




Birchwood Arbors Wellness Calendar—March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room Key AR = Activity Room C = Café CH = Chapel DR = Dining Room L = Lobby WR = Wellness Room CC = Care Center Dining Room</p>	<p>This calendar is subject to change. Please look at the daily flyers for any updates. Thank you!!.</p>			<p>1 HAPPY BIRTHDAY DENIECE! 9:30 Rosary—CH 10:00 Documentary—AR “Living on One Dollar” 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>2 9:30 Exercise—AR 10:30 Irish Jokes and Trivia 2:00 Music with Wes “Squeezy” Miller—DR 3:30 Farkel—AR 6:30 Bingo—CARE CENTER DINING ROOM</p>	<p>3 10:00 Coffee Talk—AR (Resident Led) 5:30 Saturday Night Movie “Eight Below”—Lobby</p>
<p>4 10:00 Worship with Brad—CH 2:00 Ice Cream Social with Kris—DR</p>	<p>5 9:30 Exercise w/Jess—CH 10:30 Ways to Wellbeing, What keeps you healthy? with Rachel, RN—AR 2:00 Word Game—AR 3:30 Kickball—AR 5:00 Card Club—AR</p>	<p>6 10:00 Catholic Service—CH 2:00 Bingo—DR Schwan’s—C 3:30 Exercise—AR 6:15 Bible Study w/ Maynard—CH</p>	<p>7 9:30 Trivia—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</p>	<p>8 9am-12 Tax Prep—WR Must be signed up in the WR 2:00 Game of Family Feud—DR 3:30 Exercise—AR 5:15 Crazy 8’s w/Jeanne/Ava—AR</p>	<p>9 9:30 Exercise—AR 10:30 Food Meeting—AR 2:00 Music with Char Mataski—DR 3:30 Farkel—AR</p>	<p>10 10:00 Coffee Talk—AR (Resident Led) 5:30 Saturday Night Movie “Fly Away Home”—Lobby</p>
<p>11 10:00 Worship with Chisago Lakes Baptist—CH 2:00 Ice Cream Social with Kris—DR</p>	<p>12 9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 2:00 Word Game—AR 3:30 Kickball—AR</p>	<p>13 10:00 Catholic Service—CH 2:00 Bingo—DR 3:15 Men’s Club—AR 3:30 Exercise—AR 6:15 Bible Study w/ Maynard—CH</p>	<p>14 9:30 Exercise—AR 10:00 Worship with Forest Hills—CH 10:30 Coffee Talk—AR 12:30 WALMART OUTING 3:15 Blackjack with Jim—AR 5:00 Intergenerational Bible Study with Faith Lutheran—AR</p>	<p>15 HAPPY BIRTHDAY LYN! 9:30 Rosary—CH 10:30 Native Plants and Trees of Maui with Tracy—L 2:00 Bingo—DR 3:30 Exercise—AR 6:30 Music with Kelly—CH</p>	<p>16 HAPPY BIRTHDAY LORRAINE! 9:30 Exercise—AR 10:30 Women’s Club—AR 2:00 Piano Music with Deb—WR</p>	<p>17 ST PATRICK’S DAY 10:00 Coffee Talk—AR (Resident Led) 2:00 Social Hour—DR w/Linwood Ladies 5:30 Saturday Night Movie “Seabiscuit”</p> 
<p>18 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>19 9:30 Exercise w/Jess—CH 10:30 Show and Tell—AR 2:00 Word Game—AR 3:30 Kickball—AR 5:00 Card Club—AR</p>	<p>20 HAPPY BIRTHDAY CURT! FIRST DAY OF SPRING 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</p>	<p>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 3:15 Bible Study with Jim—AR</p>	<p>22 9:30 Rosary—CH 10:00 Visits w/Faith Lutheran’s Discovery Center Pre-School—AR 1:30 Baking—AR 3:30 Exercise—AR</p>	<p>23 9:30 Exercise—AR 10:15 Easter Cards with Dar and Ardee—AR 2:00 Music with Mary Franz—DR</p>	<p>24 10:00 Coffee Talk—AR (Resident Led) 2:00 Metropolitan Boys Choir Chapel 5:30 Saturday Night Movie “Andre” —Lobby</p>
<p>25 PALM SUNDAY 2:00 Ice Cream Social with Kris Music with Joyful Hearts—DR 3:30 Worship with First Christian—CH</p>	<p>26 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 2:00 Scattergories—AR 3:30 Kickball—AR</p>	<p>27 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</p>	<p>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</p>	<p>29 9:30 Rosary—CH 12:00-12:45 General Store—WR 2:00 Bingo—DR 3:30 Maunday Thursday Church Service—CH 3:30 Exercise—AR</p>	<p>30 GOOD FRIDAY 9:30 Exercise—AR 10:00 Good Friday Service—CH 11:30 IN TO LUNCH—AR 3:00 Farkel—AR</p>	<p>31 10:00 Coffee Talk—AR (Resident Led) 5:30 Saturday Night Movie “The Bear”—Lobby</p>

