



## Resident Spotlight: Betty Mason

Elizabeth Ann Mason was born in 1925 in Evansville, Indiana. The oldest of 5 children, her family moved to Des Moines when she was young. Betty attended North High School and met future husband Jack. After Jack and Betty were married he joined the Marines. While Jack was in the Pacific Theater, Betty gave birth to their first child Nancy. She and Nancy lived with her parents and 4 siblings. Betty got her first paying job as a welder at Solar Aircraft where she made airplane parts. After the war the family settled in Highland Park and had 5 more children. During the 50's and 60's she and Jack were active leaders at Our Savior Lutheran Church and the Highland Park Chapter of the American Legion. Betty and her husband were avid square dancers and loved attending conventions. Every summer they took the children in their travel trailer and camped all over Iowa. Betty has 10 grandchildren and 12 great grandchildren.

# Urbandale HAPPENINGS

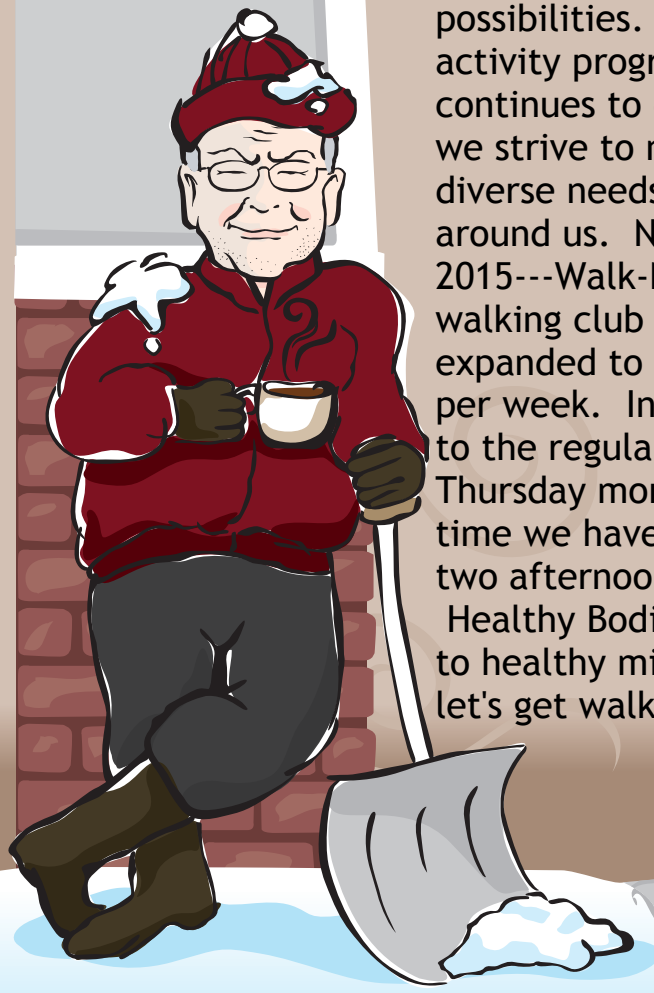
Welcome 2015 !!!

Halloween, Thanksgiving, Christmas, and New Years have come and gone. Now is the time to look ahead and make plans for future possibilities. As the activity program continues to develop we strive to meet the diverse needs of those around us. New in 2015---Walk-N-Roll walking club has expanded to 3 days per week. In addition to the regular Thursday morning time we have added two afternoon times. Healthy Bodies lead to healthy minds, so let's get walking!

One of our favorite activities is getting out and about. On Thursday, January 22nd we will head to Biaggis for lunch on the town. Feel free to meet us there. Bus seating is limited so please sign up early by contacting Mary Pat.

Hop on the bus in February for the annual trip to the Des Moines Botanical Gardens. Escape the Iowa winter for a few hours in the Botanical Garden's tropical dome.

**January fun fact:** January is named after the Roman god Janus, who was shown with two heads ; one looking back to the past year and the other looking forward to the upcoming year.



## Alpha Christmas Celebration

## Circle of Friends



**Pictured left:** Moments from the final Alpha class and Christmas celebration with the wonderful volunteers from Lutheran Church of Hope. Bickford of Urbandale was the first location outside of the church for Alpha to be offered. For 14 amazing weeks volunteers came to share the Alpha course often described as Christianity 101. This non denominational class provided fellowship, education and fun! These fabulous folks even presented handmade prayer shawls at the last gathering. Thank you Darrell and Marilyn, Rich and Dolores, Sharon and Dave, Carolyn and James Wanda, Darla, Judy and Linda!

The Circle of Friends partnership continues into the new year with January's Sponsor-- **St. Jude Hospice**. Each month the Circle of Friends company provides extra activities and education to residents and staff, and financially sponsors events happening in our community. We look forward to teaming up with you to make the activities in 2015 even better! Thank you St. Jude Hospice. We are extremely grateful!



