
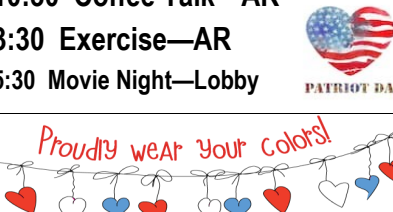




Birchwood Arbors Wellness Calendar—September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Faith Lutheran Service on the Radio 95.9 10:00 Worship with Brad—CH 1:00 Ice Cream SOCIAL with Katelyn—DR	2 1:30 Bible Study—CH 2:30 Movie—CH  <i>Have a safe Labor Day</i>	3 10:00 Catholic Service—CH 2:00 Bingo—DR Schwan's—C 3:30 Exercise—AR 5:45 Table Games—CH	4 10:00 Worship w/Crossroads—CH 10:30 Coffee and Baby Visit —AR 2:00 Hangman—AR 2:00 Music with Steve Rosa—CC 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby	5 9:30 Rosary—CH 10:15 Documentary—L 12:30 Walking Club—Outside 2:00 Word Game—AR 3:30 Exercise—AR	6 9:30 Exercise—AR 10:45 Bible Study—AR 1:00 Crossword—CH 2:00 Music w/Mary Hall—DR 3:30 Farkel—AR 6:30 Bingo-CARE CENTER DR	7 10:30 Social Hour—Lobby 1:30 Trivia/Current Events—CC 2:30 Movie—CH 5:30 Saturday Night Movie —Lobby
8 Grandparents Day 9:00 Faith Lutheran Service on the Radio 95.9 10:00 Worship with Chisago Lakes Baptist—CH 1:00 Root Beer Floats with Katelyn and Noel—DR	9 Assisted Living Week 10:30 Tenant Meeting—AR 2:00 Word Game—AR 3:30 Exercise—AR 5:30 Nature Documentary—CH	10 10:00 Catholic Service—CH 2:00 Ice Cream Bingo—DR 3:30 Exercise—AR 5:45 Table Games—CH	11 Patriot Day 10:00 Worship w/Forest Hills—CH 10:30 Coffee Talk—AR 3:30 Exercise—AR 5:30 Movie Night—Lobby  <i>Proudly wear your colors!</i>	12 9:30 Rosary—CH 10:15 Documentary—L 12:30 Walking Club—Outside 2:00 Crossword—AR 3:30 Exercise—AR	13 10:30 Food Meeting—AR 1:30 Crossword—CH 2:00 Exercise—AR 5:00-6:30 ALF Week Party Outside Live Music w/ Lady Di Appetizers, Desserts Art Auction, Wine, Cheese	14 10:30 Social Hour—Lobby 2:30 Table Games—CC 5:30 Saturday Night Movie —Lobby
15 9:00 Faith Lutheran Service on the Radio 95.9 9:15 Faith Lutheran Kid Visits—CH 10:00 Worship with Pastor Richard—CH 1:00 Ice Cream SOCIAL with Kris—DR	16 10:30 Trivia—AR 12:30 WALMART 2:00 Music w/Amy & Adams—CC 3:30 Kickball—AR 5:00 S'mores—Outside	17 10:00 Catholic Service—CH 10:30 Therapy Dog Visit—L 2:00 Bingo—DR Schwan's—C 3:30 Exercise—AR 5:45 Table Games—CH	18 10:00 Faith Lutheran—CH 10:30 Painting with Vicky—AR 1:30 Art Show—CC Lobby 3:00 Service of Remembrance—CH 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby	19 9:30 Rosary—CH 10:15 Documentary—L 2:00 Word Game—AR 3:30 Exercise—AR 6:30 Music with Kelly—CH	20 9:30 Exercise—AR 10:45 Bible Study—AR 12:30 Walking Club—Outside 1:15 Baking—AR 3:30 Farkel—AR 6:00 Movie—CH	21 10:30 Social Hour—Lobby 2:00 Social Hour—DR with the Linwood Ladies 5:30 Saturday Night Movie —Lobby
22 9:00 Faith Lutheran Service on the Radio 95.9 1:00 Ice Cream SOCIAL and Music with Deb—DR 3:30 Worship with Forest Lake Christian Church—CH	23 Autumn Begins 10:30 OUT TO LUNCH 10:30 Hangman—AR 2:00 Blackjack—AR 3:30 Exercise—AR 5:30 Nature Documentary—CH	24 Happy Birthday Don! 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR 5:45 Table Games—CH	25 10:00 Worship w/Pastor B—CH 10:30 Coffee Talk—AR 2:00 Scattergories—AR 3:30 Exercise—AR 5:30 Movie Night—Lobby	26 9:30 Rosary—CH 10:15 Documentary—L 12:00-12:45 General Store—WR 2:00 Music w/Wes Miller—DR 3:30 Exercise—AR	27 Happy Birthday Mykky! 9:30 Exercise—AR 10:45 Arbors Worship—AR 12:30 Walking Club—Outside 2:00 Wellness Event with Alex the Dietician—DR 3:30 Farkel—AR	28 10:30 Social Hour—Lobby 1:00 Movie—CH 5:30 Saturday Night Movie —Lobby
29 9:00 Faith Lutheran Service on the Radio 95.9 10:00 Worship with Pastor Richard—CH 1:00 Ice Cream SOCIAL with Kris—DR	30 Happy Birthday Elaine K! 10:30 Trivia—AR 2:00 Word Game—AR 2:00 Music with Vinnie—CC 3:30 Kickball—AR 5:30 Nature Documentary—CH			CHANNEL 12 LISTS ALL ACTIVITY PROGRAMMING IN THE HEALTH CARE CENTER Channel 23—C.A.R.E. TV Integrative Health Visits Sign up with Melissa or Mary	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	Room Key AR = Activity Room C = Café CH = Chapel DR = Dining Room L = Lobby WR = Wellness Room CC = Care Center Dining