



Birchwood Arbors Wellness Calendar—February 2019

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 9:30 Exercise—AR 10:30 Bible Study—AR 2:00 Healthy eating and food samples w/ the dietitian—DR 3:30 Farkel—AR 6:30 <i>Bingo—CARE CENTER DINING ROOM</i></p>	<p>2 <i>Happy Birthday Tom!</i> 10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p>
<p>3 10:00 Worship with Brad—CH 1:00 Come down and enjoy! Ice Cream Social with Kris-DR 5:30 <i>Superbowl Sunday on your TV Channel 4 —Patriots vs Rams</i></p>	<p>4 9:30 Exercise w/Jess—CH 10:30 Show and Tell—AR 2:00 Word Game—AR 3:30 Kickball—AR</p>	<p>5 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C</p>	<p>6 10:00 Worship w/Crossroads—CH 10:30 Coffee Talk—AR 2:00 Chat with Chef—DR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby with Faith Lutheran—AR</p>	<p>7 9:30 Rosary—CH 10:00 Documentary—Lobby 1:00-3:00 <i>Parkinson's Group—AR</i> 2:00 Blackjack—AR 3:30 Exercise—AR</p>	<p>8 9:30 Exercise—AR 10:30 Worship Service at the Arbors—AR 2:00 Entertainment Troy Flemming "Mister Business"—DR 3:30 Farkel—AR</p>	<p>9 <i>Happy Birthday Jeanne!</i> 10:00 Coffee Talk—AR 2:00 Resident Chat—AR 5:30 Saturday Night Movie—Lobby</p>	
<p>10 9:15 Intergenerational Visits w/ Faith Lutheran—CH 10:00 Worship with Chisago Lakes Baptist—CH 1:00 Come down and enjoy! Ice Cream Social with Kris-DR</p>	<p>11 9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 2:00 Word Game—AR 3:30 Kickball—AR</p>	<p>12 10:00 Catholic Service—CH 10:30 Tracy's Slideshow—AR 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>13 10:00 Worship with Pastor Richard—CH 10:30 Coffee Talk—AR 2:00 Blackjack—AR 3:30 Exercise—AR 5:00 Intergenerational Bible Study with Faith Lutheran—AR</p>	<p>14 <i>Valentine's Day</i> 9:30 Rosary—CH 10:30 Exercise—AR 1:00 Valentine's Day Cookie Decorating—AR 3:00 Love Song Trivia—AR 5:00 Classic Romantic Movie—Lobby</p>	<p>15 9:30 Exercise—AR 10:30 Women's Club—AR 2:00 3 Letter Word Game—AR 3:30 Farkel—AR</p>	<p>16 <i>Happy Birthday Lura!</i> 10:00 Coffee Talk—AR 2:00 Social Hour—DR w/Linwood Ladies 5:30 Saturday Night Movie—Lobby</p>	
<p>17 10:00 Worship with Eagle Brook on TV—CH 1:00 Come down and enjoy! Ice Cream Social with Kris-DR</p>	<p>18 <i>Presidents' Day</i> 9:30 Exercise w/Jess—CH 12:30 Walmart (tentative) 2:00 Music with Deb—Lobby 3:30 Kickball—AR</p>	<p>19 10:00 Catholic Service—CH 10:30 Therapy Dog Visit—L 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C</p>	<p>20 10:00 Worship with Faith Lutheran—CH 10:30 Painting with Vicky—AR 2:00 Trivia—AR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>21 <i>Happy Birthday Donna!</i> 9:30 Rosary—CH 10:00 Documentary—Lobby 2:00 Word Game—AR 3:30 Exercise—AR 6:30 <i>Music with Kelly—CH</i></p>	<p>22 9:30 Exercise—AR 10:30 Food Meeting—AR 2:00 Entertainment Char Malaske—DR 3:30 Farkel—AR</p>	<p>23 10:00 Coffee Talk—AR 2:00 Resident Chat—AR 5:30 Saturday Night Movie—Lobby</p>	
<p>24 1:00 Come down and enjoy! Ice Cream Social with Kris-DR 3:30 Worship with Forest Lake Christian—CH</p>	<p>25 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 2:00 Scattergories—AR 3:30 Kickball—AR</p>	<p>26 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>27 10:30 Coffee Talk—AR 12:00 IN TO LUNCH 3:30 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>28 9:30 Rosary—CH 12:00-12:45 <i>General Store—WR</i> 2:00 Blackjack—AR 3:30 Exercise—AR</p>		<p><i>4th Tuesday of the Month</i> ♦ <i>Massage, Healing Touch & Music, Aromatherapy, Guided Imagery</i> Ask a staff member for an appointment with Tracy, Integrative Health Consultant</p>	