

# February

Sunday

Monday

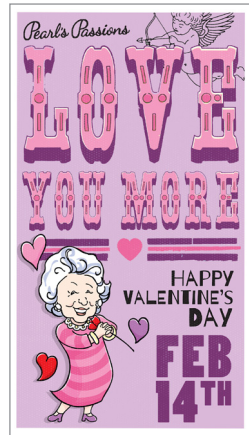
Tuesday

Wednesday

Thursday

Friday

Saturday



February is American Heart Month! Join us at Bickford at 10:00 am on Friday, February 7th when RNC Laura educates us on how to keep our hearts healthy as we can!

Bickford's Valentine's Royalty will be receiving their subjects at a King and Queen of Hearts Reception on Friday, February 14 at 3:00 pm. We'd love to see you there!

We need your help! We'd love to offer more spiritual outlets for our residents. If you, or you know someone who would enjoy bible study, devotions, or singing hymns- we are looking!! Call or email Jess!!!

10a Walking Club  
1p Iowa State BB vs Kansas State (ESPN2)  
3p Hangman  
6p Lawrence Welk (PBS)

9:30a Catholic Mass  
10:15a Catholic Communion w/ Hiedi  
12:30p Iowa Womens BB vs USC (FS1)  
3p Iowa State W vs TCU (FS1)  
4p Church with Caleb 2

10:15a Coffee Club  
10:30a Trivia and Fun Facts  
2p Bingo  
3p Filling Bird Feeders  
6:30p Hand and Nail Care  
8p Iowa State BB vs Kansas (ESPN) 3

10:30a Exercise  
11a News and Views  
2p Bingo w/Judy Warrick Center  
3p Craft - Valentine's Day Ornaments  
3p Men's Coffee  
6p YouTube Tunes 4

10:30a Exercises  
11a News and Views  
2p Book Club (Back Living Room)  
3p Valentine's Day Puzzle Wreath  
6:30p Hand Massages w/lotion 5

10:30a Exercises  
11a News and Views  
2p Bible Study w/ Irlene  
6:30p Flyswatter Balloon Swat  
7p Iowa Women's BB vs Minnesita (Big 10) 6

10a Heart Health with Laura  
10:30a Exercises  
11a News and Views  
2:45p Bingo  
6:30p Crosswords 7

10a Walking Club  
12p Iowa Mens's BB vs Wisconsin (NBC)  
1:30p Word Puzzles  
2:30p Valentine's Day Coloring Pages  
6p Lawrence Welk (PBS) 8

9:30a Catholic Mass  
10:15a Catholic Communion w/ Hiedi  
2:30p Super Bowl Pizza Party  
4p Church with Caleb  
5:30p Super Bowl Kick Off 9

10:15a Coffee Club  
10:30a Trivia and Fun Facts  
2p Bingo  
6:30p Hand and Nail Care  
7p Iowa Women's BB vs Minn (Big 10) 10

10:30a Exercise  
11a News and Views  
2p Making Valentines  
6p YouTube Tunes 11

10:30a Exercises  
11a News and Views  
2p Bingo  
3p Valentine's Treat Bags  
5:30p Iowa BB (Big 10)  
6:30p Hand Massages  
Happy Birthday Helen!  
Happy Birthday Lily! 12

10:30a Exercises  
11a News and Views  
11:15a Legion of Mary Rosary  
1:30p Cards with Karen and friends  
6:30p Flyswatter Balloon Swat 13

**VALENTINE'S DAY**  
10:15 Choc Strawberries  
11a News and Views  
12p Crowning of Valentine's Day King and Queen  
3p King and Queen of Hearts Reception 14

10a Walking Club  
1:30p Movie and Popcorn  
3p Iowa State BB vs Cincinnati (ESPN)  
6p Lawrence Welk (PBS) 15

9:30a Catholic Mass  
10:15a Catholic Communion w/ Hiedi  
4p Church with Caleb  
4p Hawkeye BB vs Maryland (FS1) 16

10:15a Coffee Club  
10:30a Trivia and Fun Facts  
11a Iowa Women's BB vs Ohio State (FS!)  
2p Bingo  
6:30p Hand and Nail Care 17

10:30a Exercise  
11a News and Views  
2p Bingo w/Judy Warrick Center  
6p YouTube Tunes 18

10:30a Exercises  
11a News and Views  
2p Posh Spa  
6:30p Hand Massages w/lotion  
7:30p Hawkeye BB vs Oregon (Big 10)  
Happy Anniversary Jenny! 19

10:30a Exercises  
11a News and Views  
2p Music with AJ Krutchfield  
6:30p Flyswatter Balloon Swat 20

10:30a Exercises  
11a News and Views  
2:45p Bingo  
6:30p Crosswords 21

10a Walking Club  
1p Iowa State vs Houston (ESPN)  
1:30p Iowa State W vs Baylor (FOX)  
3p Iowa BB vs Washington (FS1)  
3p Margarita Happy Hour  
6p Lawrence Welk (PBS) 22

9:30a Catholic Mass  
10:15a Catholic Communion w/ Hiedi  
4p Church with Caleb 23

10:15a Coffee Club  
10:30a Trivia and Fun Facts  
2p Bingo  
3p Chips and Salsa  
6:30p Hand and Nail Care 24

10:30a Exercise  
11a News and Views  
2p Mini Band Workout - Back TV  
6p YouTube Tunes  
8p Iowa BB vs Illinois (FS1) 25

10:15a Resident Council (Back LR)  
11a News and Views  
2p Flyswatter Volleyball  
2:30p Monthly Birthdays  
6:30p Hand Massages w/lotion 26

10:30a Exercises  
11a News and Views  
11:15a Legion of Mary Rosary  
1:30p Cards with Karen and friends  
6:30p Flyswatter Balloon Swat 27

10:30a Exercises  
11a News and Views  
2:45p Bingo  
8p Iowa BB vs Northwestern (FS1) 28

We need volunteers! We could use help calling Bingo on Fridays afternoons! People who enjoy sing-a-longs, baking, or crafts! [forddodgehc@bickfordseniorliving.com](mailto:forddodgehc@bickfordseniorliving.com)