



SILVERCREEK ON MAIN JULY 2022 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PROGRAMS & EVENTS  AT SILVERCREEK ON MAIN			 WHAT IT MEANS TO BE AN AMERICAN To believe in the promise of a better tomorrow, and stand united in our efforts to give a peaceful nation to our children... To honor each other's differences and cherish the richness of our history, even as it continues to unfold... To love deeply our family and friends, day by day, and never take for granted the privilege of calling ourselves AMERICAN		1 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE 10:00 CRIBBAGE - W.E. 2 ALCOVE 1:00 CANASTA -GR (NEW) 2:00 CARD BINGO (\$3.00) - GR 2:00 QUILT GROUP CAN MEET IF YOU WOULD LIKE TO-JODY IS ON VACATION - C.R.	2 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. "BORREGO" THRILLER/GRITTY NETFLIX - RATED R
** 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 GREETERS AND A TEACHER TO TEACH BUNCO-PLEASE SEE OR CALL JODY EXT. 1766						
3 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	4 HAPPY 4TH OF JULY  NO SHUTTLE SERVICE TODAY NO BIBLE STUDY TODAY 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. <i>Wellness Center Closed</i>	5 10:00 CRIBBAGE - W.E. 2 ALCOVE 2:00 CARD BINGO (\$3.00) - GR	6 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 10:00 500 - G.R 1:30 ART OF COLORING - CR SIGN IN PLEASE NO TOWN HALL MEETING SEE YOU IN AUGUST 6:30 ROSARY - C SIGN IN PLEASE	7 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE 6:30 MAHJONG 2nd Floor Alcove W.E.	8 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE 10:00 CRIBBAGE - W.E. 2 ALCOVE 1:00 CANASTA -GR (NEW) 2:00 CARD BINGO (\$3.00) - GR 2:00 QUILT GROUP CAN MEET IF YOU WOULD LIKE TO-JODY IS ON VACATION - C.R. LAST DAY TO SIGN UP MEN'S LUNCH OUTING ON THE 15TH	9 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. "ALL TOGETHER NOW" DRAMA NETFLIX RATED "PG" NO FOOD AT THIS TIME
10 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>	11 **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.	12 10:00 CRIBBAGE - W.E. 2 ALCOVE **9:45 QUILT SHOP LUNCH OUTING - L/O SIGN-UP BY 5TH 2:00 CARD BINGO (\$3.00) - GR LAST DAY TO SIGN UP FOR BREAKFAST OUTING ON THE 19TH	13 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 10:30 AMBASSADOR MEETING - TGR IF YOU VOLUNTEER IN ANY CAPACITY PLEASE PLAN ON ATTENDING DETAILS FRONT PAGE NEWSLETTER 1:30 ART OF COLORING - CR SIGN IN PLEASE 2:00 RESIDENT COUNCIL MEETING - P.R. 6:30 ROSARY - C SIGN IN PLEASE	14 10:30 RUMMYKUB - GR 10:30 NEW BOOK CLUB FOR THE GUYS CHECK NEWSLETTER FOR DETAILS WED 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE 3:30 HAPPY HOUR-COURTYARD LIVE ENTERTAINMENT 6:30 MAHJONG 2nd Floor Alcove W.E.	15 10:00 CRIBBAGE - W.E. 2 ALCOVE **10:15 MEN'S GROUP LUNCHEON RIVER'S INN IN HANOVER - SIGN-UP BY 8TH SHUTTLE LEAVES AT 10:45AM 1:00 CANASTA -GR (NEW) 2:00 QUILT GROUP - CR RAFFLE QUILT PROJECT - SIGN IN PLEASE 2:00 CARD BINGO (\$3.00) - GR LAST DAY TO SIGN UP CANTERBURY ON THE 28TH	16 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. "ADAM PROJECT" ADVENTURE / SCI-FI NETFLIX - RATED PG-13 NO FOOD AT THIS TIME 6:30 FLAG CEREMONY - OUTSIDE IN FRONT 7:00 SMORES DUSK- FIREWORKS-BRING YOUR LAWN CHAIRS, WE HAVE FOLDING CHAIRS
