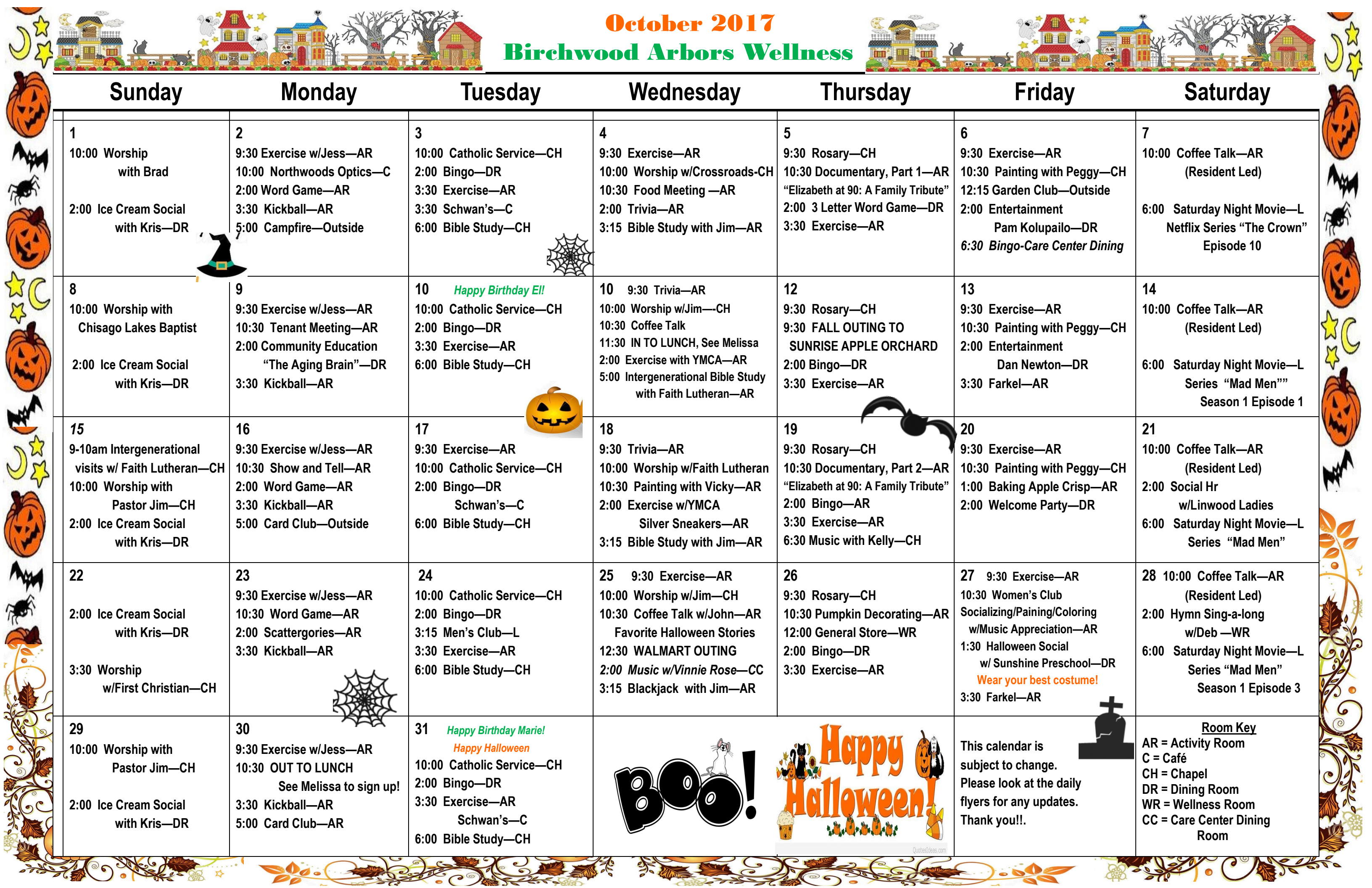


October 2017

Birchwood Arbors Wellness



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1 10:00 Worship with Brad 2:00 Ice Cream Social with Kris—DR</p>	<p>2 9:30 Exercise w/Jess—AR 10:00 Northwoods Optics—C 2:00 Word Game—AR 3:30 Kickball—AR 5:00 Campfire—Outside</p>	<p>3 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR 3:30 Schwan's—C 6:00 Bible Study—CH</p>	<p>4 9:30 Exercise—AR 10:00 Worship w/Crossroads-CH 10:30 Food Meeting —AR 2:00 Trivia—AR 3:15 Bible Study with Jim—AR</p>	<p>5 9:30 Rosary—CH 10:30 Documentary, Part 1—AR "Elizabeth at 90: A Family Tribute" 2:00 3 Letter Word Game—DR 3:30 Exercise—AR</p>	<p>6 9:30 Exercise—AR 10:30 Painting with Peggy—CH 12:15 Garden Club—Outside 2:00 Entertainment Pam Kolupailo—DR 6:30 <i>Bingo-Care Center Dining</i></p>	<p>7 10:00 Coffee Talk—AR (Resident Led) 6:00 Saturday Night Movie—L Netflix Series "The Crown" Episode 10</p>
<p>8 10:00 Worship with Chisago Lakes Baptist 2:00 Ice Cream Social with Kris—DR</p>	<p>9 9:30 Exercise w/Jess—AR 10:30 Tenant Meeting—AR 2:00 Community Education "The Aging Brain"—DR 3:30 Kickball—AR</p>	<p>10 <i>Happy Birthday El!</i> 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR 6:00 Bible Study—CH</p>	<p>10 9:30 Trivia—AR 10:00 Worship w/Jim—CH 10:30 Coffee Talk 11:30 IN TO LUNCH, See Melissa 2:00 Exercise with YMCA—AR 5:00 Intergenerational Bible Study with Faith Lutheran—AR</p>	<p>12 9:30 Rosary—CH 9:30 FALL OUTING TO SUNRISE APPLE ORCHARD 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>13 9:30 Exercise—AR 10:30 Painting with Peggy—CH 2:00 Entertainment Dan Newton—DR 3:30 Farkel—AR</p>	<p>14 10:00 Coffee Talk—AR (Resident Led) 6:00 Saturday Night Movie—L Series "Mad Men" Season 1 Episode 1</p>
