



SILVERCREEK ON MAIN JUNE 2022 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2>PROGRAMS & EVENTS</h2> <p>AT SILVERCREEK ON MAIN</p> <p>** ALL GROUPS HAVE PRIORITY OVER A SPACE AS THEY ARE RESERVED FOR THAT GROUP ONLY ** REMINDER "MUST SIGN IN AT ALL GROUPS" DROP OFF SIGN UP SHEET JODY'S MAILBOX ** NEEDED A TEACHER TO TEACH CANASTA AND BUNCO-PLEASE SEE OR CALL JODY EXT. 1766</p>			1 8:30 A/L TOWN HALL MEETING A/L-DR **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 10:30 HAND & FOOT - GR 1:30 ART OF COLORING - CR SIGN IN PLEASE 2:00 I/L TOWN HALL MEETING - P.R. 6:30 ROSARY - C SIGN IN PLEASE	2 10:30 RUMMYKUB - GR 10:00-10:30 TECHNOLOGY CLASS - C.R. THIS IS A BASICS ONLY 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE 6:30 MAHJONG 2nd Floor Alcove W.E.	3 PURPLE FRIDAYS ALL MONTH ~ WEAR YOURS 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE 10:00 CRIBBAGE - W.E. 2 ALCOVE 2:00 QUILT GROUP - CR QUILT SHOP/LUNCH OUTING DISCUSSION 2:00 CARD BINGO (\$3.00) - GR LAST DAY TO SIGN UP FOR QUILT SHOP/LUNCH OUTING ON THE 10TH	4 1:00 POKER - GR 1:30 ART OF COLORING - C.R 1:30 HAND & FOOT 2nd Floor Alcove W.E. 2:00 MOVIE - P.R. "ST. VINCENT" DRAMA ~ COMDY SENTIMENTAL NETFLIX - RATED PG-13
5 10:30 CHAPEL SERVICE - C 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	6 **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY 10:30 BIBLE STUDY - C 2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE 6:30 RUMMYKUB OR CHOICE	7 10:00 CRIBBAGE - W.E. 2 ALCOVE 2:00 CARD BINGO (\$3.00) - GR	8 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 10:00 500 - G.R 10:30 HAND & FOOT - GR 1:30 ART OF COLORING - CR SIGN IN PLEASE 2:00 RESIDENT COUNCIL MTG. - P.R. 6:30 ROSARY - C SIGN IN PLEASE	9 10:30 AMBASSADOR MEETING - C.R ALL AMBASSAORS PLEASE ATTEND DETAILS FRONT PAGE NEWSLETTER 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE 6:30 MAHJONG 2nd Floor Alcove W.E.	10 PURPLE FRIDAYS ALL MONTH ~ WEAR YOURS 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE **9:45 QUILT SHOP LUNCH OUTING - L/O SIGN-UP BY 3RD 10:00 CRIBBAGE - W.E. 2 ALCOVE 2:00 CARD BINGO (\$3.00) - GR LAST DAY TO SIGN UP MEN'S LUNCH OUTING ON THE 17TH	11 1:00 POKER - GR 1:30 ART OF COLORING - C.R 1:30 HAND & FOOT 2nd Floor Alcove W.E. 2:00 MOVIE - P.R. "U.S MARSHALS" ACTION SUSPENSFUL ADVENTURE NETFLIX RATED "PG-13"
12 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	13 **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY 10:30 BIBLE STUDY - C 2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE 6:30 RUMMYKUB OR CHOICE 2nd floor Alcove W.E.	14 10:00 CRIBBAGE - W.E. 2 ALCOVE **11:30 MOVIE OUTING - L/O 12:15 - DOWNTON ABBEY OR 12:30 TOP GUN MAVERICK THEATER TO BE ANNOUNCED SUBJECT TO CHANGE 2:00 CARD BINGO (\$3.00) - GR	15 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 10:30 BOOK CLUB - W.E.D. 10:30 HAND & FOOT - GR 1:30 ART OF COLORING - CR SIGN IN PLEASE 3:00 ROOTBEER FLOATS FATHERS DAY CELEBRATION GOING BACK IN TIME MUSIC W/ BOB NORRIS MEET YOU ON THE COURTYARD 6:30 CATHOLIC COMMUNION SERVICE- C	16 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE **12:30 LIFE IS A CABARET - L/O SIGN-UP DUE BY 2ND @ NOON COST IS \$30.00 PER TICKET 6:30 MAHJONG 2nd Floor Alcove W.E. LAST DAY TO SIGN UP FOR BREAKFAST OUTING ON THE 23RD	17 PURPLE FRIDAYS ALL MONTH ~ WEAR YOURS THE LONGEST DAY RAFFLE BEGINS TODAY PURCHASE YOUR RAFFEL TICKETS AT FRONT DESK 10:00 CRIBBAGE - W.E. 2 ALCOVE 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE **10:15 MEN'S GROUP LUNCHEON MOE'S IN MOUNDVIEW - SIGN-UP BY 10TH SHUTTLE LEAVES AT 10:45AM 2:00 QUILT GROUP - CR CRAFT SHOW QUILT PROJECT - SIGN IN PLEASE 2:00 CARD BINGO (\$3.00) - GR LAST DAY TO SIGN UP LADY'S LUNCH OUTING ON THE 24TH	18 1:00 POKER - GR 1:30 ART OF COLORING - C.R 1:30 HAND & FOOT 2nd Floor Alcove W.E. 2:00 MOVIE - P.R. "BIG EYES" BASED ON A REAL-LIFE DRAMA NETFLIX - RATED PG-13 NO FOOD AT THIS TIME
