ON-SITE COMMUNITY SERVICES TO SCHEDULE APPOINTMENT SEE CONTACTS BELOW.

Leave a message if unavailable.

SALON _

Tracy Osier, Owner (763) 955-1761

HAIR STYLIST -Patty Bahl (763) 955-1761

NAIL TECHNICIAN -Debra Rangel (763) 229-5179

AHI PODIATRY -Jessie Rustad (952) 283-3169

ASCEND REHABILITATION -Kystle Plohocky (612) 268-8752

Chanhassen DINNER THEATRES

SATURDAY, April 13th

Beautiful The Carole King Musical

Lunch at 11:00am—Show at 1:00pm

\$75 per ticket

Bus leaves at 10:15am Sign-up deadline, March 6th, make your decision soon! Only one bus

SILVERCREEK ON MAIN STAFF EMAIL & PHONE LIST

Executive Director - Andrea Erickson	aberickson@silvercreekonmain.com	(763) 955-1753	
Assistant Executive Director - Kristin Yang	kyang@silvercreekonmain.com	(763) 955-1995	
Marketing Director - Jennifer Olson	Jolson@silvercreekonmain.com	(763) 955-1752	
Marketing Associate-Haylie Conzet	hconzet@silvercreekonmain.com	(763)-269-6094	Ext. 1739
Director of Programs - Suzy Nardini	snardini@silvercreekonmain.com	(763) 955-1771	
Director of Reflections - Emily Jass	ejass@silvercreekonmain.com	(763) 955-1992	
Director of Wellness - Angela Kalkbrenner	akalkbrenner@silvercreekonmain.com	(763) 955-1759	
Wellness Coordinator - Deb Bray	dbray@silvercreekonmain.com	(763) 955-1758	
Wellness Coordinator - Sam Wallace	swallace@silvercreekonmain.com	(763) 955-1758	
Clinical Director - Gladys Aakre, RN	gaakre@silvercreekonmain.com	(763) 955-1770	
Nurse - Loretta, Gborplay, RN	lgborplay@silvercreekonmain.com	(763) 955-1769	
Director of Admin Caely Boerboom	cboerboom@silvercreekonmain.com	(763) 955-1754	
Director of Res. Services - Thea Anderson	tanderson@silvercreekonmain.com	(763)-296-6093	Ext. 1738
Resident Care Coord Anna Phongmany	aphongmany@silvercreekonmain.com	(763) 955-1762	
Director of Dining Services - Melanie Hall	mhall@silvercreekonmain.com	(763) 955-1755	
Kitchen Extension - Room Service, Reservations, etc.		(763) 955-1756	
Housekeeping - Cheryl Brazil	cbrazil@silvercreekonmain.com	(763) 955-1763	
Reception Desk - Shellie , Michelle, Marilyn	, Terra, Sandy and Rachel	(763) 955-1751	



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Happy March!

Our weather this winter has been so mild – I wonder if the old March folklore of 'In Like a Lion, Out Like a Lamb' should be reversed – forecast for March 1st at this time includes temperatures in the mid-40s! Not exactly Lion like! Whatever weather patterns come our way – I hope you have a wonderful month.

March is a busy month of notable events - Daylight Savings, PI Day, Saint Patrick's Day and the Easter holiday. Check out details inside about the variety of offerings the SilverCreek team has been working on!

Thank you, Andrea



By: Emily Jass, Director of Reflections

REFLECTIONS MESSAGE

Greetings from Reflections!

We are excited to welcome the month of March and the season of spring! If the weather continues to warm like it has been, we will be out on the patio in no time! No matter what the temps, we always find fun things to do in Reflections. Parties, crafts, music, bingo, exercise...the list is endless. We wish you a blessed Easter along with many special moments with your friends and loved ones in Reflections! Emily



MOVIES

QUEEN BEES

March 2nd

Rated PG13

2:00pm

Romantic Comedy





THE IRISHMEN Drama March 9th 2:00pm Rated R

After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower.

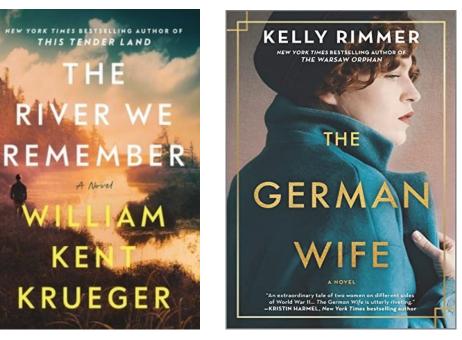
An illustration of Frank Sheeran's life, from W.W.II veteran to hit-man for the Bufalino crime family and his alleged assassination of his close friend Jimmy Hoffa.

SILVERCREEK BOOK CLUB

Meets every 3rd Wednesday, in the Den at 10:30AM.

MARCH BOOK

APRIL BOOK





2:00pm Rated R



TONYA TUCKER Documentary March 16th

Decades after Tanya Tucker slipped from the spotlight, music star Brandi Carlile write an entire album for her hero based on Tanya's extraordinary life.





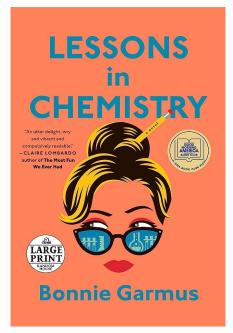
I CAN ONLY IMAGINE Documentary March 23rd 2:00pm Rated PG

The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

JESUS REVOLUTION Documentary March 30th 2:00pm Rated PG

The true story of a national spiritual awakening in the early 1970s and its origins within a community of teenage hippies in Southern California.

