








# SILVERCREEK ON MAIN -REFLECTIONS 1- NOVEMBER 2022 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Meal Times:</b></p> <p><b>8:00am Breakfast</b></p> <p><b>12:00pm Lunch</b></p> <p><b>5:00 pm Dinner</b></p>		<p><b>1</b></p> <p>10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Exercise video 6:00 Rosary (Sunroom)</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>2</b></p> <p>10:45 Trivia 1:15 Walking Club 2:30 Refreshments/Snack 3:00 <b>Fitness class with Sam -2</b> 3:30 Junk Drawer Detective 6:00 Music with Becca</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>3</b></p> <p>10:00 Exercise and daily chronicles with Becca 1:30 Arrange quilt squares 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Music listening</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>4</b></p> <p>10:00 Devotions and Daily Chronicles with Becca 1:30 Make Veteran Day cards 2:30 Refreshments/Snack 3:00 Dog visit with Mary And Pippa </p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>5</b></p> <p>10:00 Morning fun with Becca! 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music</p> <p><b>TURN YOUR CLOCK BACK 1 HOUR TONIGHT</b> </p>	
<p><b>6 DAYLIGHT SAVING TIME</b></p> <p>10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack</p> 	<p><b>7</b></p> <p>10:15 Patriotic Singalong with Emily 2:15 Weekly Crossword &amp; Word games 3:00 <b>Fitness Class with Sam-1</b> 3:30 Refreshments/Snack 4:00 Flyover USA Travel video</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>8</b></p> <p>10:30 Nailcare with RA staff 11:00 RESIDENT MEETING—1 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Singalong video 6:00 Rosary (Sunroom)</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>9</b></p> <p>10:45 Trivia with Becca 1:15 Walking Club to the Library 2:30 Refreshments/Snack 3:00 <b>Fitness class with Sam -2</b> 3:30 Timeslips Story writing 6:00 Music with Becca</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>10</b></p> <p>10:00 Exercise and daily chronicles with Becca 1:30 Make Veteran Doorhangers 2:30 Refreshments/Snack 3:00 <b>VETERAN PROGRAM (Great Room)</b> 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Listen to patriotic music</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>11 VETERANS DAY</b> </p> <p>10:00 Devotions &amp; Patriotic songs with Becca 1:30 The Art of Coloring— Patriotic 2:30 Refreshments/Snack 4:15 Veteran's Day Discussion</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>12</b></p> <p>10:00 Morning fun with Becca! 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music</p> <p>Wheel of Fortune 6:30 CH. 4</p>	
<p><b>13</b></p> <p>10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack</p>	<p><b>14</b></p> <p>10:15 Singalong with Emily 2:15 Weekly Crossword &amp; Word games 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-1</b> 4:00 Flyover Hawaii Travel video</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>15</b></p> <p>10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Exercise Video 6:00 Rosary (Sunroom)</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>16</b></p> <p>10:45 Trivia with Becca 1:15 Walking Club 2:30 Refreshments/Snack 3:00 <b>Fitness class with Sam -2</b> 3:30 Junk Drawer Detective 6:00 Music with Becca</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>17</b></p> <p>10:00 Exercise and daily chronicles with Becca 1:30 Arrange quilt squares 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 50's music with RA's</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>18 FALL CRAFT FESTIVAL &amp; BAKE SALE 10A-5P (Performance Room)</b></p> <p>10:00 Devotions and Daily Chronicles with Becca 2:00 Food Friday- Turkey Cupcakes 2:30 Refreshments/Snack 3:00 Dog visit with Mary And Pippa </p>	<p><b>19 FALL CRAFT FESTIVAL &amp; BAKE SALE 10A-2P (Performance Room)</b></p> <p>10:00 Morning fun with Becca! 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music</p>	
<p><b>20</b></p> <p>10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack</p>	<p><b>21</b></p> <p>10:15 Singalong with Emily 2:15 Weekly Crossword (1st) &amp; word games 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-1</b> 4:00 Flyover Sweden Travel video</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>22</b></p> <p>10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Singalong video 6:00 Rosary (Sunroom)</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>23</b></p> <p>10:45 Trivia 1:15 Walking Club to the Library 2:30 Refreshments/Snack 3:00 <b>Fitness class with Sam -2</b> 3:30 Reminisce Thanksgiving With Becca 6:00 Music with Becca</p>	<p><b>24 THANKSGIVING DAY</b></p> <p>10:00 Exercise and Thanksgiving Trivia with Becca 1:00 Afternoon Movie 2:30 Refreshments/Snack 4:00 Music Listening</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>25</b></p> <p>10:00 Devotions and Daily Chronicles with Becca 1:30 Games with Becca 2:30 Refreshments/Snack 3:30 Square-dance videos</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>26</b></p> <p>10:00 Morning fun with Becca! 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music</p> <p>Wheel of Fortune 6:30 CH. 4</p>	
<p><b>27</b></p> <p>10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack</p>	<p><b>28</b></p> <p>10:15 Singalong 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-1</b> 4:00 Flyover Norway Travel video</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>29 Holiday Decorating</b></p> <p>10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Exercise Video 6:00 Rosary (Sunroom)</p> <p>Wheel of Fortune 6:30 CH. 4</p>	<p><b>30</b></p> <p>10:45 Trivia 1:15 Walking Club 2:30 Refreshments/Snack 3:00 <b>Fitness class with Sam -2</b> 3:30 Timeslips Story writing 6:00 Music with Becca</p> <p>Wheel of Fortune 6:30 CH. 4</p>			<p><b>PROGRAMS &amp; EVENTS</b></p> <p><b>AT SILVERCREEK ON MAIN</b></p>	

## REFLECTIONS STAFF:

Clinical Director - Gladys Aakre (763) 955-1770  
Registered Nurse - Loretta Gborplay (763) 955-1769

## CODING: ORANGE= OTHERS

Director of Reflections - Emily Jass (763) 955-1992  
Resident Care Coordinator— Rebecca Fallah (763) 955-1762

## LOCATIONS

"1" = 1st Floor Chapel = CH  
"2" = 2nd Floor