



# SILVERCREEK ON MAIN -REFLECTIONS 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NEW YEARS DAY 10:30 Singalong with RA staff 1:30 Afternoon movie and Refreshments/Snacks 3:30 Visits with volunteer Bill 6:30 Wheel of Fortune, CH 4	2 10:30 Music with RA staff 1:30 The Art of Coloring With RA staff 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 6:30 Wheel of Fortune, CH 4	3 10:45 Junk Drawer Detective With Becca 1:30 Self Care with Becca 2:30 Refreshments/Snack- 3:00 Fitness Class with Sam-2 6:00 Music with Becca 6:30 Wheel of Fortune, CH 4	4 10:00 Exercise and daily history with Becca 1:30 Reminisce with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Molly B Polka TV Show 6:30 Wheel of Fortune, CH 4	5 National Bird Day 10:00 CATHOLIC ECUMENICAL SERVICE WITH VOLUNTEERS 1:30 Bird Trivia and sounds 2:30 Refreshments/Snack 4:00 Bird TV Slideshow 6:30 Wheel of Fortune, CH 4	6 10:00 Morning fun with Becca! 2:30 Bingo 2:30 Refreshments/Snack 3:45 Listen to Music 6:30 Wheel of Fortune, CH 4
	7 9:45 Hymn sing with Bella 1:00 Reminisce with Bella 2:30 Refreshments/Snack 3:30 Listen to music	8 9:45 Elvis Trivia with Bella 2:30 Elvis music with Emily 2:30 Refreshments/Snack 3:00 Fitness Class with Sam-1 3:30 Visits with volunteer Bill 6:30 Wheel of Fortune, CH 4	9 10:45 Travel Tuesday with Becca 1:30 Bingo 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Patti Page show 6:00 Game night with Becca 6:30 Wheel of Fortune, CH 4	10 9:30-11:30 MNEME THERAPY PAINTING WITH LARRY 1:30 Self Care with Becca 2:30 Refreshments/Snack- 3:00 Fitness Class with Sam-2 4:00 Gaither TV concert 6:00 Music with Becca 6:30 Wheel of Fortune, CH 4	11 10:00 Rhythm band/drumming with Becca 1:30 Stories with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Big Joe Polka TV Show 6:30 Wheel of Fortune, CH 4	12 10:00 CATHOLIC ECUMENICAL SERVICE WITH VOLUNTEERS 1:30 Get to know your neighbor 2:30 Refreshments/Snack 4:00 Listen to 40's and 50's music 6:30 Wheel of Fortune, CH 4
13	14 9:45 Hymn sing with Bella 1:00 Conversation starters With Bella 2:30 Refreshments/Snack 3:30 Listen to music	15 MARTIN LUTHER KING JR. DAY 9:45 Balloon Volley with Bella 10:15 Word games with Bella 2:30 Singalong with Emily 2:30 Refreshments/Snack 3:00 Fitness Class with Sam-1 3:30 Visits with volunteer Bill 6:30 Wheel of Fortune, CH 4	16 10:45 Travel Tuesday with Becca 1:30 Bingo 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Andy Williams Show 6:00 Game night with Becca 6:30 Wheel of Fortune, CH 4	17 10:45 Junk Drawer Detective 1:30 Self Care with Becca 2:30 Refreshments/Snack- 3:00 Fitness Class with Sam-2 4:00 Nat King Cole Show 6:00 Music with Becca 6:30 Wheel of Fortune, CH 4	18 10:00 Exercise and daily History with Becca 1:30 Reminisce with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Flyover Canada 6:30 Wheel of Fortune, CH 4	19 10:00 CATHOLIC ECUMENICAL SERVICE WITH VOLUNTEERS 1:30 Tabletop bowling 2:30 Refreshments/Snack 4:00 Frank Sinatra Show 6:30 Wheel of Fortune, CH 4
20	21 9:45 Hymn Sing with Bella 1:00 Games with Bella 2:30 Refreshments/Snack 3:30 Listen to music	22 9:45 Noodle Ball with Bella 10:15 Word games with Bella 2:30 Singalong with Emily 2:30 Refreshments/Snack 3:00 Fitness Class with Sam-1 3:30 Visits with volunteer Bill 6:30 Wheel of Fortune, CH 4	23 HAPPY BIRTHDAY CATHERINE! 10:45 Travel Tuesday with Becca 1:30 Bingo 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Shirley Temple show 6:30 MAGIC MOMENTS 6:30 MEMORY CAFÉ- Great Rm 6:30 Wheel of Fortune, CH 4	24 10:45 Trivia with Becca 1:30 Self Care with Becca 2:30 Refreshments/Snack- 3:00 Fitness Class with Sam-2 4:00 Dean Martin Show 6:00 Music with Becca 6:30 Wheel of Fortune, CH 4	25 10:00 Rhythm band/drumming with Becca 1:30 Stories with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Perry Como Show 6:30 Wheel of Fortune, CH 4	26 10:00 CATHOLIC ECUMENICAL SERVICE WITH VOLUNTEERS 1:30 Jeopardy with Becca 2:30 Refreshments/Snack 4:00 Baby animal slideshow
27	28 9:45 Hymn Sing with Bella 1:00 Games with Bella 2:30 Refreshments/Snack 3:30 Listen to music	29 9:45 Noodle Ball with Bella 10:15 Word games with Bella 2:30 Refreshments/Snack 3:00 Fitness Class with Sam-1 3:30 Visits with volunteer Bill 6:30 Wheel of Fortune, CH 4	30 10:45 Travel Tuesday with Becca 1:30 Bingo 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 I Love Lucy Show 6:00 Game night with Becca 6:30 Wheel of Fortune, CH 4	31 10:30 RESIDENT COUNCIL MEETING 1:30 Self Care with Becca 2:30 Refreshments/Snack- 3:00 Fitness Class with Sam-2 4:00 Listen to patriotic music 6:00 Music with Becca 6:30 Wheel of Fortune, CH 4	<div></div>	
						<u>Meal Times:</u> 8:00am Breakfast 12:00pm Lunch 5:00 pm Dinner

## REFLECTIONS STAFF:

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

Director of Reflections - Emily Jass (763) 955-1992  
Resident Care Coordinator -Anna Phongmany (763) 955-1762

## LOCATIONS

"1" = 1st Floor CH= Chapel  
"2" = 2nd Floor PR= Performance Room

Calendar is subject to change