S

# Happiest of Birthdays!!!

M

Helen Humeston  
January 26th

Donald Brasch  
January 29th

T



W

# January

T

New Year's Day  
Happy 2015!!!  
9:30a Exercise DVD  
1p Trivia  
3p Kings Corner  
6p Movie

F

9:30a QiGong  
10a Current Events  
10:15a Bingo  
1p Manicures  
2p Wii Wheel of Fortune  
3p Dominos  
6p Movie

S

9:30a Exercise DVD  
3p Coffee Talk  
7p Lawrence Welk

4p Church  
6p Movie

4

9:30a Group Exercise  
10a Current Events  
10:15a Massage  
10:30a Trivia  
1p Walk-N-Roll (mail delivery)  
2p L,Center, R  
3p Card Bingo  
6p Movie

5

9:30a Zumba Gold  
10a Bible Study  
10:30a Crazy 8's  
1:15p Wii Bowling  
3p Arts and Crafts  
6p Movie

6

9:30a Group Exercise  
10a Current Events  
10:30a Crosswords  
1:30p Russ Barlow  
2:30p Coffee/Dessert  
4p Kings Corner  
6p Movie

7

9:30a Walk-N-Roll  
10a In the Kitchen  
1p Trivia  
2p Men's Club  
3p Kings Corner  
6p Movie

8

9:30a QiGong  
10a Current Events  
10:15a Bingo  
1p Art Appreciation  
2p 500  
3p Dominos  
6p Movie

9

9:30a Exercise DVD  
3p Coffee Talk  
7p Lawrence Welk

10

4p Church  
6p Movie

11

9:30a Group Exercise  
10a Current Events  
10:30a Trivia  
1p Walk-N-Roll (mail delivery)  
1:45p Resident Council  
3p Card Bingo  
6p Movie

12

9:30a Zumba Gold  
10a Bible Study  
10:30a 500  
1:15p Wii Bowling  
3p Arts and Crafts  
6p Movie

13

9:30a Group Exercise  
10a Current Events  
10:30a Crosswords  
1:30p Pat Lydon  
2:30p Coffee/Dessert  
4p Kings Corner  
6p Movie

14

Hat Day  
9:30a Walk-N-Roll  
10a In the Kitchen  
1p Trivia--Hats through the ages  
1:45p Walk-N-Roll  
3p 3rd Thirsty Thursday  
6p Movie

15

9:30a QiGong  
10a Current Events  
10:15a Bingo  
1p Manicures  
2p Wii Wheel of Fortune  
3p Dominos  
6p Movie

16

9:30a Exercise DVD  
3p Coffee Talk  
7p Lawrence Welk

17

4p Church  
6p Movie

18

9:30a Group Exercise  
10a Current Events  
10:30a Trivia  
1p Walk-N-Roll (mail delivery)  
1:15p Scrabble  
2p L,Center, R  
3p Card Bingo  
6p Movie

19

9:30a Zumba Gold  
10a Bible Study  
10:30a Crazy 8's  
1:15p Wii Bowling  
3p Arts and Crafts  
6p Movie

20

9:30a Group Exercise  
10a Current Events  
10:30a Crosswords  
1:30p Rick and Beth McReynolds  
2:30p Coffee/Dessert  
4p Kings Corner  
6p Movie

21

9:30a Walk-N-Roll  
10:30a Lunch outing to Biaggis  
1:45p Walk-N-Roll (mail delivery)  
2p Men's Club  
6p Movie

22

9:30a QiGong  
10a Current Events  
10:15a Bingo  
1p Art Appreciation  
2p 500  
3p Dominos  
6p Movie

23

9:30a Exercise DVD  
3p Coffee Talk  
7p Lawrence Welk

24

4p Church  
6p Movie

25

9:30a Group Exercise  
10a Current Events  
10:30a Trivia  
1p Walk-N-Roll (mail delivery)  
1:15p Scrabble  
2p L,Center, R  
3p Card Bingo  
6p Movie

26

Chocolate Cake Day  
9:30a Zumba Gold  
10a Bible Study  
10:30a Chocolate Cake History  
1:15p Wii Bowling  
3p Arts and Crafts  
6p Movie

27

9:30a Group Exercise  
10a Current Events  
10:30a Crosswords  
1p Card Bingo  
1:30p Mike Lozano  
2:30p Coffee/Dessert  
4p Kings Corner  
6p Movie

28

9:30a Walk-N-Roll  
10a In the Kitchen  
12:45p January Birthday Party  
1:15p Balloon and Noodle game  
2p Trivia  
3p Kings Corner  
6p Movie

29

9:30a QiGong  
10a Current Events  
10:15a Bingo  
1p Manicures  
3p Dominos  
6p Movie

30

9:30a Exercise DVD  
3p Coffee Talk  
7p Lawrence Welk

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