



SILVERCREEK ON MAIN AUGUST 2021 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 1:30 MAHJONG 2nd Floor Alcove W.E.</p> <p>6:30 GAME CHOICE 2nd Floor Alcove W.E.</p> <p><i>Wellness Center Closed</i></p>	<p>2 **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY CHECK SCHEDULE FOR LOCATION UPDATES</p> <p>10:30 BIBLE STUDY - C</p> <p>2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE</p> <p>6:30 RUMMYKUB OR CHOICE 2nd floor Alcove W.E.</p>	<p>3 9:00 MORNING TO UNITE - Bistro Patio Serving coffee, Juice and Donuts</p> <p>10:30 NIGHT TO UNITE KICK-OFF - L/O</p> <p>Visit the center to view all emergency vehicles' and meet city officials - Return 12:15</p> <p>10:00 CRIBBAGE - GR</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>4 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY</p> <p>8:30 A/L RESIDENT MEETING - A/L-D.R</p> <p>10:30 HAND & FOOT - GR</p> <p>1:30 ART OF COLORING - CR SIGN IN PLEASE</p> <p>2:00 RESIDENT MEETING - P.R.</p> <p>6:30 ROSARY - C SIGN IN PLEASE</p>	<p>5 10:30 RUMMYKUB - GR</p> <p>12:30 POKER - Game Room</p> <p>1:00 BRIDGE 2nd Floor Alcove W.E.</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p> <p>LAST DAY FOR SKI SHOW SIGN-UP</p>	<p>6 **10:00 MEN'S GROUP - W.E. DEN SIGN IN PLEASE</p> <p>10:30 SKYJO CARD GAME - GR</p> <p>2:00 QUILT GROUP - CR GROUP PROJECT - SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>7 1:00 POKER - GR</p> <p>1:30 ART OF COLORING - CR</p> <p>1:30 HAND & FOOT 2nd Floor Alcove W.E.</p> <p>2:00 MOVIE - PR "THE BOOK OF HENRY" DRAMA - NETFLIX - PG-13 NO FOOD AT THIS TIME</p>
<p>8 10:30 CHAPEL SERVICE - C</p> <p>1:30 MAHJONG - 2nd Floor Alcove W.E.</p> <p>6:30 GAME CHOICE 2nd Floor Alcove W.E.</p> <p><i>Wellness Center Closed</i></p>	<p>9 **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY CHECK SCHEDULE FOR LOCATION UPDATES</p> <p>10:30 BIBLE STUDY - C</p> <p>2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE</p> <p>6:30 RUMMYKUB OR CHOICE 2nd floor Alcove W.E.</p> <p>LAST DAY TO SIGN-UP LADIES LUNCHN</p>	<p>10 10:00 CRIBBAGE - GR</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p>LAST DAY TO SIGN-UP BREAKFAST</p> <p>JODY OUT OF OFFICE MEETING DAY</p>	<p>11 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY</p> <p>10:30 HAND & FOOT - GR</p> <p>1:30 ART OF COLORING - CR SIGN IN PLEASE</p> <p>**2:00 THE PUB EVENT - W.E.D PATIO COURTYARD or BISTRO AREA OLYMPIC COMPETITION EVENTS SIGN-UP YOUR TEAM OF FOUR</p> <p>6:30 ROSARY - C SIGN IN PLEASE</p>	<p>12 10:30 RUMMYKUB - GR</p> <p>12:30 POKER - Game Room</p> <p>1:00 BRIDGE 2nd Floor Alcove W.E.</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p> <p>**5:15 TWIN CITIES RIVER RATS SKI SHOW ON THE MISSISSIPPI - L SHUTTLE LEAVES AT 5:30PM SHARP- SIGN-UP BY 5TH</p>	<p>13 **10:00 MEN'S GROUP - W.E. DEN SIGN IN PLEASE</p> <p>10:30 SKYJO CARD GAME - NEW GR</p> <p>2:00 QUILT GROUP - CR GROUP PROJECT - SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p>**SIGN UP NEEDED TODAY FOR SKYROCK FARMS LUNCH/TOUR SIGNING UP GUARANTEE'S TICKET/SEAT/NO REFUNDS</p>	<p>14 1:00 POKER - GR</p> <p>1:30 ART OF COLORING - CR</p> <p>1:30 HAND & FOOT 2nd Floor Alcove W.E.</p> <p>2:00 MOVIE - PR "MOTHER'S DAY" COMEDY - DRAMA NETFLIX - PG-13 NO FOOD AT THIS TIME</p>
