




Birchwood Arbors Wellness Calendar—April 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>1 9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 2:00 Word Game—AR 3:30 Kickball—AR 5:30 Documentary—CH</p>	<p>2 10:00 Catholic Service—CH 10:30 Trivia—AR Schwan's—C 2:00 Bingo—DR 2:00 Music with Mary Hall—CC 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>3 10:00 Crossroad Church—CH 10:30 Coffee Talk—AR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>4 9:30 Rosary—CH 10:00 "Alone in the Wilderness" Documentary—L 1:00 Parkinson's Group—AR 2:00 Hangman—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>5 9:30 Exercise—AR 10:30 Concentration—AR 2:00 Friday Games—AR 6:30 Bingo—CARE CENTER DINING ROOM</p>	<p>6 10:00 Coffee Talk—AR 5:30 Saturday Night Movie —Lobby</p>
<p>7 Thank Your Volunteer Week! 10:00 Worship with Brad—CH 1:00 Ice Cream Social —DR 1:30 Entertainment—DR Troy Flemming "Mister Business"</p>	<p>8 9:30 Exercise w/Jess—CH 10:30 Show and Tell—AR 2:00 Word Game—AR 3:30 Kickball—AR 5:30 Zoo Documentary—CH</p>	<p>9 10:00 Catholic Service—CH 10:00 Easter Cards w/Dar—AR 2:00 Bingo—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>10 10:00 Worship—CH 10:30 Coffee Talk—AR 2:00 Community Education—DR "The Aging Brain" 3:30 Exercise—AR 5:00 Intergenerational Bible Study with Faith Lutheran—AR</p>	<p>11 9:30 Rosary—CH 10:00 "Alone in the Wilderness" Documentary—L 2:00 Blackjack—AR 3:30 Exercise—AR 6:15 Funny Pet Videos—CH</p>	<p>12 9:30 Exercise—AR 10:45 Arbors Church Service—AR 2:00 Entertainment Betty Rydell—DR 3:30 Farkel—AR</p>	<p>13 10:00 Coffee Talk—AR 2:00 Ladies Club—AR 5:30 Saturday Night Movie —Lobby</p>
<p>14 Palm Sunday 10:00 Worship with Chisago Lakes Baptist—CH 1:00 Ice Cream Social —DR with Kris—DR</p>	<p>15 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 12:30 WALMART 3:30 Kickball—AR 5:30 Titanic Documentary—CH</p>	<p>16 10:00 Catholic Service—CH 10:30 Therapy Dog Visit—L Schwan's—C 2:00 Bingo—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>17 10:00 Faith Lutheran Church—CH 10:30 Coffee Talk—AR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>18 9:30 Rosary—CH 10:00 Documentary—L 2:00 Blackjack—AR 3:30 Exercise—AR 6:30 Music with Kelly—CH</p>	<p>19 Good Friday Happy Birthday Shirley! 10:00 Good Friday Worship—CH 2:00 Music with Deb—Lobby 3:30 Exercise—AR</p>	<p>20 10:00 Coffee Talk—AR 2:00 Social Hour—DR w/Linwood Ladies 5:30 Saturday Night Movie —Lobby</p>
<p>21  10:00 Worship with Pastor Richard—CH 1:00 Ice Cream Social—DR</p>	<p>22  9:30 Exercise w/Jess—CH 10:30 Word Game—AR 2:00 Wellness Event with the Dietitian—DR 2:00 Music with Vinnie—CC 3:30 Kickball—AR 5:30 Documentary—CH</p>	<p>23 10:00 Catholic Service—CH 10:30 Spring Eggstravaganza Chocolate Tasting w/ Tracy—AR 2:00 Bingo—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>24 10:00 Worship with Pastor Richard—CH 10:30 Painting with Vicky—AR 2:00 Scattergories—AR 3:30 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>25 9:30 Rosary—CH 10:00 Documentary—L 12:00-12:45 General Store—WR 2:00 Entertainment Bob Scoggin—DR 3:30 Exercise—AR 6:15 Penguin Movie—CH</p>	<p>26 9:30 Hymn Sing—CH 10:30 Food Meeting—AR 1:30 Exercise—AR 3:30 Tenant led Farkel—AR</p>	<p>27 10:00 Coffee Talk—AR 2:00 Ladies Club—AR 5:30 Saturday Night Movie —Lobby</p>
<p>28 1:00 Ice Cream Social with Kris—DR 3:30 Worship with Forest Lake Christian—CH</p>	<p>29 9:30 Exercise w/Jess—CH 10:30 OUT TO LUNCH 3:30 Kickball—AR 5:30 Documentary—CH</p>	<p>30 10:00 Catholic Service—CH 10:30 Tenant Led Trivia—AR Schwan's—C 2:00 Bingo—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>Arbors Staff Birthdays! Dani – April 25</p> 	<p><i>4th Tuesday of the Month</i> Massage, Healing Touch & Music, Aromatherapy, Guided Imagery Ask a staff member for an appointment with Tracy, Integrative Health Consultant</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>CHANNEL 12 LISTS ALL ACTIVITY PROGRAMMING IN THE HEALTH CARE CENTER Channel 23—C.A.R.E. TV</p> 