17 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	18 **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.	19 10:00 CRIBBAGE - W.E. 2 ALCOVE **10:00 BREAKFAST OUTING - L/O CRYSTAL CAFE' SIGN UP BY 12TH 10:30 CANASTA -GR (NEW) 2:00 CARD BINGO (\$3.00) - GR LAST DAY TO SIGN UP LADY'S LUNCH OUTING ON THE 26TH	20 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 10:00 500 - G.R 10:30 BOOK CLUB - W.E.D. 1:30 ART OF COLORING - CR SIGN IN PLEASE 6:30 CATHOLIC COMMUNION SERVICE- C	21 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE 2:00 SPEAKER-FILE OF LIFE - P.R. 2:30 POOL PARTY ENTERTAINMENT BEACHCOMER BOB BBQ-COURTYARD-SIGN UP FOR DINNER-COST:\$15.00	22 10:00 CRIBBAGE - W.E. 2 ALCOVE 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE 1:00 CANASTA -GR (NEW) 2:00 QUILT GROUP - CR RAFFLE QUILT PROJECT - SIGN IN PLEASE 2:00 CARD BINGO (\$3.00) - GR	23 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. "GIFTED HANDS" BASED ON A TRUE STORY DRAMA NETFLIX - TV-PG NO FOOD AT THIS TIME
24 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	25 NO SHUTTLE SERVICE TODAY 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.	26 10:00 CRIBBAGE - W.E. 2 ALCOVE **10:15 LADIES LUNCH - SIGN UP BY 19TH WARRENS IN LORETTO 10:30 CANASTA -GR (NEW) 2:00 CARD BINGO (\$3.00) - GR	27 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 1:30 ART OF COLORING - CR SIGN IN PLEASE 6:30 ROSARY - C SIGN IN PLEASE	28 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE **3:45 CANTERBURY PARK-L/O We should be home around 10:00PM WATCH FOR ANY UPDATES-DETAILS COULD CHANGE SIGN UP BY 15TH 6:30 MAHJONG 2nd Floor Alcove W.E.	29 10:00 CRIBBAGE - W.E. 2 ALCOVE 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE 1:00 CANASTA -GR (NEW) 2:00 QUILT GROUP - CR RAFFLE QUILT PROJECT - SIGN IN PLEASE 2:00 CARD BINGO (\$3.00) - GR	30 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. "HUSTLE" DRAMA, COMEDY, SPORTS NETFLIX - R NO FOOD AT THIS TIME
31 1:30 MAHJONG - 2nd Floor Alcove W.E. 6:30 GAME CHOICE 2nd Floor Alcove W.E. <i>Wellness Center Closed</i>	31 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.	31 10:00 CRIBBAGE - W.E. 2 ALCOVE 10:30 CANASTA -GR (NEW) 2:00 CARD BINGO (\$3.00) - GR	31 **9:45 SHOPPING L/O SIGN UP WAS NEEDED MONDAY 1:30 ART OF COLORING - CR SIGN IN PLEASE 6:30 ROSARY - C SIGN IN PLEASE	31 10:30 RUMMYKUB - GR 12:30 POKER - Game Room 1:00 BRIDGE - W.E. 2 ALCOVE **3:45 CANTERBURY PARK-L/O We should be home around 10:00PM WATCH FOR ANY UPDATES-DETAILS COULD CHANGE SIGN UP BY 15TH 6:30 MAHJONG 2nd Floor Alcove W.E.	31 10:00 CRIBBAGE - W.E. 2 ALCOVE 10:00 MEN'S GROUP T.G.R SIGN IN PLEASE 1:00 CANASTA -GR (NEW) 2:00 QUILT GROUP - CR RAFFLE QUILT PROJECT - SIGN IN PLEASE 2:00 CARD BINGO (\$3.00) - GR	31 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. "HUSTLE" DRAMA, COMEDY, SPORTS NETFLIX - R NO FOOD AT THIS TIME

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

Beginner Better Balance - Thursday 9:45 - 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. A chair can be used for support.

Intermediate Better Balance - Thursday 1:30 - AS

More challenging class specifically developed to improve balance through strengthening, balance challenges, brain challenges using obstacle and circuit patterns. 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, 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.

Walk with Ease - WC Wednesday & Saturday 9:45 - 10:15AM New Group Starts July 11!

Reduce pain, improve overall health, learn safety tips, be motivated with this walking program. If you can be on your feet 10 minutes even with a cane or walker you are eligible to participate.



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.

MAKE GOOD CHOICES