



May



Birchwood Wellness Calendar

2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FS = Fireside
 L=Lobby
 CH = Chapel
 WL = West Lounge
 DR= 1st floor dining room
 AA = All Around
 CY= Courtyard
 O= Outside

**REMEMBERING
 OUR HEROES ON
 MEMORIAL DAY!**



1 May Day
 10:00 Crossroads Church—CH
 11:00 Social Visits/1:1's—AA
 1:30 Exercise—CH
 2:00 Crossword—CH
 3:30 Outdoor Visits—CY
 6:15 Nature Documentary—CH

2
 9:30 Rosary Group—CH
 10:00 Dog Visits—AA
 2:00 BINGO—DR
 3:30 Outdoor Visits—CY
 5:30 Evening Movie—CH

3
 10:30 Cardio Biking—WL
 11:00 Social Visits/1:1's—AA
 1:30 Friday Movie—CH
 6:30 Bingo with Eagle Brook—DR

4
 12:30 Fancy Nails—AA
 2:30 Trivia/Current Events—DR
 4:00 Social Visits/1:1's—AA

5 Cinco De Mayo
 10:00 Worship with Brad—CH
 11:00 Fancy Nails—AA
 1:00 4H Bingo—DR
 2:00 Afternoon Movie—CH

6 Ramadan Begins
 9:30 Exercise with Jess—CH
 11:00 Social Visits/1:1's—AA
 1:30 Bible Study with Pastor Richard—CH
 3:00 Outdoor Visits—CY
 5:30 Documentary—CH

7
 10:00 Catholic Church Service—CH
 10:45 Havin' A Ball Exercise—CH
 11:30 Social Visits/1:1's—AA
 1:00 Hand Massages—AA
 2:00 Soulful Sounds—CH
 3:30 Outdoor Visits—CY
 6:15 Comedy Hour—CH

8
 10:00 Worship with Forest Hills Church—CH
 10:45 Exercise—CH
 11:15 Music & Meditation—CH
 1:30 Crossword—CH
 3:00 Outdoor Visits—CY
 6:15 Nature Documentary—CH

9
 9:30 Rosary Group—CH
 10:00 Dog Visits—AA
 10:30 Basic Weights—CH
 11:15 Reminiscing Group—CH
 2:00 BINGO—DR
 3:30 Outdoor Visits—CY
 6:15 Comedy Hour—CH

10
 9:30 Hymn Sing—CH
 10:30 Cardio Biking—WL
 11:00 Social Visits/1:1's—AA
 1:30 Happy Hour—DR
 3:00 Crossword—CH
 6:15 Evening Movie—CH

11
 12:30 Fancy Nails—AA
 2:30 Trivia/Current Events—DR
 4:00 Social Visits/1:1's—AA

12 Mother's Day
 9:15 Faith Sunday School—CH
 10:00 Worship with Chisago Lakes Baptist Church—CH
 11:00 Fancy Nails—AA
 1:00 Charlie's Music—CH

13
 9:30 Exercise with Jess—CH
 10:00 Resident Council—CH
 1:30 Bible Study with Pastor Richard—CH
 2:00 Soulful Spa Day—CH
 4:00 Outdoor Visits—CY
 5:30 Documentary—CH

14
 10:00 Catholic Church Service—CH
 10:45 Havin' A Ball Exercise—CH
 11:30 Social Visits/1:1's—AA
 2:00 Lioness Bingo—DR
 3:30 Outdoor Visits—CY
 6:15 Comedy Hour—CH

15
 10:00 Faith Lutheran Church—CH
 10:45 Exercise—CH
 11:15 Music & Memory—CH
 1:30 Soulful Art—CH
 3:00 Outdoor Visits—CY
 6:15 Nature Documentary—CH

16
 9:30 Rosary Group—CH
 10:00 Dog Visits—AA
 10:30 Reminiscing Group—CH
 1:00 Guided Imagery—CH
 2:00 BINGO—DR
 3:30 Outdoor Visits—CY
 6:30 Music with Kelly—CH

17
 10:30 Cardio Biking—WL
 11:00 Social Visits/1:1's—AA
 1:30 Ice Cream Float Social—DR
 3:00 Coffee & Short Stories—DR

18 Armed Forces Day
 12:30 Fancy Nails—AA
 2:30 Trivia/Current Events—DR
 4:00 Social Visits/1:1's—AA

19
 1:00 Charlie's Music—CH
 2:00 Bingo with Laura & Friends—DR
 3:30 Worship with Forest Lake Christian Church—CH

20
 9:30 Exercise with Jess—CH
 11:00 Social Visits/1:1's—AA
 1:30 Bible Study with Pastor Richard—CH
 2:00 Music with Vinnie—DR
 3:30 Outdoor Visits—CY
 5:30 Documentary—CH

21
 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
 3:30 Outdoor Visits—CY
 6:15 Comedy Hour—CH

22
 10:00 Worship with Pastor Richard—CH
 10:45 Exercise—CH
 11:15 Music & Meditation—CH
 1:30 Crossword—CH
 3:00 Garden Club (Outdoors)- CY
 6:15 Nature Documentary—CH

23
 9:30 Rosary Group—CH
 10:00 Dog Visits—AA
 10:30 Basic Weights—CH
 11:15 Reminiscing Group—CH
 2:00 BINGO—DR
 3:30 Outdoor Visits—CY
 6:15 Comedy Hour—CH

24
 9:30 Hymn Sing—CH
 10:30 Cardio Biking—WL
 11:00 Social Visits/1:1's—AA
 1:30 Crossword—CH
 3:00 Friday Movie—CH

25
 12:30 Fancy Nails—AA
 2:30 Trivia/Current Events—DR
 4:00 Social Visits/1:1's—AA

26
 10:00 Worship with Pastor Richard—CH
 11:00 Fancy Nails—AA
 1:00 Charlie's Music—CH

27 Memorial Day
 10:00 Memorial Day Trivia—DR
 11:00 Social Visits/1:1's—AA
 1:00 Memorial Day Documentary—CH



28
 10:00 Catholic Church Service—CH
 10:45 Havin' A Ball Exercise—CH
 11:30 Social Visits/1:1's—AA
 2:00 Music with Bill Cagley—DR
 3:00 Coffee Chat with Chef—DR
 3:30 Outdoor Visits—CY
 6:15 Comedy Hour—CH

29 Senior Health & Fitness Day
 10:30 Exercise—CH
 11:15 Music & Meditation—CH
 1:30 Crossword—CH
 3:00 Outdoor Walk w/ Arbors—O
 6:15 Nature Documentary—CH

30
 9:30 Rosary Group—CH
 10:00 Dog Visits—AA
 10:30 Basic Weights—CH
 11:15 Reminiscing Group—CH
 2:00 BINGO—DR
 3:30 Outdoor Visits—CY
 6:15 Comedy Hour—CH

31
 10:30 Cardio Biking—WL
 11:00 Social Visits/1:1's—AA
 1:30 Crossword—CH
 3:00 Coffee & Short Stories—DR
 6:15 Evening Movie—CH

This calendar is subject to change. Please watch bulletin board by main dining room for any changes made.