


SILVERCREEK ON MAIN APRIL 2022 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>April showers bring May flowers</p> </div> <div style="text-align: center;">  <p>PROGRAMS & EVENTS AT SILVERCREEK ON MAIN</p> </div> <div style="text-align: center;">  <p>Wishing you a wonderful SPRING SEASON full of happiness and good times! Happy Spring!</p> </div> </div> <p style="text-align: center; font-size: 2em; font-weight: bold; color: #e91e63;">ENJOY THE NEWNESS OF THE SEASON</p>						
<p>3</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>4</p> <p>**9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY</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>5</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p style="color: red; font-size: 0.8em;">LAST DAY TO SIGN UP FOR BREAKFAST OUTING ON THE 12TH</p>	<p>6</p> <p>8:30 A/L TOWN HALL MEETING A/L-DR</p> <p>**9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY</p> <p>10:00 TECHNOLOGY CLASS W.E. 2 ALCOVE</p> <p>10:30 HAND & FOOT - GR</p> <p>1:30 ART OF COLORING - CR SIGN IN PLEASE</p> <p>2:00 I/L TOWN HALL MEETING - P.R.</p> <p>6:30 ROSARY - C SIGN IN PLEASE</p>	<p>7</p> <p>10:30 RUMMYKUB - GR</p> <p>**12:00 MARGARITAVILLE WAITLIST ONLY-SEE JODY MEET IN LOBBY</p> <p>12:30 POKER - Game Room</p> <p>1:00 BRIDGE - W.E. 2 ALCOVE</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p>	<p>1</p> <p>10:00 MEN'S GROUP T.G.R SIGN IN PLEASE</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>2:00 QUILT GROUP - CR GROUP PROJECT - SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>2</p> <p>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 - P.R. "JUST LIKE HEAVEN" ROMANTIC COMEDY NETFLIX - RATED PG-13</p> <p>NO FOOD AT THIS TIME</p>
<p>10 PALM SUNDAY</p> <p>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>11</p> <p>**9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY</p> <p>10:30 BIBLE STUDY - C</p> <p>2:00-3:00 GENEALOGY GROUP GAME ROOM</p> <p>2:00 NEEDLE GROUP - CR</p> <p>6:30 RUMMYKUB OR CHOICE 2nd floor Alcove W.E.</p>	<p>12</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>**10:15 BREAKFAST OUTING - L/O CRYSTAL CAFE SIGN UP BY 5TH</p> <p>2:00 ENTERTAINER - MARY HALL PERFORMANCE ROOM</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p style="color: red; font-size: 0.8em;">LAST DAY TO SIGN UP LADIE'S LUNCN OUTING ON THE 19TH</p>	<p>13</p> <p>**9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY</p> <p>10:00 500 CARDS - T.G.R.</p> <p>10:30 BOOK CLUB - W.E.D.</p> <p>10:30 HAND & FOOT - GR</p> <p>1:30 ART OF COLORING - CR SIGN IN PLEASE</p> <p>2:00 RESIDENT COUNCIL MTG. - P.R.</p> <p>6:30 ROSARY - C SIGN IN PLEASE</p>	<p>14</p> <p>10:30 CRAFT GROUP-WREATH-CR COST:\$6.00</p> <p>10:30 RUMMYKUB - GR</p> <p>12:30 POKER - Game Room</p> <p>1:00 BRIDGE - W.E. 2 ALCOVE</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p>	<p>15</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>10:00 MEN'S GROUP T.G.R SIGN IN PLEASE</p> <p>**10:00 MEN'S GROUP LUNCHEON PUB 42 - SIGN-UP NEEDED BY 8TH SHUTTLE LEAVES AT 10:15AM</p> <p>2:00 QUILT GROUP - CR CRAFT SHOW QUILT PROJECT- SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>16</p> <p>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 - P.R. "DREAMER" SENTIMENTAL ~ INSPIRING NETFLIX - RATED PG</p>
<p>17 EASTER SUNDAY</p> <p>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>18</p> <p>**9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY</p> <p>10:30 BIBLE STUDY - C</p> <p>2:00 JOHN & JOE PRESENTATION "THE YORKVILLE TWINS"-P.R.</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>19</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>**9:45 LADIES LUNCH & SHOPPING</p> <p>RUBY'S RED EYE LUNCH LOCATION IN WHITE BEAR LAKE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p> <p style="color: red; font-size: 0.8em;">MODELS NEEDED FOR FASHION SHOW ON THE 26TH</p>	<p>20</p> <p>**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>**6:00 WASTEBASKET REVUE "THE GREATEST SHOW" MEET IN LOBBY</p> <p>6:30 CATHOLIC COMMUNION SERVICE- C</p>	<p>21</p> <p>10:30 RUMMYKUB - GR</p> <p>12:30 POKER - Game Room</p> <p>1:00 BRIDGE - W.E. 2 ALCOVE</p> <p>10:30 CRAFT FAIR PLANNING MEETING MEETING IN THE CRAFT ROOM PARTICIPATING PLAN TO ATTEND</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p>	<p>22</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>10:00 MEN'S GROUP T.G.R SIGN IN PLEASE</p> <p>2:00 QUILT GROUP - CR CRAFT SHOW QUILT PROJECT- SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>23</p> <p>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 - P.R. "WORLD TRADE CENTER" REAL-LIFE -ACTION ADVENTURE NETFLIX - PG-13 NO FOOD AT THIS TIME</p>
<p>24</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>25</p> <p>**9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY</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 2nd floor Alcove W.E.</p>	<p>26</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>10:30 TAYLOR MARIE FASHION SHOW</p> <p style="color: red; font-size: 0.8em;">MOTHER'S DAY IS AROUND THE CORNER</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>27</p> <p>**9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY</p> <p>10:00 500 CARDS - T.G.R.</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>28</p> <p>10:30 RUMMYKUB - GR</p> <p>12:30 POKER - Game Room</p> <p>1:00 BRIDGE - W.E. 2 ALCOVE</p> <p>6:30 MAHJONG 2nd Floor Alcove W.E.</p>	<p>29</p> <p>10:00 CRIBBAGE - W.E. 2 ALCOVE</p> <p>10:00 MEN'S GROUP T.G.R SIGN IN PLEASE</p> <p>2:00 QUILT GROUP - CR CRAFT SHOW QUILT PROJECT- SIGN IN PLEASE</p> <p>2:00 CARD BINGO (\$3.00) - GR</p>	<p>30</p> <p>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 - P.R. "21 BRIDGES" EXCITING/ACTION/ADVENTURE DRAMA</p>

