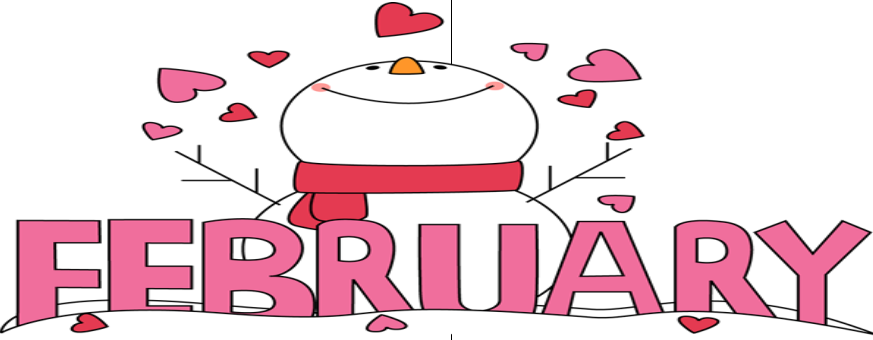


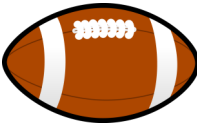





February Birchwood Wellness Calendar 2019

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 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 1:30 Coffee & Table Games—DR 3:00 Short Stories—DR 6:30 Bingo with Eagle Brook—DR</p>	<p>2 <u>Groundhog Day</u> 12:30 Fancy Nails—AA 2:30 Trivia/Current Events-DR 4:00 Social Visits/1:1's—AA</p> 
<p>3 <u>Super Bowl Sunday</u> 10:00 Worship with Brad—CH 11:00 Fancy Nails—AA 1:00 Charlie's Music—CH 5:30 Super Bowl</p> 	<p>4 9:30 Exercise with Jess—CH 11:15 Social Visits/1:1's—AA 1:30 Bible Study with Pastor Richard—CH 2:00 Music with Ron—DR 4:00 Coffee & Short Stories—DR 6:15 Documentary—CH</p>	<p>5 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:30 Social Visits/1:1's—AA 1:30 Hand Massages—AA 3:30 Crossword—CH 6:00 Reminiscing 1940s—DR</p>	<p>6 10:00 Crossroads Church—CH 10:45 Exercise—CH 11:15 Music & Memory—CH 1:30 Short Stories—DR 3:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>7 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>8 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>9 12:00 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>10 9:15 Faith Sunday School Kids—CH 10:00 Worship with Chisago Lakes Baptist Church—CH 11:00 Fancy Nails—AA 1:00 Charlie's Music—CH</p>	<p>11 9:30 Exercise with Jess—CH 10:00 Resident Council—CH 1:30 Bible Study with Pastor Richard—CH 3:00 Coffee & Short Stories—DR 5:30 Documentary—CH</p>	<p>12 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:30 Social Visits/1:1's—AA 1:30 Hand Massages—AA 3:30 Crossword—CH 6:00 Reminiscing 1940s—DR</p>	<p>13 10:00 Worship with Pastor Richard—CH 10:45 Exercise—CH 11:15 Music & Memory—CH 1:30 Short Stories—DR 3:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>14 <u>Valentine's Day</u> 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Basic Weights—CH 11:15 Music & Meditation—CH 2:00 BINGO—DR 3:30 Valentine's Day Party (Music by Mary Hall) - DR 6:15 Comedy Hour—CH</p> 	<p>15 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>16 12:30 Fancy Nails—AA 2:30 Current Events/Trivia—DR 4:00 Social Visits/1:1's—AA</p> 
<p>17 11:00 Worship with Eagle Brook (On TV)- CH 12:00 Fancy Nails—AA 2:00 Bingo with Laura & Friends—DR</p>	<p>18 <u>Presidents Day</u> 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 1:30 Hymn Sing with Deb—CH 3:00 Coffee & Short Stories—DR 5:30 Documentary—CH</p>	<p>19 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:30 Social Visits/1:1's—AA 2:00 Monthly Birthday Party—DR 4:00 Crossword—CH 6:00 Reminiscing 1940s—DR</p>	<p>20 10:00 Faith Lutheran Church—CH 10:45 Exercise—CH 11:15 Music & Memory—CH 1:30 Garden Club—DR 3:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>21 9:30 Rosary Group—CH 10:00 Dog Visits—AA 1:00 Basic Weights—CH 2:00 BINGO—DR 4:00 Crossword—CH 6:30 Music with Kelly—CH</p>	<p>22 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Coffee & Table Games—DR 3:00 Short Stories—DR 6:00 Evening Movie—CH</p>	<p>23 12:30 Fancy Nails—AA 2:30 Trivia/Current Events-DR 4:00 Social Visits/1:1's—AA</p>
<p>24 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>25 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 2:00 Music with Vinnie—DR 4:00 Coffee & Short Stories—DR 5:30 Documentary—CH</p>	<p>26 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:30 Social Visits/1:1's—AA 1:30 Hand Massages—AA 2:00 Coffee talk with the Chef—DR 3:30 Crossword—CH 6:00 Reminiscing 1940s—DR</p>	<p>27 10:00 Worship with Eagle Brook (On TV) - CH 10:45 Exercise—CH 11:15 Music & Memory—CH 1:30 Travel Club—CH 3:00 Coffee & Trivia—DR 6:15 Nature Documentary—CH</p>	<p>28 9:30 Rosary Group—CH 10:30 Basic Weights—CH 2:00 BINGO—DR 4:00 Crossword—CH 6:15 Comedy Hour—CH</p>	