

Birchwood Arbors Wellness Calendar—December 2018

Sunday

Monday





Tuesday

Wednesday

Thursday

Friday

Saturday

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. FOR ALL OUTINGS YOU MUST SIGN UP WITH MELISSA IN ADVANCE.</p>					<p>1 10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p> 
<p>2 10:00 Worship with Brad—CH 1:00 Come down and enjoy some company! Ice Cream Social with Kris-DR</p> 	<p>3 9:30 Exercise w/Jess—CH 2:00 Word Game—AR 3:30 Kickball—AR</p>	<p>4 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR</p> 	<p>5 9:30 Trivia—AR 10:00 Worship w/Crossroads—CH 10:00 Xmas Cards w/Dar—AR 1:00 Chat with Chef Michael—DR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>6 <i>Happy Birthday Marilyn M!</i> 9:30 Rosary—CH 10:00 US Documentary—Lobby 12:30-2:00 Parkinson's Group—AR 1:00 Funny Money Auction—DR 3:30 Exercise—AR</p>	<p>7 9:30 Exercise—AR 2:00 Entertainment Kitchen Kut Ups—DR 3:30 Farkel—AR 6:30 Bingo—CARE CENTER DR DINING ROOM</p>	<p>8 10:00 Coffee Talk—AR 2:00 Resident Chat—AR 5:30 Saturday Night Movie—Lobby</p>
<p>9 NO KRIS 10:00 Worship with Chisago Lakes Baptist—CH</p>	<p>10 9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 12:30 WARMART 3:30 Kickball—AR</p> 	<p>11 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C</p>	<p>12 10:00 Carolers—CH 10:30 Coffee Talk & Tracy's Christmas Letters—AR 1:00 Chat with Chef Michael—DR 2:00 Blackjack—AR 3:15 Exercise—AR 5:00 Intergenerational Bible Study with Faith Lutheran—AR</p>	<p>13 9:30 Rosary—CH 10:00 Documentary Untold History of the US—Lobby 2:00 Word Game—AR 3:30 Exercise—AR Christmas Carolers—All around both buildings approx.—5-6pm</p>	<p>14 9:30 Exercise—AR 10:30 Food Meeting—AR 2:00 Entertainment Amy & Adams—DR 3:30 Farkel—AR</p>	<p>15 10:00 Coffee Talk—AR 2:00 Social Hour—DR w/Linwood Ladies 5:30 Saturday Night Movie—Lobby</p>
<p>16 9:15 Intergenerational Visits w/ Faith Lutheran—CH 10:00 Worship—CH 1:00 Come down and enjoy some company! Ice Cream Social with Kris-DR</p>	<p>17 9:30 Exercise w/Jess—CH 10:30 Women's Club—AR 2:00 Word Game—AR 3:30 Kickball—AR</p>	<p>18 10:30 Therapy Dog Visit—L 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR</p> 	<p>19 9:30 Trivia—AR 10:00 Worship w/Faith Lutheran—CH 10:30 Painting with Vicky—AR 2:00 Healthy Holiday Eating food samples w/ the dietitian—DR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>20 9:30 Rosary—CH 9:30 Exercise—AR 1:00 Baking Christmas Cookies—AR 6:30 Music with Kelly—CH</p>	<p>21 <i>First Day of Winter</i> 9:30 Exercise—AR 12:00 Santa and Mrs Claus visit—DR 3:30 Farkel—AR</p>	<p>22 10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p>
<p>23 <i>Happy Birthday Elaine!</i> 2:00 Victorian Christmas w/Curtis & Loretta—DR 3:30 Worship with Forest Lake Christian—CH</p>	<p>24 Christmas Eve <i>Happy Birthday Frank!</i> SEE DAILY CALENDAR</p> <hr/> <p>31 9:30 Exercise—AR 2:00 New Year's Eve Party with music by Deb—DR</p>	<p>25 <i>Happy Birthday Barb!</i></p> 	<p>26 10:00 Worship—CH 10:30 Coffee Talk—AR 5:30 Movie Night—Lobby</p> 	<p>27 9:30 Rosary—CH 12:00-12:45 General Store—WR 2:00 Blackjack—AR 3:30 Exercise—AR</p>	<p>28 9:30 Exercise—AR 11:30 IN TO LUNCH 2:00 Trivia—AR 3:30 Farkel—AR</p> 	<p>29 10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p>
<p>30 10:00 Worship-2:00 Ice cream</p>						