

# Birchwood Arbors Wellness Calendar—February 2018

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**Room Key**  
 AR = Activity Room  
 C = Café  
 CH = Chapel  
 DR = Dining Room  
 L = Lobby  
 WR = Wellness Room  
 CC = Care Center Dining Room

This calendar is subject to change. Please look at the daily flyers for any updates. Thank you!!  
**ST PAUL WINTER CARNIVAL**  
**25 JAN—10 FEB**



**1 HAPPY BIRTHDAY TOM!**  
 9:30 Rosary—CH  
 10:00 Documentary, Part 1—AR  
 “Winter Olympic Games Preview”  
 2:00 Bingo—DR  
 3:30 Exercise—AR

**2**  
 9:30 Exercise—AR  
 12:15 Garden Club—L  
 2:00 Welcome & Superbowl Party—DR  
 3:30 Farkel—AR  
 6:30 Bingo-Care Center Dining Rm

**3**  
 10:00 Coffee Talk—AR (Resident Led)  
 5:30 Saturday Night Movie “Breakfast at Tiffany’s” 1961 with Audrey Hepburn & George Peppard

**4**  
 10:00 Worship with Brad—CH  
 2:00 Ice Cream Social with Kris—DR  
 Superbowl on on the TV in the Activity Room at 5:30

**5 HAPPY BIRTHDAY MARY MI!**  
 9:30 Exercise w/Jess—CH  
 10:30 Show & Tell—AR  
 2:00 Word Game—AR  
 3:30 Kickball—AR  
 5:00 Card Club—AR

**6** 10:00 Catholic Service—CH  
 2:00 Bingo—DR  
 Schwan’s—C  
 3:30 Exercise—AR  
 3:15 Travels to Dominican Republic with Jim—CH  
 6:15 Bible Study w/ Maynard—CH

**7** 9:30 Olympics Trivia and medal count guesses—AR  
 10:00 Worship Crossroads—CH  
 10:30 Coffee Talk—AR  
 2:00 Exercise w/YMCA Silver Sneakers—AR  
 3:15 Bible Study with Jim—AR

**8**  
 9:30 Rosary—CH  
 10:15 Making Valentine Cards with Dar—AR  
 2:00 Wheel of Fortune—DR  
 3:30 Exercise—AR

**9 HAPPY BIRTHDAY JEANNE!**  
 9:30 Exercise—AR  
 10:30 Food Meeting—AR  
 2:00 Music w/Michael Riddle-DR  
 3:30 Farkel—AR  
 Tune your TV’s to Channel 11 for the Olympics Opening Ceremony at 7pm

**10 HAPPY BIRTHDAY SHIRLEY!**  
 10:00 Coffee Talk—AR (Resident Led)  
 5:30 Saturday Night Movie “Barefoot in the Park” 1967 Robert Redford & Jane Fonda

**11**  
 10:00 Worship with Chisago Lakes Baptist—CH  
 2:00 Ice Cream Social with Kris—DR

**12 Valentine’s hunt this week, look for instructions in the café!**  
 9:30 Exercise w/Jess—CH  
 10:30 Tenant Meeting—AR  
 2:00 Word Game—AR  
 3:30 Kickball—AR

**13 FAT TUESDAY**  
 10:00 Catholic Service—CH  
 2:00 Bingo—DR  
 3:15 Men’s Club—AR  
 3:30 Exercise—WR  
 6:15 Bible Study w/ Maynard—CH

**14 VALENTINE’S DAY**  
 9:30 Exercise—AR  
 10:00 ASH WEDNESDAY Worship with Jim—CH  
 10:30 Coffee Talk—AR  
 12:30 WALMART OUTING  
 3:15 Blackjack with Jim—AR  
 5:00 Intergenerational Bible Study AR

**15 9:30 Rosary—CH**  
 10:00 Documentary, Part 2—AR  
 “Winter Olympic Games Preview”  
 2:00 Bingo—DR  
 3:30 Exercise—AR  
 6:30 Music with Kelly—CH

**16 HAPPY BIRTHDAY LURA!**  
 9:30 Exercise—AR  
 10:30 Women’s Club—AR  
 2:00 Piano Music with Deb—WR  
 3:30 Farkel—AR

**17**  
 10:00 Coffee Talk—AR (Resident Led)  
 2:00 Social Hour—DR w/Linwood Ladies  
 5:30 “Our Souls at Night” 2017 Robert Redford & Jane Fonda

**18**  
 9-10am Intergenerational visits w/ Faith Lutheran—CH  
 10:00 Worship with Pastor Jim—CH  
 2:00 Ice Cream Social with Kris—DR

**19 PRESIDENTS’ DAY**  
 9:30 Exercise w/Jess—CH  
 10:30 OUT TO LUNCH  
 2:00 Jewelry Sale use your Bingo Bucks—DR  
 3:30 Kickball—AR  
 5:00 Card Club—AR

**20**  
 10:00 Catholic Service—CH  
 10:30 Therapy Dogs—L  
 2:00 Bingo—DR  
 Schwan’s—C  
 3:30 Exercise—AR  
 6:15 Bible Study w/ Maynard—CH

**21**  
 9:30 Trivia—AR  
 10:00 Worship w/Faith Lutheran—CH  
 10:30 Painting with Vicky—AR  
 2:00 Exercise w/YMCA Silver Sneakers—AR

**22**  
 9:30 Rosary—CH  
 12:00-12:45 General Store—WR  
 2:00 3 Letter Word Game—DR  
 3:30 Exercise—AR

**23**  
 9:30 Exercise—AR  
 10:30 Baking—AR  
 2:00 Music with Tony Garry—DR  
 3:30 Farkel—AR

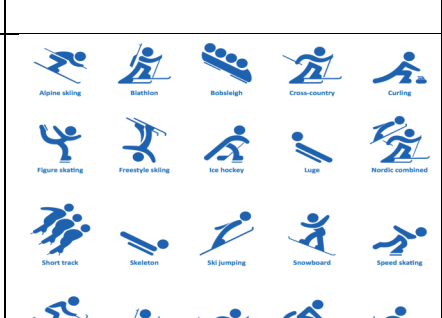
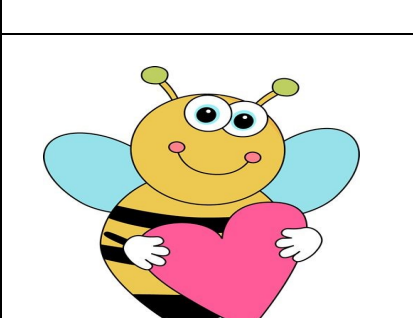
**24**  
 10:00 Coffee Talk—AR (Resident Led)  
 5:30 Saturday Night Movie “On Golden Pond” 1981 Katharine Hepburn/Henry Fonda

**25**  
 2:00 Ice Cream Social—DR  
 3:30 Worship with First Christian—CH

**26**  
 9:30 Exercise w/Jess—CH  
 10:30 Word Game—AR  
 2:00 Scattergories—AR  
 3:30 Kickball—AR

**27 HAPPY BIRTHDAY LOIS & MARGE**  
 10:00 Catholic Service—CH  
 2:00 Bingo—DR  
 3:15 Men’s Club—L  
 3:30 Exercise—AR  
 6:15 Bible Study w/ Maynard—CH

**28**  
 9:30 Exercise—AR  
 10:00 Worship with Jim—CH  
 10:30 Coffee Talk—AR  
 12:30 WALMART OUTING  
 3:15 Blackjack with Jim—AR



**09 FEB—25 FEB**