



SILVERCREEK ON MAIN -REFLECTIONS 2

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