

January

Birchwood Wellness Calendar

2019

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</p>	<p>This calendar is subject to change. Please watch bulletin board by main dining room for any changes made.</p>	<p>1 <u>New Years Day</u> 10:00 January Trivia—DR 1:00 A Year in Review 2018—DR</p> 	<p>2 10:00 Worship with Crossroads—CH 10:30 Exercise—CH 11:15 Music & Memory—CH 1:30 Short Stories—DR 4:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>3 9:30 Rosary Group—CH 10:00 Catholic Church Service—CH 10:30 Basic Weights—CH 11:15 Music & Meditation—CH 2:00 BINGO—DR 4:00 Crossword—CH 6:15 Comedy Hour—CH</p>	<p>4 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Coffee & Table Games—DR 3:00 Short Stories—DR 6:30 Bingo with Eagle Brook—DR</p>	<p>5 12:30 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>6 10:00 Worship with Brad—CH 10:45 Fancy Nails—AA 1:00 Charlie's Music—CH</p>	<p>7 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study—CH 4:00 Coffee & Book Club—CH 6:15 Documentary—CH</p>	<p>8 10:00 Catholic Church Service—CH 10:30 Havin' A Ball Exercise—CH 11:15 Music & Meditation—CH 1:30 Arts & Crafts—CH 4:00 Crossword—CH 6:15 Reminiscing 1940s—DR</p>	<p>9 10:00 Worship with Forest Hills—CH 10:30 Exercise—CH 11:15 Music & Memory—CH 1:30 Short Stories—DR 4:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>10 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Basic Weights—CH 11:15 Music & Meditation—CH 2:00 BINGO—DR 4:00 Crossword—CH 6:15 Comedy Hour—CH</p>	<p>11 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Coffee & Table Games—DR 3:00 Short Stories—DR 6:15 Evening Movie—CH</p>	<p>12 9:30 Fancy Nails—AA 10:30 Trivia/Current Events—DR 11:30 Social Visits/1:1's—AA</p>
<p>13 9:15 Faith Sunday School Kids—CH 10:00 Worship with Chisago Lakes Baptist Church—CH 10:45 Fancy Nails—AA 1:00 Charlie's Music—CH</p>	<p>14 9:30 Exercise with Jess—CH 10:00 Resident Council—CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study—CH 4:00 Coffee & Book Club—CH 6:15 Documentary—CH</p>	<p>15 10:00 Catholic Church Service—CH 10:30 Havin' A Ball Exercise—CH 11:15 Music & Meditation—CH 2:00 Monthly Birthday Party—DR 4:00 Crossword—CH 6:15 Reminiscing 1940s—DR</p>	<p>16 10:00 Faith Lutheran Church—CH 10:30 Exercise—CH 11:15 Music & Memory—CH 1:30 Short Stories—DR 4:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>17 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Basic Weights—CH 11:15 Music & Meditation—CH 2:00 BINGO—DR 4:00 Crossword—CH 6:30 Music with Kelly—CH</p>	<p>18 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Coffee & Table Games—DR 3:00 Short Stories—DR 6:15 Evening Movie—CH</p>	<p>19 10:00 Trivia/Current Events—DR 1:30 Children's Piano Recital—CH 4:00 Social Visits/1:1's—AA</p>
<p>20 10:00 Worship with Pastor Richard—CH 10:45 Fancy Nails—AA 1:00 Charlie's Music—CH 2:00 Bingo with Laura & Friends—DR</p>	<p>21 <u>Martin Luther King Jr. Day</u> 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study—CH 2:30 Garden Club—DR 4:00 Coffee & Book Club—CH 6:15 Documentary—CH</p>	<p>22 10:00 Catholic Church Service—CH 10:30 Havin' A Ball Exercise—CH 11:00 Social Visits/1:1's—AA 1:30 Arts & Crafts—CH 4:00 Crossword—CH 6:15 Reminiscing 1940s—DR</p>	<p>23 10:00 Worship with Pastor Richard—CH 10:30 Exercise—CH 11:15 Music & Memory—CH 1:30 Short Stories—DR 4:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>24 9:30 Rosary Group—CH 10:00 Dog Visits—AA 1:00 Basic Weights—CH 2:00 BINGO—DR 4:00 Crossword—CH 6:15 Comedy Hour—CH</p>	<p>25 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Coffee & Table Games—DR 3:00 Short Stories—DR 6:15 Evening Movie—CH</p>	<p>26 12:30 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>27 1:00 Charlie's Music—CH 2:00 Social Visits/1:1's—AA 3:30 Worship with Forest Lake Christian Church—CH</p>	<p>28 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study—CH 4:00 Coffee & Book Club—CH 6:15 Documentary—CH</p>	<p>29 10:00 Catholic Service—CH 10:30 Havin' A Ball—CH 11:00 Social Visits/1:1's—AA 2:00 Music with Bill Cagley—DR 4:00 Crossword—CH 6:15 Reminiscing 1940s—DR</p>	<p>30 10:30 Exercise—CH 11:15 Music & Memory—CH 1:30 Travel Club—CH 4:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>31 9:30 Rosary Group—CH 10:30 Basic Weights—CH 2:00 BINGO—DR 4:00 Crossword—CH 6:15 Comedy Hour—CH</p>		