<p>15 1:30 MAHJONG 2nd Floor Alcove W.E.</p> <p>6:30 GAME CHOICE 2nd Floor Alcove W.E.</p> <p><i>Wellness Center Closed</i></p>	<p>16 **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY CHECK SCHEDULE FOR LOCATION UPDATES</p> <p>10:30 BIBLE STUDY - C</p> <p>2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE</p> <p>6:30 RUMMYKUB OR CHOICE 2nd floor Alcove W.E.</p> <p>LAST DAY FOR BREAKFAST SIGN-UP</p>	<p>17 10:00 CRIBBAGE - GR</p> <p>10:30 RUMMYKUB - GR</p> <p>12:30 POKER - Game Room</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p> <p>LAST DAY FOR RUNNING ACES SIGN-UP</p>	<p>18 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY</p> <p>10:30 HAND & FOOT - GR</p> <p>10:30 BOOK CLUB - WED SIGN IN PLEASE</p> <p>1:30 ART OF COLORING - CR SIGN IN PLEASE</p> <p>6:30 CATHOLIC COMMUNION SERVICE - C SIGN IN PLEASE</p>	<p>19 **9:30 LADIES LUNCHEON/BEDAISY, ST.CROIX CHOCOLATES & WINE/ SHOPPING/LUNCH AT THE OLD LOG - L/O SIGN- UP BY 9TH</p> <p>10:30 RUMMYKUB - GR</p> <p>12:30 POKER - 3rd Floor Alcove</p> <p>1:00 BRIDGE 2nd Floor Alcove W.E.</p> <p>2:00-3:00 GENEOLOGY GROUP MEETS - SPEAKER - GR</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p>	<p>20 **10:15 MEN'S GROUP LUNCH OUT LOBBY - SIGN-UP IN MAILROOM GOING TO TAVERN GRILL SHUTTLE LEAVES AT 10:30AM NO MEETING GATHERING IN DEN TODAY</p> <p>10:30 SKYJO CARD GAME - NEW GR</p> <p>2:00 QUILT GROUP - CR GROUP PROJECT - SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p>**2:00 IN THE KNOW WITH ANDREA- PR SIGN IN NEEDED</p>	<p>21 1:00 POKER - GR</p> <p>1:30 ART OF COLORING - CR</p> <p>1:30 HAND & FOOT 2nd Floor Alcove W.E.</p> <p>2:00 MOVIE - PR "HAMPSTED" COMEDY NETFLIX - PG-13 NO FOOD AT THIS TIME</p>
<p>22 10:30 CHAPEL SERVICE - C</p> <p>1:30 MAHJONG - 2nd Floor Alcove W.E.</p> <p>6:30 GAME CHOICE 2nd Floor Alcove W.E.</p> <p><i>Wellness Center Closed</i></p>	<p>23 **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY CHECK SCHEDULE FOR LOCATION UPDATES</p> <p>10:30 BIBLE STUDY - C</p> <p>2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE</p> <p>6:30 RUMMYKUB OR CHOICE 2nd floor Alcove W.E.</p>	<p>24 10:00 CRIBBAGE - GR</p> <p>10:30 TECHNOLOGY TRAINING - 2nd Floor Alcove</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p>**4:45 RUNNING ACES HARNES HORSE RACING & CASINO - L/O SIGN-UP IN MAILROOM BY 17TH SHUTTLE LEAVES AT 5:00PM</p>	<p>25 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY</p> <p>10:30 HAND & FOOT - GR</p> <p>1:30 ART OF COLORING - CR SIGN IN PLEASE</p> <p>6:30 ROSARY - C SIGN IN PLEASE</p>	<p>26 BISTRO SPECIAL CORN DOG **9:45 PANNEKOEKEN BREAKFAST SIGN UP BY 16TH</p> <p>10:30 RUMMYKUB - GR</p> <p>12:30 POKER - Game Room</p> <p>1:00 BRIDGE 2nd Floor Alcove W.E.</p> <p>1:30 TAI JI QUAN DEMONSTRATION-PR</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p>	<p>27 **10:00 MEN'S GROUP - W.E. DEN SIGN IN PLEASE</p> <p>10:30 SKYJO CARD GAME - NEW GR</p> <p>2:00 QUILT GROUP - CR GROUP PROJECT - SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>28 1:00 POKER - GR</p> <p>1:30 ART OF COLORING - CR</p> <p>1:30 HAND & FOOT 2nd Floor Alcove W.E.</p> <p>2:00 MOVIE - PR "POMS" COMEDY - FEEL GOOD NETFLIX - PG-13 NO FOOD AT THIS TIME</p>
<p>29 10:30 CHAPEL SERVICE - C</p> <p>1:30 MAHJONG - 2nd Floor Alcove W.E.</p> <p>6:30 GAME CHOICE 2nd Floor Alcove W.E.</p> <p><i>Wellness Center Closed</i></p>	<p>30 BISTRO SPECIAL \$2.00 OFF **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY CHECK SCHEDULE FOR LOCATION UPDATES</p> <p>10:30 BIBLE STUDY - C</p> <p>2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE</p> <p>6:30 RUMMYKUB OR CHOICE</p>	<p>31 BISTRO SPECIAL \$2.00 OFF FOR RETIRED MILITARY & SPOUSE</p> <p>10:00 CRIBBAGE - GR</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	  <p>PROGRAMS & EVENTS AT SILVERCREEK ON MAIN</p>			

