



WE ARE HERE TO HELP

Annessa Pruisman- Director
 Jenny Engel- RN Coordinator
 Karryn McQueen- Community Relations
 Jim Runner- Kitchen Manager
 Allie Beals- Life Enrichment Coordinator
 Steve Brouwer- Maintenance
 Taylor Lundquist- Housekeeping

Ames HAPPENINGS

JANUARY

DECEMBER PHOTOS

UPDATES AND REMINDERS



The month of December flew by, but we sure tried our best to make every second count!

We enjoyed our Winter Wonderland theme day and our "Holly Jolly Family Christmas Night".

Happy New Year! We welcome 2019 with open arms and are extremely excited to see what this year has in store for all of our Bickford Friends and Families.

As we jump into the new year, we ask that anyone who may be feeling under the weather, to please wait until symptoms are gone to visit your loved ones.

We appreciate you working with us to keep our Bickford Friends healthy in 2019!

Our Christmas Lights Outing was a HUGE success, so we will be planning on scheduling that every December. Thank you Steve for taking the time and showing us the best Christmas lights of Ames, Iowa!



DEMENTIA SUPPORT GROUP

We are excited to announce that we will be starting a Dementia Support Group to provide intimate and encouraging support.

Our support group will give you the opportunity to learn from other families experiences. In addition to receiving encouragement and hearing personal stories, you can also learn what to expect and how to best plan for your loved one.

Our first support group will be on **Wednesday, January 30th at 1:30p.**

We will provide light refreshments and drinks.

For more information, please contact Karryn McQueen at 515-233-6000.

We look forward to starting this group and are excited to be able to provide adequate support to our families.



JANUARY RESIDENT BIRTHDAYS

January 2nd- Eddy S
 January 4- Mararet M
 January 17- Betty R
 January 18- Marie R

Happy Birthday from your Bickford Family Members! We hope each and every one of you have an amazing Birthday!

January

S M T W T F S



10a- Senior Motion 10:30a- Coffee Social 2p- Church 6p- Puzzle Fun 6	9:30a- Powercise 10:15a- Potato Peeling 2p- BINGO 3p- Spelling Bee 6:15p- 2nd Chair Brass 7	9a- Manicures 11:30a- Hickory Park Dining Outing 2:30p- Pen Pal Writing Club 6p- Adult Colorig 8	9:30a- Seated Soccer <i>10a- Bible Study</i> 1:30p- BINGO 2:30- Suzy Q Sing Along 6p- Walk Club 9	9:30a- Musical Hat 10:15a- Tea Social 1:30p- Hat Parade 2:30p- Minute to Win it Hat Games 6p- Three Hats for Lisa- Movie Night 10	9:30a- Walk Club 10:15a- Roll a Snowman 2p- Mike Lozano-Singer 6p- Friday Night Movie 11	10a- Chair Yoga 10:30a- Question Ball 1:15p- Twister Toss 6p- Lawrence Welk 5
10a- Chair Exercises 10:30a- Crazy 8's 2p- Church 6p- Word Scramble 13	9:30a- Noodle Ball 10:15a- Potato Peeling 2p- BINGO 6p- Winter Word Search 14	9a- Manicures 10:15a- Riddles 1:30p- Monthly Birthday Party 2:30p- Pen Pal Writing Club 6p- Crossword Puzzles 15	9:30a- Chair Yoga <i>10a- Bible Study</i> 1:30p- BINGO 2:30p- What's in the Bag? 6p- Sing Along 16	9:30a- Sittercise 10a- Pat Lydon-Piano 1:30p- Make Snowflakes 2:30p- Bickford Bakers 6p- Yahtzee 17	9:30a- Senior Motion 10:15a- Brain Teasers 2p- Popcorn Social 6p- Miles Morgan-Singer 18	10a- Powercise 10:30a- Trivia Time 1:15p- Bean Bag Toss 6p- Lawrence Welk 19
10a- Sittercise 10:30a- Kings Korner 2p- Church 6p- UNO 20	9:30a- Powercise 10:15a- Tell me a Yarn 1p- Resident Council 2p- Luke Farland-Country Singer 3p- BINGO 6p- Name thatTune 21	9a- Manicures 10:15a- Daily Devotion 1:30p- Do you Want to Build a Snowman? 2:30p- Pen Pal Writing Club 6p-Suzy Q 22	9:30a- Noodle Ball <i>10a- Bible Study</i> 1:30p- BINGO 2:30p- Family Feud 6p- Adult Coloring 23	9:30a-Pineapple Toss 10:15a-Tropical Trivia 1:30p-Luau Craft 2:30p-Paradise Party 6p- Hawaiian Word Search 24	9:30a- Chair Yoga 10:15a- Uno Attack 2p- Residents Choice 6p- Friday Night Movie 25	10a- Senior Motion 10:30a- Poetry Club 1:15p- Would you Rather? 6p- Lawrence Welk 26
10a- Chocolate Walk 10:30a- Fun Facts about Chocolate 2p- Church 6p- Willy Wonka & the Chocolate Factory Movie 27	9:30a- Senior Motion 10:15a- Potato Peeling 2p- BINGO 6p- Walk Club 28	9a- Manicures 10:15a- Fun Facts about January 1:30p- Make Sock Snowmen 2:30- Pen Pal Writing Club 6p- Card Club 29	9:30a- Sittercise <i>10a- Bible Study</i> 1:30p- BINGO <i>1:30p- Dementia Support Group</i> 2:30p- Two Truths and a Lie 6p- Sing Along 30	9:30a- Chair Yoga 10:15a- News and Views 1:30- Card Club 2:30p- Bickford Bakers 6p- Aaron Shoemaker- Singer 31		