<p>15 9-10am Intergenerational visits w/ Faith Lutheran—CH 10:00 Worship with Pastor Jim—CH 2:00 Ice Cream Social with Kris—DR</p>	<p>16 9:30 Exercise w/Jess—AR 10:30 Show and Tell—AR 2:00 Word Game—AR 3:30 Kickball—AR 5:00 Card Club—Outside</p>	<p>17 9:30 Exercise—AR 10:00 Catholic Service—CH 2:00 Bingo—DR Schwan's—C 6:00 Bible Study—CH</p>	<p>18 9:30 Trivia—AR 10:00 Worship w/Faith Lutheran 10:30 Painting with Vicky—AR 2:00 Exercise w/YMCA Silver Sneakers—AR 3:15 Bible Study with Jim—AR</p>	<p>19 9:30 Rosary—CH 10:30 Documentary, Part 2—AR "Elizabeth at 90: A Family Tribute" 2:00 Bingo—AR 3:30 Exercise—AR 6:30 Music with Kelly—CH</p>	<p>20 9:30 Exercise—AR 10:30 Painting with Peggy—CH 1:00 Baking Apple Crisp—AR 2:00 Welcome Party—DR</p>	<p>21 10:00 Coffee Talk—AR (Resident Led) 2:00 Social Hr w/Linwood Ladies 6:00 Saturday Night Movie—L Series "Mad Men"</p>
<p>22 2:00 Ice Cream Social with Kris—DR 3:30 Worship w/First Christian—CH</p>	<p>23 9:30 Exercise w/Jess—AR 10:30 Word Game—AR 2:00 Scattergories—AR 3:30 Kickball—AR</p>	<p>24 10:00 Catholic Service—CH 2:00 Bingo—DR 3:15 Men's Club—L 3:30 Exercise—AR 6:00 Bible Study—CH</p>	<p>25 9:30 Exercise—AR 10:00 Worship w/Jim—CH 10:30 Coffee Talk w/John—AR Favorite Halloween Stories 12:30 WALMART OUTING 2:00 <i>Music w/Vinnie Rose—CC</i> 3:15 Blackjack with Jim—AR</p>	<p>26 9:30 Rosary—CH 10:30 Pumpkin Decorating—AR 12:00 General Store—WR 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>27 9:30 Exercise—AR 10:30 Women's Club Socializing/Paining/Coloring w/Music Appreciation—AR 1:30 Halloween Social w/ Sunshine Preschool—DR <i>Wear your best costume!</i> 3:30 Farkel—AR</p>	<p>28 10:00 Coffee Talk—AR (Resident Led) 2:00 Hymn Sing-a-long w/Deb —WR 6:00 Saturday Night Movie—L Series "Mad Men" Season 1 Episode 3</p>
<p>29 10:00 Worship with Pastor Jim—CH 2:00 Ice Cream Social with Kris—DR</p>	<p>30 9:30 Exercise w/Jess—AR 10:30 OUT TO LUNCH See Melissa to sign up! 3:30 Kickball—AR 5:00 Card Club—AR</p>	<p>31 <i>Happy Birthday Marie!</i> <i>Happy Halloween</i> 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C 6:00 Bible Study—CH</p>			<p>This calendar is subject to change. Please look at the daily flyers for any updates. Thank you!!</p>	<p>Room Key AR = Activity Room C = Café CH = Chapel DR = Dining Room WR = Wellness Room CC = Care Center Dining Room</p>