

November

Birchwood Wellness Calendar 2018

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

<p>FS = Fireside L=Lobby CH = Chapel WL = West Lounge DR= 1st floor dining room AA = All Around LL = Lodge Lounge</p>	<p>This calendar is subject to change. Please watch bulletin board by main dining room for any changes made.</p>			<p>1 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Basic Weights—CH 1:15 Coffee & Trivia—DR 2:00 Bingo—DR 3:45 Crossword—CH 6:15 NCIS Night—CH</p>	<p>2 <u>Arbors Art Fair— 10am-3pm</u> 10:30 Cardio Biking—WL 11:30 Social Visits/1:1's—AA 1:15 Coffee & Cards—DR 2:00 Music with Keith—DR 3:45 Crossword—CL 6:15 Documentary—CH</p>	<p>3 12:30 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>4 10:00 Worship with Brad—CH 10:45 Fancy Nails—AA 12:00 Vikings vs. Lions 1:00 Charlie's Music—CH</p>	<p>5 9:30 Group Exercise w/Jess -CH 10:30 Crossword—CH 1:00 Social Visits/1:1's—AA 2:00 Music with Ron—DR 3:45 Coffee & Book Club—DR 6:15 Documentary—CH</p>	<p>6 <u>Nachos Day</u> 10:00 Catholic Service—CH 11:00 Social Visits/1:1's—AA 1:15 Blackjack with Katelyn—DR 2:30 Build your own Nachos—DR 3:45 Coffee Chat & Table Games—DR 6:15 Movie Night—CH</p>	<p>7 10:00 Worship with Crossroads-CH 10:30 Exercise—CH 11:00 Social Visits/1:1's—AA 1:15 Coffee & Cards—DR 2:00 Music with Keith—DR 3:45 Arts & Crafts— CH 6:15 Nature Documentary—CH</p>	<p>8 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Basic Weights—CH 1:15 Coffee & Trivia—DR 2:00 Bingo—DR 3:45 Crossword—CH 6:15 NCIS Night—CH</p>	<p>9 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 1:15 Friday Afternoon Movie—CH 3:30 Coffee & Cards—DR 5:30 Documentary—CH</p>	<p>10 12:00 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>11 <u>VETERANS DAY</u> 10:00 Worship with Chisago Lakes Baptist Church—CH 10:45 Fancy Nails—CH 1:00 Crossword—CH 2:30 Hymn Sing with Deb—CH</p> <p>THANK YOU VETERANS</p>	<p>12 <u>Chicken Soup for the Soul Day</u> 9:30 Group Exercise w/Jess-CH 10:00 Resident Council—CH 1:00 Crossword—CH 2:00 Music with Vinnie—DR 3:45 Coffee & Book Club—DR 6:15 Monday Night Movie—CH</p>	<p>13 <u>World Kindness Day</u> 10:00 Catholic Service—CH 10:30 Havin' A Ball—CH 11:00 Social Visits/1:1's—AA 1:15 Bible Study—DR 2:00 Lioness Bingo—DR 3:45 Coffee Chat & Table Games—DR 6:15 Lifetime of Learning—CH</p>	<p>14 <u>Pickle Day</u> 10:00 Worship with Forest Hills-CH 10:30 Exercise—CH 11:00 Social Visits/1:1's—AA 1:15 Arts & Crafts—CH 3:30 Coffee & Cards—DR 6:15 Nature Documentary—CH *Outing— Must sign up with Allison</p>	<p>15 <u>Bundt Cake Day</u> 9:30 Rosary Group—CH 10:00 Dog Visits—AA 1:15 Basic Weights—CH 2:00 Bingo—DR 3:45 Coffee & Bundt Cake—DR 6:30 Music with Kelly—CH</p>	<p>16 10:00 Cardio Biking—WL 1:15 Friday Afternoon Movie—CH 3:15 Coffee & Trivia—DR 5:30 Documentary—CH</p>	<p>17 12:00 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>18 9:15 Faith Sunday School Kids-CH 10:00 Worship—CH 12:00 Vikings vs. Bears 1:00 Charlie's Music—CH 2:00 Bingo w/ Laura & Friends-DR</p>	<p>19 <u>Play Monopoly Day</u> 9:30 Group Exercise w/Jess-CH 10:30 Crossword—CH 1:15 Monopoly—DR 3:15 Coffee & Book Club—DR 5:30 Documentary—CH</p>	<p>20 10:00 Catholic Service—CH 10:30 Havin' A Ball—CH 11:00 Social Visits/1:1's—AA 1:15 Blackjack with Katelyn—CH 2:00 Monthly Birthday Party—DR 3:45 Coffee Chat & Table Games—DR 6:15 Campfire Chat—CH</p>	<p>21 10:00 Faith Lutheran Church—CH 10:30 Exercise—CH 11:00 Social Visits/1:1's—AA 1:15 Happy Hour—DR 3:30 Coffee & Cards—DR 6:15 Nature Documentary—CH</p>	<p>22</p>  <p>9:30 Thanksgiving Day Trivia—DR</p> <p>*Thanksgiving Word Finds and Crosswords in Chapel!</p>	<p>23 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 1:15 Friday Afternoon Movie: "Christmas Ranch"—CH 3:30 Coffee & Cards—DR 5:30 Documentary—CH</p>	<p>24 12:30 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>25 1:00 Charlie's Music—CH 2:15 Fancy Nails—AA 3:30 Worship with Forest Lake Christian Church—CH 7:20 Vikings vs. Packers</p>	<p>26 <u>Cake Day</u> 9:30 Group Exercise w/Jess-CH 10:30 Crossword—CH 11:00 Holiday Decorating—AA 1:30 Travels with Tanja—CH 3:45 Coffee & Cake—DR 6:15 Monday Night Movie—DR</p>	<p>27 10:00 Catholic Service—CH 10:30 Havin' A Ball—CH 11:00 Social Visits/1:1's—AA 1:15 Bible Study—DR 2:00 Mary Hall Music—DR 3:45 Coffee Chat & Table Games—DR 6:15 Lifetime of Learning—CH</p>	<p>28 10:00 Worship—CH 10:30 Exercise—CH 11:00 Holiday Decorating—AA 1:15 Garden Club: Pie Tasting—DR 3:30 Coffee & Book Club—DR 6:15 Nature Documentary—CH *Outing— must sign up with Allison</p>	<p>29 <u>Chocolates Day</u> 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Basic Weights—CH 1:15 Coffee & Chocolate— DR 2:00 Bingo—DR 3:45 Crossword—CH 6:15 NCIS Night—CH</p>	<p>30 10:30 Cardio Biking—WL 11:15 Holiday Decorating—AA 1:15 Friday Afternoon Movie: Christmas in the Smokies—CH 3:30 Coffee & Cards—DR 6:15 Documentary—CH</p>	