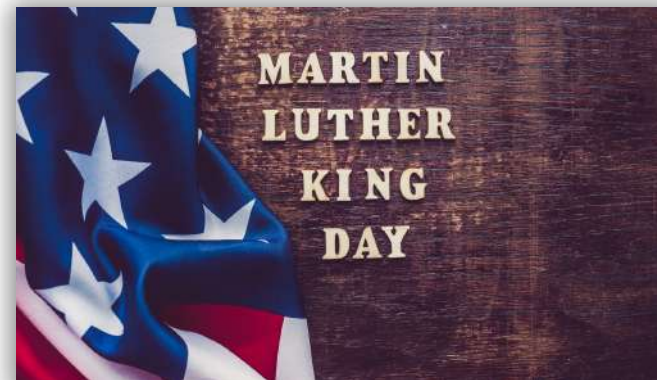


January Fun Facts



January Holidays



Birchwood Senior Living | 604 NE 1st St, Forest Lake, MN 55025 | (651) 464-5600



Age Magnificently



Our Community Newsletter

Discover what's going on in yur neck of the woods.

Lets Celebrate!

Staff Birthdays

1/1- Maryan Hassan
1/7- Steven Daniels
1/9- Ella Taylor
1/16- Kayla Wann
1/20- Brenda Minder
1/23- Megan Falkowski
1/26- Rhonda Grimes
1/30- RoseAnn Matykiewicz

Staff Anniversaries

Nicole Drewlo- 16 years
Brenda Minder- 8 years
Kimberly Heldt- 4 years
Megan Falkowski- 2 years
Jesieca Waldron- 2 years



Days to Celebrate in January

1st- New Years Day
4th- National Trivia Day
9th- National Law Enforcement Day
11th- National Milk Day
15th- Martin Luther King Jr. Day
18th- Gourmet Coffee Day
19th- National Popcorn Day
20th- National Cheese Lovers Day
23rd- National Pie Day
27th- Holocaust Remembrance Day
29th- National Puzzle Day
31st- National Hot Chocolate Day

Birchwood Senior Living | 604 NE 1st St, Forest Lake, MN 55025 | (651) 464-5600

TRYathlon 2024



TRYathlon 2024

Tuesdays & Thursdays

Scrimmage Week	1/16 and 1/18	RBS- 1/19
Week 1	1/23 and 1/24	RBS- 1/26
Week 2	1/30 and 2/1	RBS- 2/2
Week 3	2/6 and 2/8	RBS- 2/9
Week 4	2/13 and 2/15	RBS 2/16
Week 5	2/20 and 2/22	RBS 2/23
Week 6	2/27 and 2/29	RBS 3/1
Week 7	3/ 5 and 3/7	RBS 3/8
Final Four	3/12 and 3/14	RBS 3/15
World Championship	3/19 and 3/21	No RBS

RBS= REALLY BIG SHOW



TRYathlon Info.

Tryathlon events are designed so people with a wide range of physical and cognitive abilities can participate. Teams compete head-to-head in three events weekly and compile their scores to accumulate miles reached over the competition period.

Virtual Learning Programs

2024. VIRTUAL PROGRAMS



What Are Virtual Programs?

They are live and interactive presentations that connect residents with interesting people in amazing places through video conferencing.

Current programs connect with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects. See the attachment for the 2024 schedule!

How Do They Work?

Residents and prospects gather in front of the Chapel TV/ conferencing system.

The presenter is coming live via the conferencing TV and there is a program moderator that helps facilitate questions from the audience.

The community staff members are able to submit questions using the live chat at any time during the program for the presenter to answer, making the experience much different from merely watching a documentary where the audience has no ability to interact.

When Do They Happen?

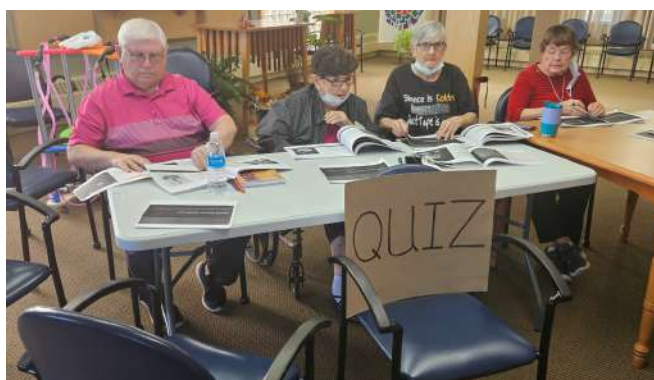
There will be a virtual program on the first Thursday of each month from 2:00pm - 3:00pm CT for 2024.

The July program is scheduled for Monday July 1st at 2:00pm since the first Thursday is the 4th of July.

Your paragraph text

Spark Performances

Aging Magnificently is a team sport. We become stronger, healthier, and happier individuals when we come together as a community. Through our Spark Performance League, we build relationships and challenge one another as we break from the myth that aging is an inevitable decline. Our athletes believe these performances are more than competition, they're about connecting to greater strength, purpose, and belonging (and a whole lot of fun!). Designed by Dr. Bill Thomas, these performances promote healthy aging by purposefully engaging the mind, body, and spirit. With roles for athletes, cheerleaders, analysts, scouts, practice coordinators, rhythm sections and so much more, we promise you, there's a place for you and your skills in our Spark Performance League. Welcome to our team!



Information

Support

Chaplain Kathleen McCauley 651-466-1031
kmccauley@birchwoodseniorliving.com

End of Life Doula Kris Hays 651-466-1024
khays@birchwoodseniorliving.com

Feedback Forms

Feedback Forms are located on each unit on the wall in a bin. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management.

Veterans Wall

If you have not done so, please submit your picture to be featured on our Veteran's Wall.



WELCOME!

New to Birchwood Health
Care Center



Recent Move-ins:

- Cynthia M. 155A
- Kevin B. 148A
- Leland "Chris" C 136A
- Warren J. 162A

*This year we are combining
the Community Life Calendar
themes with the Employee
Engagement Themes.
"Adventure Awaits in 2024"*

Renewal

Kathleen McCauley
Campus Chaplain

As we embark on another new year, it is a great opportunity to renew. Renew our outlook on life, renew our commitment to health and wellness and renew our spirit and soul. Renewing our soul/spirit is sometimes a challenge for us; not because we don't deeply desire it, but because it is elusive/mysterious. Oftentimes we believe the use of the familiar tool of discipline is necessary for renewal. More disciplined with our prayers and ritual, but we can also renew our souls with enrichment and gentleness. Listening to an inspiring song, spending time in quiet, listening to the birds, writing in a journal etc. These are all spiritual practices that can call forth spiritual growth and renewal.

2 Corinthians 4:16. "So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day."



Happy New Year!

