

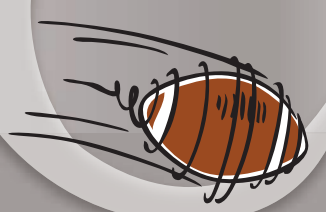


Resident Spotlight: Olive Marie Walker

Olive, known to most as Polly, is a NE Iowa farm girl born 84 years ago in Lime Springs. While in high school she played basketball and was a member of the band. She attended Luther College in Decorah and went on to be a substitute and elementary school teacher. For many years she worked in real estate and was a church visitor for those in need. Polly has been married to her husband John for 63 years. They have two children: the oldest, Pam, lives in the Des Moines area. Their son Phil lives in Denver. A skilled bridge player and known by many as the "cookie lady" Polly loves baking cookies and provided many newcomers in her life with homemade treats. Her outgoing personality has always attracted many people to become her friend.

Urbandale

HAPPENINGS



September Birthdays

Like us on facebook
www.facebook.com/bickfordseniorlivingurbandale

Check out our blog
enrichinghappiness.com/urbandale

Visit us in person
5915 Sutton Place
Urbandale, IA 50322

Happy Birthday to...
Virgil Bloodworth, September 5th
Elenore Tallman, September 7th
Darlene Miller, September 13th
Dory Pearson, September 15th
Alice Hanrahan, September 19th
Helen Dunlap, September 27th

Circle of Friends

Bickford Senior Living is excited to announce its new partnership called the Circle of Friends. Each month a business will partner with Bickford for the entire month. Their partnership with us will make all the fun things we do at Bickford a little MORE fun! Each month the Circle of Friends company will provide extra activities and education to our residents and staff, as well as financially sponsor events that are happening in our community.

Our September Circle of Friends sponsor is Unity Point Health. On September 8th they will be leading bingo, and on the 16th sponsoring our Elvis impersonator for 50's day. Additionally on September 23rd Unity Point Health will give a presentation on How to stay safe in your home. Thank you so much Unity Point Health! We are very grateful!



UnityPoint Health



What's Going On

September is a busy month. Grandparents Day is September 7th. Games will be available to play with families and friends. National Assisted Living Week is September 7-13. The theme is "The Magic of Music". Activities for the week will be music based with several performers coming in as well as musical activities in house. Also that week, Alpha class starts and will continue every Monday for 14 weeks. On the 12th our Wii bowling team will head off for a day long tournament. The big Iowa/Iowa State game is September 13th.

Come watch the game and enjoy snacks. On September 16th we celebrate the 1950's with Elvis impersonator Rick Ludwig performing. Dress in 50's style and come visit. On September 20th friends, family and Bickford staff will participate in the Walk to End Alzheimers. You can register to walk with our team by going online to www.alz.org/walk and joining the Bickford of Urbandale team or contacting Mary Pat. Lastly, on the 23rd we will head to the Neal Smith Wildlife refuge for a bus tour of the grounds. Have a great month!



enriching happiness



assisted living & memory care



September

S M T W T F S



Italian Day cooking and fun facts



Grandparents Day!



<p>Labor Day 3:15p Kings on the Corner 6p Movie</p>	<p>9:30a Zumba Gold 10a Bible Study 10:30a Scrabble 1:15p Wii Bowling 3p Arts and Crafts 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Crosswords 1:30p Phil and Caitlyn Porter 2:30p Coffee and Dessert 6p Movie</p>	<p>8:30 a Vitals Clinic 9:30a Walk-N-Roll 10a Coffee and Rolls 1p In the Kitchen 3p Kings Corner 6p Movie</p>	<p>9:30a QiGong 10a Current Events 10:15a Bingo 1p Manicures 3p Dominos 6p Movie</p>	<p>9:30a Exercise DVD 3p Coffee Talk 7p Lawrence Welk</p>
<p>Grandparents Day! 4p Church 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Alpha 1:15p Bingo 2:15p L, Center, R 3:15p Kings Corner 6p Movie</p>	<p>9:30a Zumba Gold 10a Bible Study 10:30a Music with Deb 1:15p Wii Bowling 3p Arts and Crafts 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Crosswords 1:30p Bill Connet 2:30p Coffee and Dessert 6p Movie</p>	<p>9:30a Walk-N-Roll 10a In the Kitchen 1p Name that tune 1:15p music therapy in Mary B's 2p Bickford Boys 3p Kings Corner 6p Movie</p>	<p>9:30a Exercise DVD 2:30p Iowa vs. Iowa State 7p Lawrence Welk</p>
<p>4p Church 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Alpha 1:15p Resident Council 2:15p L, Center, R 3:15p Kings Corner 6p Movie</p>	<p>50's Day 9:30a Zumba Gold 10a Bible Study 10:30a Scrabble 1:15p Elvis Impersonator 3p Arts and Crafts 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Crosswords 1:30p Pat Lydon 2:30p Coffee and Dessert 6p Movie</p>	<p>9:30a Walk-N-Roll 10a In the Kitchen 1p Conversation starters 3p Third Thirsty Thursday 6p Movie</p>	<p>9:30a Exercise DVD 3p Coffee Talk 7p Lawrence Welk</p>
<p>4p Church 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Alpha 1:15p Trivia 2:15p L, Center, R 3:15p Kings Corner 6p Movie</p>	<p>9:30a Zumba Gold 10a Presentation-How to stay safe in your home 11a Neal Smith Wildlife Refuge 3p Arts and Crafts 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Crosswords 1:30p Mike Lozano 2:30p Coffee and Dessert 6p Movie</p>	<p>9:30a Walk-N-Roll 10a In the Kitchen 10a Massage with Ashley 1p Birthday Party 2p Bickford Boys 3p Kings Corner 6p Movie</p>	<p>9:30a Exercise DVD 3p Coffee Talk 7p Lawrence Welk</p>
<p>4p Church 6p Movie</p>	<p>9:30a Group Exercise 10a Current Events 10:30a Alpha 1:15p Trivia 2:15p L, Center, R 3:15p Kings Corner 6p Movie</p>	<p>9:30a Zumba Gold 10a Bible Study 10:30a Scrabble 1:15p Wii Bowling 3p Arts and Crafts 6p Movie</p>			