



Birchwood Arbors Wellness Calendar—June 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>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> Sign up with <i>Melissa or Mary</i></p>			<p>1 10:00 Coffee Talk—AR 5:30 Saturday Night Movie—Lobby</p>	
<p>2 <i>Happy Birthday Hazel!</i> 10:00 Worship with Brad—CH 1:00 Ice Cream SOCIAL with Kris—DR</p>	<p>3 9:30 Exercise w/Jess—CH 10:30 Show and Tell—AR 2:00 Word Game—AR 3:30 Kickball—AR 5:30 Nature Documentary—CH</p>	<p>4 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR 5:45 Table Games—CH</p>	<p>5 10:00 Worship w/Crossroads—CH 10:30 Coffee Talk—AR 2:00 Apples to Apples—AR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—L</p>	<p>6 9:30 Rosary—CH 10:00 Documentary—L 1:00 Parkinson's Group—AR 2:00 Music with Wes "Squeazy" Miller—DR 3:30 Exercise—AR 5:45 Campfire Chats—CH</p>	<p>7 10:45 Bible Study—AR 1:30 Crossword—CH 2:00 Exercise—AR 3:30 Farkel—AR 6:30 Bingo-CARE CENTER DR</p>	<p>8 10:00 Coffee Talk—AR 2:00 Afternoon Gab—AR 2:30 Table Games—CC 5:30 Saturday Night Movie—Lobby</p>
<p>9 <i>Happy Birthday Betty W!</i> 10:00 Worship with Chisago Lakes Baptist—CH 1:00 Ice Cream SOCIAL with Kris—DR</p>	<p>10 9:30 Exercise w/Jess—CH 10:30 Tenant Meeting—AR 2:00 Crossword—AR 3:30 Kickball—AR 5:00 S'mores—Outside 5:30 Nature Documentary—CH</p>	<p>11 10:00 Catholic Service—CH 1:30-3:00 SPA Day—CH 2:00 Bingo—DR Schwan's—C 3:30 Exercise—AR 5:45 Table Games—CH</p>	<p>12 10:00 Worship with Richard—CH 10:30 Coffee Talk—AR 1:30 Crossword—CH 3:00 Service of Remembrance—CH 3:30 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>13 9:30 Rosary—CH 10:30 OUT TO LUNCH 3:30 Exercise—AR 5:45 Campfire Chats—CH</p>	<p>14 <i>Flag Day</i> 9:30 Exercise—AR 10:30 Food Meeting—AR 12:15 Walking Club—Outside 2:00 Music w/Pam Kolupailo—DR 3:30 Friday Games—AR 6:00 Evening Movie—CH</p>	<p>15 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>16 <i>Father's Day</i> 10:00 Worship with Pastor Richard—CH 1:00 Ice Cream SOCIAL with Kris—DR</p>	<p>17 <i>Happy Birthday Deanna & Julie!</i> 9:30 Exercise w/Jess—CH 12:30 WALMART 2:00 Tenant Led Word Game—AR 3:30 Kickball—AR 5:30 Nature Documentary—CH</p>	<p>18 10:00 Catholic Service—CH 10:30 Therapy Dog Visit—L 2:00 Bingo—DR 3:30 Exercise—AR 5:45 Table Games—CH</p>	<p>19 10:00 Worship with Faith Lutheran—CH 10:30 Painting with Vicky—AR 1:30 Crossword—CH 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby</p>	<p>20 9:30 Rosary—CH 10:00 Documentary—L 2:00 Wheel of Fortune—AR 3:30 Exercise—AR 6:30 Music with Kelly—CH</p>	<p>21 <i>Summer begins</i> 10:00 Exercise—AR 10:45 Bible Study—AR 3:30 Tenant Led Farkel—AR 6:00 Evening Movie—CH</p>	<p>22 10:00 Coffee Talk—AR 2:00 Afternoon Gab—AR 2:30 Table Games—CC 5:30 Saturday Night Movie—Lobby</p>
<p>23 1:00 Ice Cream SOCIAL with Kris—DR 3:30 Worship with Forest Lake Christian Church—CH 30 10:00 Worship with Pastor Richard—CH 1:30 Music—Curtis/Loretta—DR</p>	<p>24 9:30 Exercise w/Jess—CH 10:30 Word Game—AR 2:00 June Wellness Event with the Dietitian—DR 3:30 Kickball—AR 5:30 Nature Documentary—CH</p>	<p>25 8:30 FISHING OUTING 10:00 Catholic Service—CH 2:00 Bingo—DR Schwan's—C 3:30 Exercise—AR 5:45 Table Games—CH</p>	<p>26 10:00 Worship with Richard—CH 10:30 Coffee Talk—AR 2:00 Scattergories—AR 2:00 Music with Mary Hall—CC 3:30 Exercise—AR 5:30 Movie Night—Lobby</p>	<p>27 <i>Happy Birthday Pat!</i> 9:30 Rosary—CH 10:00 Documentary—L 12:00-12:45 General Store—WR 2:00 Blackjack—AR 3:30 Exercise—AR 5:45 Campfire Chats—CH</p>	<p>28 9:30 Exercise—AR 10:45 Arbors Worship—AR 12:15 Walking/Garden Club—Outside 1:30 Crossword—CH 3:30 Tenant Led Farkel—AR</p>	<p>29 10:00 Coffee Talk—AR 2:00 Ladies Club—AR 2:30 Trivia/Current Events—CC 5:30 Saturday Night Movie—Lobby</p>