LOCATION GUIDE AS - Aerobics Studio C - Chapel CY-Court Yard FR - Family Conference L/O - Lobby/Outing PDR - Private Dining Room RF1- Reflections 1st Floor WC - Wellness Center B - Bistro TGR - The Great Room GR - Game Room PR - Performance Room RF2 - Reflections 2nd Floor CR - Craft Room DR - Dining Room L - Library P. Lot - Front Parking Lot P- Pool W.E. 1, 2, 3, OR 4 ALCOVES WED - Weaver East Den - 1st Floor Weaver West is original building. Weaver East is the new addition. **INDICATES RESIDENTS NEED TO SIGN UP / CENTRAL MAIL ROOM IN EVENT BOOK



PROMOTING WELLNESS FOR A VIBRANT LIFE

GETTING STARTED

In an effort to promote safety and improve your overall fitness level, we ask that residents interested in participating complete an orientation and assessment. Stop in or call The Club at x1758 or 763.955.1758 to schedule your appointment. **Sign in for all Club Activities.**

BeFit-WC Monday, Tuesday, Wednesday, Thursday, Friday 11:00

Feel unsure about your exercise program, making adjustments to the equipment or even struggling with remembering what to and where? BeFit is reserved as an open gym time where staff are available to help you complete your exercise program. In addition, we are available to make changes and recommendations to your current routine.

CLASS DESCRIPTIONS

Better Balance - Thursday 9:45 Beginner - AS & Thursday 1:30 Intermediate - AS

A class specifically developed to improve balance through strengthening, balance challenges, brain challenges and relaxation/meditation techniques. Great for those with neuropathy, decreased sensations and those who desire to decrease their fall risk.

Chair Yoga - Monday & Wednesday 9:45 Beginner - AS

A class that incorporates basic Yoga postures developing strength, flexibility, balance, mindfulness and range of motion. Postures will involve sitting and standing all while using a chair as a prop when necessary.

Intermediate Chair Yoga - Monday & Wednesday 1:30 - AS

A class that incorporates basic Yoga postures developing strength, flexibility, balance, mindfulness and range of motion. Postures will involve more standing and mat all while using a chair as a prop when necessary.

Chair Aerobics- Friday 9:45 Beginner - AS & Friday 1:30 Intermediate - AS

This class is for those who want to improve their cardiovascular health. Fun, upbeat, seated “dance moves” to help you work your hips, legs, and arms.

Splash ‘n’ Shape - Tuesday, Thursday & Friday 9:15 - P

Move your body from head to toe to improve flexibility, balance, strength, and overall health. Class includes partner activities with a focus on slower range of motion movements.

TheraBand Strength Training - Tuesday 9:45 Beginner - AS & Tuesday 1:30 Intermediate - AS

Class uses a TheraBand through a series of strength training exercises to help increase muscle strength and bone health.



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:45-10:20 Chair Yoga (AS)	9:15 - 10:00 Splash n’ Shape (P)	9:45-10:30 Chair Yoga (AS)	9:15-10:00 Splash n’ Shape (P)	9:15-10:00 Splash n’ Shape (P)
11:00 BeFit (WC)	9:45 - 10:15 Thera Band (AS)	11:00 BeFit (WC)	9:45-10:15 Better Balance (AS)	9:45-10:15 Chair Aerobics (AS)
1:30-2:15 Chair Yoga (AS)	11:00 BeFit (WC)	1:30-2:15 Chair Yoga (AS)	11:00 BeFit (WC)	11:00 BeFit (WC)
	1:30-2:00 Thera Band (AS)		1:30-2:00 Better Balance (AS)	1:30-2:00 Chair Aerobics (AS)

ADDITIONAL SERVICES

Personal Training (by appointment)

Your personal trainer will work with you to plan a safe, efficient program that helps you to reach your health goals and improve your overall quality of life by prioritizing concerns and providing the encouragement that you need.

\$36.00 for 30-min.

HydroWorx (by appointment)

Make gains in mobility and/or fitness with less stress on joints during private training sessions in the HydroWorx pool. Discover how exercise in water leads to decreased swelling, soreness and pain while improving balance, strength and cardiovascular endurance. Call for pricing.

Club Staff:

Angela Kalkbrenner, Director of Wellness 763-955-1759

Aaron Erickson, Wellness Coordinator 763-955-1758

Sandi McCarthy, Wellness Coordinator 763-955-1758

Email: theclub@silvercreekonmain.com

MASSAGE THERAPY : MASSAGE AVAILABLE PLEASE CONTACT THE CLUB THERAPY SERVICES

St Therese Rehabilitation/Ascend (by appointment)

Home Health Care and Aquatic, Physical, Occupational and Speech Therapies

O: 763.531.5420 C: 612.268.8752

Park Nicollet Clinic : Coming Soon!

Aquatic Physical Therapy 952.993.5900



THE CLUB HOURS

- Monday - Friday 8:00 am-5:00pm
- Tuesday - Thursday 3:00 - 4:00pm
- Reserved for Reflections
- Saturday 9:00 am-11:00 am
- Sunday CLOSED
- Come Enjoy a heated pool and a nice swim with friends.