LOCATION GUIDE 1ST FLOOR AS - Aerobics Studio P = Pool WC - Wellness Center CY = Court Yard L = Library PDR - Private Dining Room B - Bistro DR = Dining Room GR = Game Room G = The Great Room
 L/O - Lobby/Outing P. LOT = Front Parking Lot RF1 = Reflections IN THE EAST SIDE/1ST FLOOR WED = Weaver East Den W.E. 1 = Weaver East Alcove **INDICATES RESIDENTS NEED TO SIGN UP / CENTRAL MAIL ROOM IN EVENT
 2ND FLOOR CR = Craft Room C = Chapel PR = Performance Room FR = Family Conference RF2 = Reflections 2ND FLOOR IN THE EAST SIDE/2ND/3RD/4TH FLOOR W.E. 2 = Weaver East Alcove W.E. 3 = Weaver East Alcove W.E. 4 = Weaver East Alcove



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

Aerobic Strength - 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.

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.

Tai Ji Quan - AS Tuesday & Friday 1:30 - 2:30 PM

Learn the 8 functional forms of Tai Ji Quan to challenge your brain, improve your strength, balance & movement. This class can be done seated or standing.

Walk with Ease - WC Wednesday & Saturday 9:45 - 10:15AM



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45-10:20 Beginner 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)	9:45 Walk with Ease (WC)
11:00 BeFit (WC)	9:45 - 10:20 Aerobic Strength (AS)	9:45 Walk with Ease	9:45-10:15 Better Balance (AS)	11:00 BeFit (WC)	
1:30-2:15 Intermediate Chair Yoga (AS)	11:00 BeFit (WC)	11:00 BeFit (WC)	11:00 BeFit (WC)	1:30-2:00 Tai Ji Quan (AS)	
	1:30-2:00 Tai Ji Quan (AS)	1:30-2:15 Intermediate Chair Yoga (AS)	1:30-2:00 Better Balance (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
Sam Wallace, Wellness Coordinator 763-955-1758
Email: theclub@silvercreekonmain.com

MASSAGE THERAPY : MASSAGE AVAILABLE PLEASE CALL 763-493-7033
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 : BY APPOINTMENT ONLY

Aquatic Physical Therapy 952.993.5900



THE CLUB HOURS

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