



Birchwood Arbors Wellness Calendar—January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><u>Room Key</u> 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</p> 	<p>2</p> <p>10:00 Worship w/Crossroads—CH 10:30 Coffee Talk—AR 2:00 Chat with Chef Michael—DR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>3</p> <p>9:30 Rosary—CH 2:00 2019 Predications—AR 3:30 Exercise—AR</p>	<p>4 <i>Happy Birthday Nadine!</i></p> <p>9:30 Exercise—AR 10:30 Bible Study—AR 3:30 Farkel—AR 6:30 Bingo—CARE CENTER DINING ROOM</p>	<p>5</p> <p>10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p>
<p>6</p> <p>10:00 Worship with Brad—CH 1:00 Come down and enjoy some company! Ice Cream Social with Kris-DR</p>	<p>7</p> <p>9:30 Exercise w/Jess—CH 2:00 Resident led Word Game—AR</p>	<p>8</p> <p>10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C</p>	<p>9</p> <p>10:00 Worship w/Forest Hills—CH 10:30 Coffee Talk—AR 2:00 Healthy Eating and food samples w/ the dietitian—DR 3:15 Exercise w/YMCA—AR 5:00 Intergenerational Bible Study</p>	<p>10</p> <p>9:30 Rosary—CH 10:00 Documentary—Lobby 2:00 Blackjack—AR 3:30 Exercise—AR</p>	<p>11</p> <p>9:30 Exercise—AR 10:30 Food Meeting—AR 2:00 Entertainment Monroe Wright—DR 3:30 Farkel—AR</p>	<p>12</p> <p>10:00 Coffee Talk—AR 2:00 Resident Chat—AR 5:30 Saturday Night Movie—Lobby</p>
<p>13 <i>Happy Birthday Jenny!</i></p> <p>9:15 Intergenerational Visits w/ Faith Lutheran—CH 10:00 Worship with Chisago Lakes Baptist—CH 1:00 Ice Cream Social with Kris-DR</p>	<p>14</p> <p>9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 2:00 Word Game—AR 3:30 Kickball—AR</p>	<p>15</p> <p>10:30 Therapy Dog Visit—L 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>16</p> <p>10:00 Worship w/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>17</p> <p>9:30 Rosary—CH 1:00 Baking—AR 3:30 Exercise—AR 6:30 Music with Kelly—CH</p>	<p>18</p> <p>9:30 Exercise—AR 10:30 Bible Study—AR 2:00 Women's Club—AR 3:30 Farkel—AR</p>	<p>19</p> <p>10:00 Coffee Talk—AR 2:00 Social Hour—DR w/Linwood Ladies 5:30 Saturday Night Movie—Lobby</p>
<p>20</p> <p>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>21</p> <p>9:30 Exercise w/Jess—CH 10:30 Word Game—AR 12:30 WALMART (tentative) 3:30 Kickball—AR</p>	<p>22</p> <p>10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C</p>	<p>23</p> <p>10:00 Worship with Pastor Richard—CH 10:30 Coffee Talk—AR 2:00 Chat with Chef Michael—DR 3:15 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>24 <i>Happy Birthday Dale!</i></p> <p>9:30 Rosary—CH 10:00 Documentary—Lobby 12:00 IN TO LUNCH 3:30 Exercise—AR</p>	<p>25</p> <p>9:30 Exercise—AR 10:30 Worship Service at the Arbors—AR 2:00 Entertainment Darlin Jesse—DR 3:30 Farkel—AR</p>	<p>26</p> <p>10:00 Coffee Talk—AR 2:00 Resident Chat—AR 5:30 Saturday Night Movie—Lobby</p>
<p>27</p> <p>1:00 Come down and enjoy some company! Ice Cream Social with Kris--DR 3:30 Worship with Forest Lake Christian—CH</p>	<p>28</p> <p>9:30 Exercise w/Jess—CH 10:30 Word Game—AR 2:00 Scattergories—AR 3:30 Kickball—AR</p>	<p>29</p> <p>10:00 Catholic Service—CH 10:30 Tracy's Slideshow—AR 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>30</p> <p>10:30 Coffee Talk—AR 2:00 Trivia—AR 3:15 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>31</p> <p>9:30 Rosary—CH 12:00-12:45 General Store—WR 2:00 Blackjack—AR 3:30 Exercise—AR</p>	 <p>BIRCHWOOD SENIOR LIVING</p>	
						<p><u>Based on need and availability</u></p> <ul style="list-style-type: none"> ◆ <i>Massage, Reiki, Healing Touch, Aromatherapy, Guided Imagery</i> <i>Ask a staff member for an appointment with Tracy, Integrative Health Consultant</i>