

# Birchwood Arbors Wellness Calendar—March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p><b>1</b> <a href="#">Happy Birthday Deniece!</a>  <b>9:00 Faith Lutheran Service on the Radio 95.9</b>  <b>10:00 Worship with Brad—CH</b>  <b>1:00 Ice Cream SOCIAL with Kris—DR</b></p>	<p><b>2</b>  <b>10:30 Trivia—AR</b>  <b>2:00 Word Game—AR</b>  <b>2:00 Music with Ron—CC</b>  <b>3:30 Exercise—AR</b>  <b>5:30 Comedy Hour—CH</b></p>	<p><b>3</b>  <b>10:00 Catholic Service—CH</b>  <b>10:45 Exercise with Gail—CH</b>  <b>2:00 Bingo—DR</b>  <b>Schwan's—AA</b>  <b>3:30 Exercise—AR</b>  <b>5:30 Movie—CH</b></p>	<p><b>4</b>  <b>10:00 Worship w/Crossroads—CH</b>  <b>10:30 Coffee Talk—AR</b>  <b>1:30 Lifetime of Learning—CH</b>  <b>2:00 Family Feud—AR</b>  <b>3:15 Exercise w/YMCA—AR</b>  <b>5:30 Movie Night—AR</b></p>	<p><b>5</b>  <b>9:30 Rosary—CH</b>  <b>10:15 Documentary—L</b>  <b>2:00 Crossword—AR</b>  <b>3:30 Exercise—AR</b></p>	<p><b>6</b>  <b>9:30 Exercise—AR</b>  <b>10:45 Bible Study—AR</b>  <b>2:00 Music w/Mary Hall—DR</b>  <b>3:30 Farkel—AR</b>  <b>6:30 Bingo-CARE CENTER</b></p>	<p><b>7</b>  <b>10:30 Social Hour—Lobby</b>  <b>5:30 Saturday Night Movie—Lobby</b></p>
<p><b>8</b> <a href="#">Daylights Savings Time Begins</a>  <b>9:00 Faith Lutheran Service on the Radio 95.9</b>  <b>10:00 Worship with Chisago Lake Baptist—CH</b>  <b>1:00 Ice Cream SOCIAL with Kris—DR</b></p>	<p><b>9</b>  <b>10:30 Tenant Meeting—AR</b>  <b>1:30 Bible Study—CH</b>  <b>2:00 Bingo—DR</b>  <b>3:30 Kickball—AR</b>  <b>5:30 Comedy Hour—CH</b></p>	<p><b>10</b>  <b>10:00 Catholic Service (Priest)—CH</b>  <b>10:45 Exercise with Gail—CH</b>  <b>1:00-2:30—Lobby Arbors Spa Day</b>  <b>3:30 Exercise—AR</b>  <b>5:30 Movie—CH</b></p>	<p><b>11</b>  <b>10:00 Worship w/ Forest Hills—CH</b>  <b>10:30 Coffee Talk—AR</b>  <b>1:30 Lifetime of Learning—CH</b>  <b>2:00 Blackjack—AR</b>  <b>3:30 Exercise —AR</b>  <b>5:00 Intergenerational Bible Study With Faith Lutheran—AR</b></p>	<p><b>12</b>  <b>9:30 Rosary—CH</b>  <b>10:15 Documentary—L</b>  <b>2:00 Word Game—AR</b>  <b>3:30 Exercise—AR</b></p>	<p><b>13</b>  <b>9:30 Hymn Sing—CH</b>  <b>9:30 Exercise—AR</b>  <b>10:30 Food Meeting—AR</b>  <b>2:00 Happy Hour—DR</b>  <b>3:30 Farkel—AR</b></p>	<p><b>14</b>  <b>10:30 Social Hour—Lobby</b>  <b>2:30 Trivia/Current Events—CC</b>  <b>5:30 Saturday Night Movie—Lobby</b></p>
<p><b>15</b> <a href="#">Happy Birthday Lyn!</a>  <b>9:00 Faith Lutheran Service on the Radio 95.9</b>  <b>9:15 Faith Lutheran Kid Visits—CH</b>  <b>10:00 Worship with Richard—CH</b>  <b>1:00 Ice Cream SOCIAL with Kris—DR</b></p>	<p><b>16</b> <a href="#">Happy Birthday Lorraine!