

October

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 <u>National Homemade Cookie Day</u> 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:30 Social Visits/1:1's—AA 1:30 Coffee & Cookie Social—DR 2:30 Resident Spa Day—CH 5:45 Table Games—CH</p>	<p>2 10:00 Worship with Crossroads—CH 10:45 Exercise—CH 11:15 Music & Meditation—CH 2:00 BINGO—DR 3:30 Coffee Chat & Trivia—DR 5:45 Western Wednesdays—CH</p>	<p>3 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Basic Weights—CH 11:30 Social Visits/1:1's—AA 2:00 Afternoon Movie—CH</p>	<p>4 9:30 Cardio Biking—WL 10:30 Artful Endeavors Art Class-CH 11:00 Social Visits/1:1's—AA 1:30 Afternoon Movie—CH 6:30 Bingo with Eagle Brook—DR</p>	<p>5 1:00 Fancy Nails—AA 2:30 Trivia/Current Events—DR 3:00 Table Games—DR 4:00 Social Visits/1:1's—AA</p>
<p>6 <u>National Mad Hatter Day</u> 10:00 Worship with Brad—CH 1:00 Fancy Nails—AA 2:00 Afternoon Movie - CH "Alice in Wonderland"</p>	<p>7 9:30 Exercise —CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study with Pastor Richard—CH 2:30 Birchwood Ladies Group-DR 5:30 Nature Documentary—CH</p>	<p>8 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:30 Social Visits/1:1's—AA 2:00 Garden Club—DR 3:45 Coffee Chat & Trivia—DR 5:45 Table Games—CH</p>	<p>9 10:00 Worship with Pastor B.—CH 10:45 Exercise—CH 11:15 Music & Meditation—CH 2:00 BINGO w/ Hastings Vet Home-DR 3:00 Card Games—DR 5:45 Western Wednesdays—CH</p>	<p>10 <u>National Cake Decorating Day</u> 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Cake Decorating & Snack-DR 2:00 BINGO—DR 3:30 Basic Weights—CH 5:45 Spa Station - AA</p>	<p>11 9:30 Hymn Sing—CH 10:30 Cardio Biking—WL 11:00 Social Visits/1:1's—AA 1:30 Oktoberfest Happy Hour—DR 3:00 Courtyard Campfire—CY 6:00 Evening Movie—CH</p>	<p>12 <u>"I Love Yarn" Day</u> 1:30 Bocce Ball—CY 2:30 Yarn & You Craft Club - DR 4:00 Social Visits/1:1's—AA</p>
<p>13 10:00 Worship with Chisago Lakes Baptist Church—CH 1:00 Fancy Nails—AA 2:00 Afternoon Movie—CH</p>	<p>14 <u>Columbus Day</u> 9:30 Exercise —CH 10:00 Resident Council—CH 1:30 Bible Study with Pastor Richard—CH 2:30 Amy & Adams Music—DR 4:00 Social Visits/1:1's—AA 5:30 Nature Documentary—CH</p>	<p>15 <u>National "I Love Lucy" Day</u> 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 3:00 "I Love Lucy" Showing - CH 5:45 Table Games—CH</p>	<p>16 10:00 Faith Lutheran Church—CH 11:15 Music & Memory—CH 1:30 Lifetime of Learning: —CH Language Lesson: German 3:00 Coffee Chat & Trivia—DR 5:45 Western Wednesdays—CH</p>	<p>17 9:30 Rosary Group—CH 10:00 Dog Visits—AA 1:00 Basic Weights—CH 2:00 BINGO—DR 3:45 Name That Tune—CH 6:30 Music with Kelly—CH</p>	<p>18 9:30 Cardio Biking—WL 10:30 Artful Endeavors Art Class-CH 11:00 Social Visits/1:1's—AA 1:30 Crossword—CH 3:00 Card Games—DR 6:00 Evening Movie—CH</p>	<p>19 1:00 Fancy Nails—AA 2:00 Trivia/Current Events—DR 3:00 General Store—DR 4:00 Social Visits/1:1's—AA</p>
<p>20 10:00 Worship with Pastor Richard—CH 1:00 Fancy Nails—AA 2:00 Afternoon Movie—CH</p>	<p>21 9:30 Exercise —CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study with Pastor Richard—CH 2:30 Birchwood Men's Group—CH Topic: Cars 5:30 Nature Documentary—CH</p>	<p>22 10:00 Catholic Church Service—CH 10:45 Havin' A Ball Exercise—CH 11:45 Culver's Picnic Lunch—CH 1:30 Social Visits/1:1's—AA 3:00 Coffee Chat & Trivia—DR 5:45 Table Games—CH</p>	<p>23 10:00 Worship with Pastor B.—CH 10:45 Exercise—CH 11:15 Music & Meditation—CH 1:30 Lifetime of Learning: —CH Geography Games 3:00 Comedy Hour - CH 5:45 Western Wednesdays—CH</p>	<p>24 <u>United Nations 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 United Nations Documentary-CH 5:45 Spa Station - AA</p>	<p>25 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 Courtyard Campfire—CY 6:00 Evening Movie—CH</p>	<p>26 <u>National Pumpkin Day</u> 12:30 Fancy Nails—AA 2:00 Table Games—DR 3:00 Pumpkin Painting</p>
<p>27 12:00 Fancy Nails —AA 1:00 Afternoon Movie—CH 1:45 Hymn Sing w/ Deb—CC 3:30 Worship with Forest Lake Christian Church—CH</p>	<p>28 9:30 Exercise—CH 11:00 Social Visits/1:1's—AA 1:30 Bible Study with Pastor Richard—CH 2:00 Music with Vinnie—DR 5:30 Nature Documentary—CH</p>	<p>29 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 3:15 Travels w/ Tanja: - CH Most Haunted Places in the US 5:45 Table Games—CH</p>	<p>30 10:30 Exercise—CH 11:15 Music & Meditation—CH 1:30 Lifetime of Learning: —CH History of Halloween 3:00 Coffee & Spooky Stories-DR 5:45 Western Wednesdays—CH</p>	<p>31 <u>Halloween</u> 9:30 Rosary Group—CH 10:00 Dog Visits—AA 10:30 Halloween Party—DR 2:00 BINGO—DR 5:45 Movie: Hocus Pocus—CH</p>		