


# Birchwood Arbors Wellness Calendar—October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>CHANNEL 12</b> LISTS ALL ACTIVITY PROGRAMMING IN THE HEALTH CARE CENTER <a href="#">Channel 23—C.A.R.E. TV</a>  Integrative Health Visits Sign up with <a href="#">Melissa</a> or <a href="#">Mary</a>	<b>1</b> <u>Active Aging Week</u> 10:00 Catholic Service—CH 1:30-2:30—Lobby Spa Day with Nancy & Rachel <b>Schwan's—C</b> 3:30 Exercise—AR 5:45 Table Games—CH	<b>2</b> 10:00 Worship w/Crossroads—CH 10:30 Coffee Talk & Baby Visits—AR 2:00 Bingo—DR 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby	<b>3</b> 9:30 Rosary—CH 10:15 Documentary—L “Bible’s Buried Secrets” 2:00 Crafts with Patty from St Croix Hospice—AR 3:30 Exercise—AR	<b>4</b> 9:30 Exercise—AR 10:45 Bible Study—AR 2:00 Kitchen Kutups—DR 3:30 Farkel—AR 6:30 <b>Bingo-CARE CENTER</b> <b>DINING ROOM</b>	<b>5</b> 10:30 Social Hour—Lobby 2:30 Trivia/Current Events—CC 3:00 Table Games—CC 5:30 Saturday Night Movie —Lobby
<b>6</b> 9:00 Faith Lutheran Service on the Radio 95.9 10:00 Worship with Brad—CH 1:00 Ice Cream SOCIAL with Kris—DR	<b>7</b> 9:30 Exercise—CH 10:30 Trivia—AR 2:00 Word Game—AR 3:30 Kickball—AR 5:00 Hot Dog Roast—Outside	<b>8</b> 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR 5:45 Table Games—CH	<b>9</b> 10:00 Worship with Richard—CH 10:30 Coffee Talk—AR 2:00 Blackjack—AR 3:30 Exercise—AR 5:00 Intergenerational Bible Study with Faith Lutheran—AR	<b>10</b> 9:30 Rosary—CH 10:15 Documentary—L “Bible’s Buried Secrets” 2:00 <b>Bingo-CARE CENTER</b> <b>DINING ROOM</b> 3:30 Exercise—CHAPEL	<b>11</b> 9:30 Exercise—AR 10:30 Food Meeting—AR 2:00 Music with Bill Cagley—DR 3:30 Tenant led Farkel—AR 6:00 Movie—CH	<b>12</b> 10:30 Social Hour—Lobby 2:30 Yarn & You <b>Craft Club—CC</b> 5:30 Saturday Night Movie —Lobby
<b>13</b> 9:00 Faith Lutheran Service on the Radio 95.9 10:00 Worship with Chisago Lakes Baptist—CH 1:00 Ice Cream SOCIAL with Kris—DR	<b>14</b> 9:30 Exercise—CH 10:30 Tenant Meeting—AR 2:00 Word Game—AR 2:30 Music w/Amy & Adams-CC 3:30 Exercise—AR 5:30 Nature Documentary—CH	<b>15</b> <u>Happy Birthday James!</u> 10:00 Catholic Service—CH 10:30 Therapy Dog Visit—L 2:00 Bingo—DR <b>Schwan's—C</b> 3:30 Exercise—AR 5:45 Table Games—CH	<b>16</b> 10:00 Faith Lutheran—CH 10:30 Painting with Vicky—AR 12:00 IN TO LUNCH 3:15 Exercise w/YMCA—AR 5:30 Movie Night—Lobby	<b>17</b> 9:30 Rosary—CH 10:15 Documentary—L “Bible’s Buried Secrets” 2:00 Hangman—AR 3:30 Exercise—AR 6:30 Music with Kelly—CH	<b>18</b> 10:45 Bible Study—AR 1:30 Crossword—CH 3:30 Tenant Led Farkel—AR 6:00 Movie—CH No EXERCISE class today Don't forget the bike in the <b>WELLNESS ROOM</b>	<b>19</b> 10:30 Social Hour—Lobby 2:00 Social Hour—DR with the Linwood Ladies 5:30 Saturday Night Movie —Lobby
<b>20</b> 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	<b>21</b> 9:30 Exercise—CH 10:30 Trivia—AR 12:30 WALMART 2:30 Men's Group “Cars”—CH 3:30 Kickball—AR 5:30 Nature Documentary—CH	<b>22</b> 10:00 Catholic Service—CH 2:00 Bingo—DR 3:30 Exercise—AR 5:45 Table Games—CH	<b>23</b> 10:00 Worship with Richard—CH 10:30 Coffee Talk—AR 2:00 Scattergories—AR 3:30 Exercise—AR 5:30 Movie Night—Lobby	<b>24</b> 9:30 Rosary—CH 10:15 Documentary—L “America’s Book of Secrets” 2:00 Family Feud—AR 3:30 Exercise—AR	<b>25</b> 10:45 Arbors Worship—AR 2:00 Wellness Event with Alex the Dietician—DR 3:30 Exercise—AR 6:00 Movie—CH	<b>26</b> 10:30 Social Hour—Lobby 2:00 Table Games—CC 5:30 Saturday Night Movie —Lobby
<b>27</b> 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	<b>28</b> <u>Happy Birthday Lorraine (1st Floor)</u> 9:30 Exercise—CH 10:30 OUT TO LUNCH 2:00 Music with Vinnie —Care Center Dining Room 3:30 Exercise—AR 5:30 Nature Documentary—CH	<b>29</b> 10:00 Catholic Service—CH 2:00 Bingo—DR <b>Schwan's—C</b> 3:15 Travels w/Tanja—CH Most Haunted Places in the US 3:30 Exercise—AR 5:45 Table Games—CH	<b>30</b> 10:30 Coffee Talk—AR 12:00-12:45 General Store—WR 2:00 Blackjack—AR 3:30 Exercise—AR 5:30 Movie Night—Lobby	<b>31</b> <u>Halloween</u> 9:30 Rosary—CH 10:15 Documentary—L “America’s Book of Secrets” 3:30 Exercise—AR 5:30-7:00 Pass out candy to Trick or Treaters—Lobby	This calendar is subject to change. Please look at the daily flyers for any updates. <b>FOR ALL OUTINGS YOU MUST</b> <b>SIGN UP IN THE</b> <b>WELLNESS ROOM</b>	<b>Room Key</b> AR = Activity Room C = Café CH = Chapel DR = Dining Room L = Lobby WR = Wellness Room CC = Care Center Dining