





Birchwood Arbors Wellness Calendar—March 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>Arbors Staff Birthdays! Stephanie-1st Mary-19th</p> 		<p>4th Tuesday of the Month <i>Massage, Healing Touch & Music, Aromatherapy, Guided Imagery</i> Ask a staff member for an appointment with Tracy, Integrative Health Consultant</p>	<p>1 <i>Happy Birthday Deniece!</i> 9:30 Exercise—AR 2:00 Tenant Led Word Game-AR 3:30 Farkel—AR 6:30 <i>Bingo—CARE CENTER DINING ROOM</i></p>	<p>2 10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p>
<p>3 10:00 Worship with Brad—CH 1:00 Ice Cream Social with Kris-DR</p>	<p>4 9:30 Exercise w/Jess—CH 2:00 Word Game—AR 3:30 Kickball—AR</p>	<p>5 10:00 Catholic Service—CH 11:00 Bi-Annual help to cut Kris' Hair—WR 2:00 Bingo—DR 3:30 Exercise—AR Schwan's—C</p>	<p>6 <i>Ash Wednesday</i> 10:00 Worship w/Crossroads—CH 10:30 Coffee Talk—AR 1:30 Clay Project—CH 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>7 9:30 Rosary—CH 10:00 Documentary—Lobby 1:00-3:00 Parkinson's Group—AR 2:00 Entertainment Wes Squeezy Miller—DR 3:30 Exercise—AR</p>	<p>8 9:30 Exercise—AR 10:45 Bible Study—AR 1:30 Clay Project—CH 3:30 Farkel—AR</p>	<p>9 10:00 Coffee Talk—AR 2:00 Ladies Club—AR 5:30 Saturday Night Movie—Lobby</p>
<p>10 <i>Daylight Saving Time Begins</i> 10:00 Worship with Chisago Lakes Baptist—CH 1:00 Ice Cream Social—DR with Kris—DR 1:30 Entertainment Relan Grove—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 Tenant Led Trivia—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 Exercise—AR 3:00 Remembrance Service—CH 5:00 Intergenerational Bible Study with Faith Lutheran—AR</p>	<p>14 9:30 Rosary—CH 10:00 Documentary—Lobby 2:00 Wheel of Fortune—AR 3:30 Exercise—AR</p>	<p>15 <i>Happy Birthday Lyn!</i> 9:30 Hymn Sing—CH 10:45 Arbors Church Service-AR 2:00 Entertainment Gary LaRue—DR 3:30 Farkel—AR</p>	<p>16 <i>Happy Birthday Lorraine!</i> 10:00 Coffee Talk—AR 2:00 Social Hour—DR w/Linwood Ladies 5:30 Saturday Night Movie—Lobby</p>
<p>17 <i>St Patrick's Day</i> 9:15 Intergenerational Visits w/ Faith Lutheran—CH 10:00 Worship with Pastor Richard—CH 1:00 Ice Cream Social—DR 2:00 <i>Bingo—CARE CENTER DINING ROOM</i></p>	<p>18 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 12:30 WALMART (tentative) 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 <i>Spring Begins Happy Birthday Curt!</i> 10:00 Worship with Faith Lutheran—CH 10:30 Painting with Vicky—AR 2:00 Blackjack—AR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p> 	<p>21 9:30 Rosary—CH 10:00 Documentary—Lobby 12:00 IN TO LUNCH (Must sign up by 3/20 with Melissa) 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 Vinnie Rose—DR 3:30 Farkel—AR</p>	<p>23 10:00 Coffee Talk—AR 2:00 Ladies Club—AR 5:30 Saturday Night Movie—Lobby</p>
<p>24 1:00 Ice Cream Social with Kris—DR 3:30 Worship with Forest Lake Christian—CH</p>	<p>25 <i>Happy Birthday Lois!</i> 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 10:30 Tenant Led Trivia—AR 2:00 Bingo—DR 3:30 Exercise—AR</p>	<p>27 10:30 Coffee Talk—AR 3:30 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>28 9:15 AARP Taxes—AR (Sign up by the elevator) 9:30 Rosary—CH 12:00-12:45 General Store—WR 2:00 Family Feud—AR 3:30 Exercise—AR</p>	<p>29 9:30 Exercise—AR 10:30 Tracy's Slideshow—AR 1:30 Baking—AR 3:30 Farkel—AR</p>	<p>30 10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p>
<p>31 10:00 Worship—CH 1:00 Ice Cream, 1:30 Music</p>						