



Happiest of Birthdays to...
Janice McDonnell January 2nd

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Urbandale
HAPPENINGS

JANUARY

Staff Spotlight
Courtney Gordon

Courtney Gordon recently joined the Bickford of Urbandale team as a Life Enrichment Coordinator. Courtney graduated last August from Iowa State University with a Bachelors in Event Management. She grew up in the greater Des Moines area and currently she lives in the Ankeny area. Courtney is excited to start her career with Bickford and right here at home.

Courtney brings her sparkling personality, and many skills to her position. She is looking forward to getting to know each and every family member, and creating meaningful memories through fun activities.



Bickford Bees Rock 2018

Bickford of Urbandale was extremely blessed in 2018. We added two amazing housekeepers, some wonderful CNA's, and RN's, new Community Relations Director, another Life Enrichment Coordinator, and our very own Bickford Bees won the World Series!

There were 15 other teams in the series. We were the first team to arrive, and the last to leave. Not only did we bring home the championship title, but we had a great time. Robin called the branch ahead of our arrival to let them know of our victory. We were greeted by a tremendous roar of cheers and the Queen song "We are the champions" played in the background. It was a perfect Christmas time story about the underdog's rise to the top through hardwork and persistence. Thanks to all who made the victory possible. It was truly the effort of an entire village. Way to go Bees!

Our Bean Bag Baseball team plays home and away games all season long. The season culminates in the Central Iowa Bean Bag Baseball World Series. It's a really long name, and it sounds like a big deal. It is.

On the morning of December 5th, many of our team members awoke much earlier than normal. We headed to West Des Moines Christian Church for the World Series.

May your 2019 be filled with blessings, good health, love, and lots of laughter!

below--Alpha volunteers at the Jesus party
top right: Madrid High School choir spreads holiday cheer
bottom: 2018 World Series Champions



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January



New Year's Day
 9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 2p Musician Dave Gray
 3:30p Cards
 6:15p Conversation Starters

9a Current Events
 9:30a Stretching
 10:15a Wheel of Fortune
 10:30a Catholic Mass
 1p Birthday Party
 2:30p Games
 3:15p Walking Club
 6:15p Checkers

9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a Trivia
 1p Crafts
 2:30p Manicures
 6:15p Adult Coloring

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 2:30p Kings Corner
 3p Happy Hour
 6:15p Dice

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

9a Current Events
 9:30a Group Exercise
 10:15a Games
 1p Bean Bag Baseball
 2:30p Crafts with Courtney
 4p Church Service

9a Current Events
 9:30a Group Exercise
 9:30a Massage with Ashley
 10:15a Spa Time
 1p Shopping Trip
 4p Rosary with Kathy
 6p USA Bingo

9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 10:45a Wheel of Fortune
 1p Balls, balls, balls
 2p Bickford Bakers
 3p 3 c's
 6p Manicures

9a Current Events
 9:30a Stretching
 10:15a Crosswords
 1p General Store
 2:30p Pictionary
 3:30p Walking Club
 6p Games

Hat Day
 9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a Make hats
 1:15p Pianist Stan Dudley
 2:30p tea and crumpits
 6:15p Adult Coloring

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
 10:15a Bingo
 1p Bean Bag Baseball
 2p You be the judge
 3p Happy Hour
 6:15p Dice

9:30a Group Exercise
 10:15a Musician Doug Karl
 1p Movie Matinee
 6:15p Puzzles
 7p Lawrence Welk

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

9a Current Events
 9:30a Group Exercise
 10:15a Pinochle
 1p Bean Bag Baseball
 3p Wheel of Fortune
 4p Rosary with Kathy
 6p Manicures

9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 10:30a Everyday photos
 1p Pictionary
 2p Qtip painting
 3:15p Guess the scent
 6:15p Crafts with Courtney

9a Current Events
 9:30a Stretching
 10:15a Crosswords
 1p Finish the phrase
 2p Art Class
 3p Kings Corner
 6p General Store

9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a Wheel of Fortune
 1p Manicures
 2p Catholic Mass
 3:15p Musician Aaron Shoemaker
 6:15p Adult Coloring

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
 10:15a Outing to Prairie Meadows
 6:15p Dice

9a Current Events
 9:30a Group Exercise
 10:15a Bingo
 1p Art Appreciation
 2p Games
 3p refreshments
 6:15p Puzzles
 7p Lawrence Welk

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

9a Current Events
 9:30a Group Exercise
 10:15a You be the judge
 1p General Store
 2:30p Pictionary
 4p Rosary with Kathy
 6p Art with Rosslyn

9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 10:45a Name that tune
 1p Trivia
 2p Movie Matinee
 6p Manicures

9a Current Events
 9:30a Stretching
 10:15a Crosswords
 1p Bean Bag Baseball
 2:30p Milk Shakes
 3:15p Kings Corner
 6p Wheel of Fortune

Luau Party
 9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 10:30a learn to hula
 1p Hawaii wheel
 2p luau trivia
 2:30p luau refreshments
 6:15p Adult Coloring

9a Current Events
 9:15a Catholic Chaplain visit
 9:30a QiGong
 10:15a Musician Luke Farland
 1p Bingo
 2:30p Kings Corner
 3p Happy Hour
 6:15p Dice

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

Chocolate Cake Day
 9a Current Events
 9:30a Group Exercise
 10a In the kitchen
 1p Arm chair travels
 2p Chocolate trivia
 2:30p Chocolate cake samples
 4p Church Service

9a Current Events
 9:30a Group Exercise
 10:15a Wheel of Fortune
 1p Bean Bag Baseball
 2:30p Name that Tune
 4p Rosary with Kathy
 6p Manicures

9a Current Events
 9:30a Zumba Gold
 10a Bible Study
 10:45a Super Bowl Trivia
 1p General Store
 2p Bickford Bakers
 3p 3 c's
 6p Crafts with Courtney

9a Current Events
 9:30a Stretching
 10:15a Crosswords
 1p Dice
 2p Walking Club
 2:30p Cribbage
 6p Wii Bowling

9a Current Events
 9:30a Zumba Gold
 10a Chaplain Visit
 1p Trivia
 2p Art
 3p Walking Club/Cards
 6:15p Adult Coloring