





Birchwood Arbors Wellness Calendar—May 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 IN THE WELLNESS ROOM IN ADVANCE</p>		<p>1 10:00 Crossroads Church—CH 10:30 Coffee Talk—AR 1:30 Crossword—CH 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>2 9:30 Rosary—CH 10:00 Documentary—L 2:00 Blackjack—AR 3:30 Exercise—AR 6:15 Evening Movie—CH</p>	<p>3 9:30 Exercise—AR 10:45 Bible Study—AR 1:30 Crossword—CH 2:00 1936 Olympics Presentation with David Jones—DR 3:30 Tenant Led Farkel—AR 6:30 Bingo—CARE CENTER DR</p>	<p>4 10:00 Coffee Talk—AR 2:30 Trivia/Current Events—CC 5:30 Saturday Night Movie—Lobby</p>
<p>5 <i>Happy Birthday Naomi!</i> <i>Ramadan Begins at Sundown</i> <i>Cinco de Mayo</i> 10:00 Worship with Brad—CH 1:00 Ice Cream Social —DR 1:30 Music with Deb—L</p>	<p>6 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 2:00 Crossword—AR 3:30 Kickball—AR 5:30 Documentary—CH</p>	<p>7 <i>Happy Birthday Judy!</i> 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>8 <i>Happy Birthday Jurcel!</i> 10:00 Worship w/Forest Hills—CH 10:30 Coffee Talk—AR 1:30 Crossword—CH 3:00 Exercise—AR 5:30 Movie Night—L</p>	<p>9 9:30 Rosary—CH 10:00 Exercise—L 2:00 Tenant led Word Game—AR 6:15 Comedy Hour—CH</p>	<p>10 9:30 Exercise—AR 10:30 Food Meeting—AR 2:00 May Wellness Event with the Dietitian—DR 3:00 Crossword—CH 3:30 Farkel—AR 6:15 Evening Movie—CH</p>	<p>11 10:00 Coffee Talk—AR 2:00 Ladies Club—AR 2:30 Trivia/Current Events—CC 5:30 Saturday Night Movie—Lobby</p>
<p>12 <i>Mother's Day</i> 10:00 Worship with Chisago Lakes Baptist—CH 2:00 Entertainment and Desserts with Lady Di—DR FAMILIES WELCOME Please RSVP in the WR</p>	<p>13 9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 2:00 Soulful Spa Day—CH 3:30 Kickball—AR 5:30 Documentary—CH</p>	<p>14 10:00 Catholic Service—CH 10:30 Tracy's Slideshow—AR "National Monuments" Schwan's—C 2:00 Bingo—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>15 <i>Happy Birthday Sheldon!</i> 10:00 Faith Lutheran Church—CH 10:30 Painting with Vicky—AR 10:30 Men's Club—L 2:00 Soulful Art—CH 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>16 9:30 Rosary—CH 10:30 OUT TO LUNCH 1:00 Guided Imagery—CH 2:00 Word Game—AR 3:30 Exercise—AR 6:30 Music with Kelly—CH</p>	<p>17 10:30 Exercise—AR 2:00 Entertainment with Michael Riddle—DR 3:30 Tenant Led Farkel—AR</p>	<p>18 <i>Armed Forces Day</i> 10:00 Coffee Talk—AR 2:00 Social Hour—DR with the Linwood Ladies 2:30 Trivia/Current Events—CC 5:30 Saturday Night Movie—Lobby</p>
<p>19 1:00 Ice Cream Social with Kris—DR 2:00 Bingo—CARE CENTER DINING ROOM 3:30 Worship with Forest Lake Christian—CH</p>	<p>20 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 12:30 WALMART 2:00 Music with Vinnie—CC 3:30 Kickball—AR 5:30 Documentary—CH</p>	<p>21 10:00 Catholic Service—CH 10:30 Therapy Dog Visit—L 2:00 Bingo—DR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>22 10:00 Worship with Pastor Richard—CH 10:30 Coffee Talk—AR 1:30 Crossword—CH 3:15 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>23 9:30 Rosary—CH 10:00 Documentary—L 2:00 Blackjack—AR 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>24 9:30 Exercise—AR 10:45 Arbors Church—AR 1:30 Crossword—CH 1:30 Baking—AR 3:30 Farkel—AR 5:30 Evening Movie—CH</p>	<p>25 10:00 Coffee Talk—AR 2:00 Ladies Club—AR 2:30 Trivia/Current Events—CC 5:30 Saturday Night Movie—Lobby</p>
<p>26 10:00 Worship with Pastor Richard—CH 1:00 Ice Cream Social with Kris—DR</p>	<p>27 <i>Memorial Day</i> 10:00 Memorial Day Trivia—CC 1:00 Memorial Day Documentary—CH</p> 	<p>28 10:00 Catholic Service—CH 10:30 Tenant Led Trivia—AR Schwan's—C 2:00 Bingo—DR 2:00 Music with Bill Cagley—CC 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>29 <i>National Senior Health & Fitness Day</i> 10:30 Coffee Talk—AR 2:00 Scattergories—AR 3:15 Outdoor Senior Health Walk 5:30 Movie Night—Lobby</p>	<p>30 9:30 Rosary—CH 10:00 Documentary—L 12:00-12:45 General Store—WR 2:00 Word Game 3:30 Exercise—AR 6:15 Comedy Hour—CH</p>	<p>31 <i>Happy Birthday LaCresia!</i> 9:30 Exercise—AR 10:45 Bible Study—AR 12:00 IN TO LUNCH 1:30 Crossword—CH 2:30 Friday Games—AR 6:15 Evening Movie—CH</p>	<p>CHANNEL 12 LISTS ALL ACTIVITY PROGRAMMING IN THE HEALTH CARE CENTER Channel 23—C.A.R.E. TV</p> <p><i>Integrative Health Visits</i> <i>Sign up in the Wellness Room</i></p>