</a>  <b>10:30 Name That Tune—AR</b>  <b>1:30 Bible Study—CH</b>  <b>2:00 Scattergories—AR</b>  <b>3:30 Exercise—AR</b>  <b>3:30 Men's Club—CH</b>  <b>5:30 Comedy Hour—CH</b></p>	<p><b>17</b> <a href="#">St Patrick's Day</a>  <b>10:00 Catholic Service—CH</b>  <b>10:30 Therapy Dog Visit—L</b>  <b>10:45 Exercise with Gail—CH</b>  <b>2:00 Bingo—DR</b>  <b>Schwan's—AA</b>  <b>3:30 Exercise—AR</b></p>	<p><b>18</b>  <b>10:00 Worship w/Faith Lutheran—CH</b>  <b>10:30 Painting with Vicky—AR</b>  <b>2:00 Word Game—AR</b>  <b>3:15 Exercise w/YMCA—AR</b>  <b>5:30 Movie Night—Lobby</b></p>	<p><b>19</b>  <b>9:30 Rosary—CH</b>  <b>10:15 Show and Tell—AR</b>  <b>2:00 Wellness Event with Alex the Dietitian—DR</b>  <b>3:30 Exercise—AR</b></p>	<p><b>20</b> <a href="#">Happy Birthday Curtis!</a>  <a href="#">First Day of Spring</a>  <b>10:45 Bible Study—AR</b>  <b>2:00 Music w/Gary LaRue—DR</b>  <b>3:30 Farkel—AR</b>  <b>6:00 Movie—CH</b></p>	<p><b>21</b>  <b>10:30 Social Hour—Lobby</b>  <b>2:00 Social Hour—DR with the Linwood Ladies</b>  <b>5:30 Saturday Night Movie—Lobby</b></p>
<p><b>22</b>  <b>9:00 Faith Lutheran Service on the Radio 95.9</b>  <b>1:30 Ice Cream SOCIAL with Kris—DR</b>  <b>3:30 Worship with Forest Lake Christian Church—CH</b></p>	<p><b>23</b>  <b>10:30 Trivia—AR</b>  <b>1:30 Bible Study—CH</b>  <b>12:30 WALMART</b>  <b>2:00 Music with Vinnie—CC</b>  <b>3:30 Kickball—AR</b>  <b>3:30 Ladies Group—CH</b>  <b>5:30 Comedy Hour—CH</b></p>	<p><b>24</b>  <b>10:00 Catholic Service—CH</b>  <b>10:45 Exercise with Gail—CH</b>  <b>2:00 Bingo—DR</b>  <b>3:30 Exercise—AR</b>  <b>5:30 Evening Movie—CH</b></p>	<p><b>25</b> <a href="#">Happy Birthday Lois!</a>  <b>10:00 Worship with Richard—CH</b>  <b>10:30 Coffee Talk—AR</b>  <b>2:00 Blackjack—AR</b>  <b>3:30 Exercise—AR</b>  <b>5:30 Movie Night—Lobby</b></p>	<p><b>26</b>  <b>9:30 Rosary—CH</b>  <b>10:15 Documentary—L</b>  <b>12:00-12:45 General Store—WR</b>  <b>2:00 Word Game—AR</b>  <b>3:30 Exercise—AR</b>  <b>6:30 Music with Kelly—CH</b></p>	<p><b>27</b>  <b>9:30 Hymn Sing—CH</b>  <b>9:30 Exercise—AR</b>  <b>10:45 Arbors Worship—AR</b>  <b>1:15 Movie—Lobby</b>  <b>3:30 Farkel—AR</b></p>	<p><b>28</b>  <b>10:30 Social Hour—Lobby</b>  <b>5:30 Saturday Night Movie—Lobby</b></p>
<p><b>29</b>  <b>9:00 Faith Lutheran Service on the Radio 95.9</b>  <b>10:00 Worship with Richard—CH</b>  <b>1:30 Ice Cream SOCIAL &amp; Hymn Sing with Deb—L</b></p>	<p><b>30</b>  <b>10:30 OUT TO LUNCH</b>  <b>1:30 Bible Study—CH</b>  <b>3:30 Exercise—AR</b>  <b>5:30 Comedy Hour—CH</b></p>	<p><b>31</b>  <b>10:00 Catholic Service—CH</b>  <b>10:45 Exercise with Gail—CH</b>  <b>2:00 Bingo—DR</b>  <b>Schwan's—AA</b>  <b>3:30 Exercise—AR</b>  <b>5:30 Movie—CH</b></p>	 <p><b>BIRCHWOOD ARBORS</b>  <b>Inspire</b>          Wellness for Life</p>	<p>This calendar is subject to change. Please look at the daily flyers for any updates.  <b>FOR ALL OUTINGS YOU MUST SIGN UP IN THE WELLNESS ROOM</b></p>	<p><b>CHANNEL 12</b>  <b>LISTS ALL ACTIVITY PROGRAMMING IN THE HEALTH CARE CENTER</b>  <b>Channel 23—C.A.R.E. TV</b>  <b>Integrative Health Visits</b>  <b>Sign up with Melissa or Mary</b></p>	<p><b>Room Key</b>  <b>AA=All Around</b>  <b>AR = Activity Room</b>  <b>CC = Care Center Dining Room</b>  <b>CH = Chapel</b>  <b>DR = Dining Room</b>  <b>L = Lobby</b>  <b>WR = Wellness Room</b></p>