19 FATHER'S DAY HELP US FIGHT FOR A CURE WEAR YOUR PURPLE WEEK 10:30 CHAPEL SERVICE - C 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	20 SIGN-UP TO RIDE TOMOROW NU-STEP ~ WEAR YOUR PURPLE **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY 10:30 BIBLE STUDY - C 2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE 6:30 RUMMYKUB OR CHOICE 2nd floor Alcove W.E.	21 SHOW YOUR SUPPORT WEAR YOUR PURPLE 8:30 NU-STEP CHALLENGE STARTS 10:30 POLICE AND FIRE DEPT. SQUARE OFF CHALLENGE FOR "WHO RODE IT BEST" COME CHEER THEM ON 4:00 CHALLENGE ENDS SPECIAL BISTRO MEAL TODAY PURCHASE THE SPECIAL & PROFITS GO TO ALZHEIMERS 10:00 CRIBBAGE - W.E. 2 ALCOVE NO BINGO	22 CARNIVAL DAY STARTS@11:30AM WEAR YOUR PURPLE COME SINK THEM IN THE DUNK TANK RAFFLE WINNERS DRAWN @ 2:00 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 10:00 500 - G.R 10:30 HAND & FOOT - GR 1:30 ART OF COLORING - CR SIGN IN PLEASE	23 **10:15 BREAKFAST OUTING - L/O LYNDE'S IN OSSEO SIGN UP BY 16TH 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE 6:30 MAHJONG 2nd Floor Alcove W.E.	24 PURPLE FRIDAYS ALL MONTH ~ WEAR YOURS 10:00 CRIBBAGE - W.E. 2 ALCOVE 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE **10:15 LADIES LUNCH AT RIVER INN HANOVER - SIGN UP BY 17TH 2:00 QUILT GROUP - CR CRAFT SHOW QUILT PROJECT - SIGN IN PLEASE 2:00 CARD BINGO (\$3.00) - GR	25 1:00 POKER - GR 1:30 ART OF COLORING - C.R 1:30 HAND & FOOT 2nd Floor Alcove W.E. 2:00 MOVIE - P.R. "OPERATION MINCEMEAT" BASED ON A TRUE STORY DRAMA SUSPENSEFUL NETFLIX - R NO FOOD AT THIS TIME
26 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	27 **9:45 MEDICAL RUN & GROCERIES MEET IN LOBBY SIGN UP WAS NEEDED FRIDAY 10:30 BIBLE STUDY - C 2:00 NEEDLE GROUP - CR ANY TYPE OF NEEDLE WORKER IS WELCOME SIGN IN PLEASE 6:30 RUMMYKUB 2nd floor Alcove W.E.	28 10:00 CRIBBAGE - W.E. 2 ALCOVE 10:30 CANASTA -GR (NEW) VOLUNTEER TO TEACH GAME PLEASE CONTACT JODY 2:00 CARD BINGO (\$3.00) - GR	29 NO SHUTTLE SERVICE TODAY SIGN UP WAS NEEDED MONDAY 10:30 HAND & FOOT - GR 1:30 ART OF COLORING - CR SIGN IN PLEASE 6:30 ROSARY - C SIGN IN PLEASE 6:30 BUNCO - GR (NEW) VOLUNTEER TO TEACH GAME-SEE JODY	30 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE 3:00 HAPPY HOUR-COURTYARD LIVE ENTERTAINMENT TOM PAQUIN 6:30 MAHJONG 2nd Floor Alcove W.E.		

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



Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45-10:20 Beginner Chair Yoga (AS) 11:00 BeFit (WC) 1:30-2:15 Intermediate Chair Yoga (AS)	9:15 - 10:00 Splash n' Shape (P) 11:00 BeFit (WC)	9:45-10:30 Chair Yoga (AS) 9:45 Walk with Ease 11:00 BeFit (WC) 1:30-2:15 Intermediate Chair Yoga (AS)	9:45-10:15 Better Balance (AS) 11:00 BeFit (WC) 1:30-2:00 Better Balance (AS)	9:15-10:00 Splash n' Shape (P) 11:00 BeFit (WC)	9:45 Walk with Ease (WC)

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

WE CAN ALL BENEFIT



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.**

