p Conversation Starters

13

9a Current Events  
9:30a Stretching  
10:15a Alpha  
1:20p load bus for baseball game  
2p Beanbag baseball away game vs. 3801 Grand  
6:15p Checkers

14

9a Current Events  
9:30a Zumba Gold  
10:30a Chaplain lunch outing  
2p Catholic Mass  
2p Kings Corner  
3p Walking club  
6:15p Adult Coloring

15

9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
1p Beanbag baseball  
3p Happy Hour  
6:15p Dice

16

9a Stretching  
9:30a Bingo with Urban Plunge  
1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

17

9a Current Events  
9:30a Group Exercise  
10:15a Art Project  
1p Beanbag baseball  
3p Walking club/games  
4p Church Service

18

9a Current Events  
9:30a Group Exercise  
10:15a Musician John Schumacher  
10:15a Massage  
1p Beanbag baseball  
3p Scrabble  
4p Rosary with Kathy  
6p Crafts

19

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:45a Everyday photos  
1p Wheel of Fortune  
2p Movie matinee  
6:15p Conversation Starters

20

9a Current Events  
9:30a Stretching  
10:15a Bickford Bakers  
1p Art Project  
2p Refreshments  
3p Walking club/trivia  
6:15p Checkers

21

**Thanksgiving**  
9:30a Exercise  
12p Thanksgiving meal  
1:30p Movie matinee  
6:15p Adult Coloring

22

9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
1:15p Musician Joe Klinefelter  
2:15p Happy Hour  
6:15p Dice

23

9:30a Group Exercise  
1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

24

9a Current Events  
9:30a Group Exercise  
10a In the kitchen  
1p Arm chair travels  
2p Apple trivia  
3p Apple fest refreshments  
4p Church Service

25

9a Current Events  
9:30a Group Exercise  
10:15a General Store  
1p Birthday Party  
3p pictionary  
4p Rosary with Kathy  
6p movie with trivia and popcorn

26

9a Current Events  
9:30a Zumba Gold  
10a Bible Study  
10:45a General Store  
1p Balls,balls,balls  
2p Bickford bakers  
3p 3c's  
6:15p Conversation Starters

27

9a Current Events  
9:30a Stretching  
10:15a Alpha  
1p Prep for baseball  
2p Beanbag baseball home game vs. Prairie Hills  
6:15p Checkers

28

9a Current Events  
9:30a Zumba Gold  
10a Chaplain Visit  
10:30a Bickford Bakers  
1:15p Pianist Stan Dudley  
2:30p Cookies and coffee  
3p Manicures/men's club  
6:15p Adult Coloring

29

9a Current Events  
9:15a Catholic Chaplain visit  
9:30a QiGong  
10:15a Bingo  
12p Outing to Flix Movie Theater  
6:15p Dice

30

9:30a Group Exercise  
1p Movie Matinee  
6:15p Puzzles  
7p Lawrence Welk

24

