





# June

# Birchwood Wellness Calendar

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FS = Fireside L=Lobby CH = Chapel WL = West Lounge DR= 1st floor dining room AA = All Around CY= Courtyard</p>	<p>This calendar is subject to change. Please watch bulletin board by main dining room for any changes made.</p>				<p>1 10:00 Trivia/Current Events—DR 11:00 Fancy Nails—AA 2:00 Saturday Movie—CH</p>	
<p>2 10:00 Worship with Brad—CH 1:00 Charlie's Music—CH 2:00 Afternoon Movie—CH</p>	<p>3 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study with Pastor Richard—CH 2:30 Outdoor Visits—CY 5:30 Nature Documentary—CH</p>	<p>4 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 Outdoor Visits—CY 3:30 Crossword—CH 5:45 Table Games—CH</p>	<p>5 10:00 Crossroads Church—CH 10:45 Exercise—CH 11:15 Music &amp; Meditation—CH 1:30 Movie—CH 3:30 Outdoor Visits—CY 5:45 Short Stories—CH</p>	<p>6 <u>National Garden Exercise Day</u> 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 Garden Club (Outdoors) - CY 5:45 Campfire Chats—CH</p>	<p>7 <u>National Donut Day</u> 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 1:30 Crossword—CH 3:00 Card Games—DR 6:30 Bingo with Eagle Brook—DR</p>	<p>8 <u>World Ocean Day</u> 12:30 Fancy Nails—AA 2:30 Table Games—DR 4:00 Social Visits/1:1's—AA</p>
<p>9 10:00 Worship with Chisago Lakes Baptist Church—CH 11:00 Fancy Nails—AA 1:00 Charlie's Music—CH 2:00 Afternoon Movie—CH</p>	<p>10 9:30 Exercise with Jess—CH 10:00 Resident Council—CH 1:30 Bible Study with Pastor Richard—CH 2:30 Outdoor Visits—CY 5:30 Nature Documentary—CH</p>	<p>11 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:30 Social Visits/1:1's—AA 1:30-3:00 Resident Spa Day—CH 3:30 Outdoor Visits—CY 5:45 Table Games—CH</p>	<p>12 10:00 Worship with Pastor Richard—CH 10:45 Exercise—CH 11:15 Music &amp; Memory—CH 1:30 Crossword—CH 3:00 Service of Remembrance—CH 5:45 Short Stories—CH</p>	<p>13 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 5:45 Campfire Chats—CH</p>	<p>14 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Happy Hour—DR 3:00 Card Games—DR 6:00 Evening Movie—CH</p>	<p>15 12:30 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>16 <u>Father's Day</u> 10:00 Worship with Pastor Richard—CH 1:00 Charlie's Music—CH 2:00 Afternoon Movie—CH</p> 	<p>17 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study with Pastor Richard—CH 2:30 Outdoor Visits—CY 5:30 Nature Documentary—CH</p>	<p>18 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 5:45 Table Games—CH</p>	<p>19 10:00 Faith Lutheran Church—CH 10:45 Exercise—CH 11:15 Music &amp; Meditation—CH 1:30 Crossword—CH 3:30 Garden Club (Outdoors)- CY 5:45 Short Stories—CH</p>	<p>20 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Reminiscing Group—CH 1:00 Basic Weights—CH 2:00 BINGO—DR 3:30 Outdoor Visits—CY 6:30 Music with Kelly—CH</p>	<p>21 <u>1st Day of Summer</u> 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Short Stories—DR 2:30 Ice Cream Soda Social 6:00 Evening Movie—CH</p>	<p>22 12:30 Fancy Nails—AA 2:30 Table Games—DR 4:00 Social Visits/1:1's—AA</p>
<p>23 12:00 Fancy Nails—AA 1:00 Charlie's Music—CH 3:30 Worship with Forest Lake Christian Church—CH</p>	<p>24 9:30 Exercise with Jess—CH 11:00 Social Visits/1:1's—AA 1:30 Crossword—CH 3:00 Outdoor Visits—CY 5:30 Nature Documentary—CH</p>	<p>25 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 Coffee Chat with Chef—DR 3:00 Outdoor Visits—CY 5:45 Table Games—CH</p>	<p>26 10:00 Worship with Pastor Richard—CH 10:45 Exercise—CH 11:15 Music &amp; Meditation—CH 2:00 Music with Mary Hall—DR 3:30 Outdoor Visits—CY 5:45 Short Stories—CH</p>	<p>27 <u>National Bomb Pop Day</u> 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 5:45 Campfire Chats—CH</p>	<p>28 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Crossword—CH 3:00 Friday Movie—CH</p>	<p>29 12:30 Fancy Nails—AA 2:30 Trivia/Current Events—DR 4:00 Social Visits/1:1's—AA</p>
<p>30 See daily activities sheet</p>						