MAY BOOK



Games & Cards

Join in any of Silver creek cards or games. Please see the calendar for day/times/ location.

- Mahjong WE2S
- Game Choice WE2S
- Rummikub WE2S
- Cribbage GR
- Card Bingo
- Bridge WE2S
- Poker GR
- Hand & Foot WE2S
- 500 GR
- **NEW GAME CHOICE** WE4B, PLEASE JOIN US AT 1:00PM EACH TUESDAY.

Creative Groups

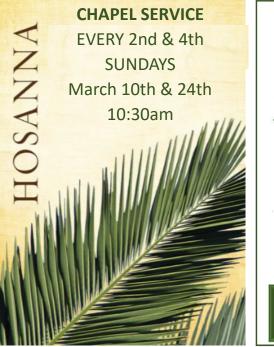
Join in any of our creative groups. Check the calendar for date/time/location.

- Quilting Group CR
- Needle Work Group CR
- Art of Coloring CR

Spiritual

We offer many Spiritual outlets. Check the calendar for date/time/location.

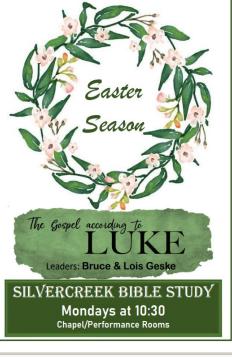
- Chapel-2nd & 4th Sundays:
- Bible Study C
- Rosary C
- Catholic Communion C





Changes ahead for our Independent Living Resident Council – Due to changes in both licensure and the resident council leadership committee, the Independent Living Resident Council will pause their meetings.

You are welcome to continue using the council input forms and mailboxes. The mailboxes will be checked and forms shared to management team.





Come join us and help make a **SILLY SANTA QUILT** for our Fall craft fair. It takes time to make these

Starting Friday, March 1st at 2:00pm in the Craft Room.

so we are starting early.





March is full of fun and important holidays, such as Easter and International Women's Day! It's also when we say goodbye to winter and welcome spring. It is our hope that you can use this newsletter as a convenient way to find all the special themed activities this month brings. In March, stay cozy with indoor activities in the final weeks of winter, and get inspired for Spring. We hope to be an inspiration to your monthly planning.

This month we would like to amplify your tastebuds with Melanie's culinary experiences right here in our dining rooms. Check out page 12 for dining specials we are having this month. Don't forget about St. Patrick's Day dinner and entertainment.

Don't miss out on the chance to spend time around cool people at our variety of activities we offer. It just may brighten your day! Suzy



Hard to believe it's already March!

As much as I hate losing an hour with the time change when we "Spring Ahead" on March 10th, I can't help but get a little excited about spring and summer being right around the corner! While this has been the mildest winter I can recall, there sure is nothing like springtime in Minnesota! Spring will also kick off our Informational Meetings about the Townhomes- so keep an eye out and RSVP if you're interested in attending one of the meetings. We plan to have a few of them in March. Also, a reminder if you are interested in one of the Townhomes, to connect with me ASAP to ensure you have first selection.

"May your troubles be less and your blessing be more, and nothing but happiness come through your door" Jennifer



MARKETING MESSAGE By: Jennifer Olson





WELLNESS MESSAGE

By: Angela Kalkbrenner, Director of Wellness

Chuck Mosey

in his mood.

March Athlete is Chuck Mosey. He is no stranger to strength training and fitness. In

his younger years he lifted weights. Now you will find him on the NuStep or weight machines 5 days per week. Coming to the

up-beat mood and sense of humor. If he misses a day, he can sense the difference

gym daily helps Chuck maintain his

SILVERCREEK ON MAIN

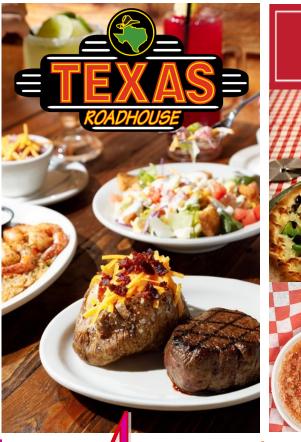


WILL YOU BE NEXT?

Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 - 10:30am	9:15 - 10:00am	9:45 - 10:30am	9:15 - 10:00am	9:15 - 10:00am	9:45am
Beginner	Splash n'Shape	Chair Yoga	Splash n'Shape	Splash n'Shape	Walk with Ease
Chair Yoga (AS)	(P)	(AS)	(P)	(P)	(WC)
10:30am	9:45am	9:45am	45am 9:45-10:15am 10:30am		
BeFit	Boxing	Walk with Ease	Beginner Better	BeFit	
(WC)	(WC)		Balance (AS)	(WC)	
1:00-1:45pm	10:30am	10:30am	10:30am 10:30am		
Intermediate	BeFit	BeFit	BeFit Drumming		
Chair Yoga (AS)	(WC)	(WC)	(WE)	(WC) AL & EAL	
		1:00-1:45pm	1:00-1:30pm		
		Intermediate	Intermediate Better		
		Chair Yoga (AS)	Balance (AS)		

SILVERCREEK **DINING OUT** OPPORTUNITIES





LADIES LUNCH — TEXAS ROAD HOUSE

TUESDAY MARCH 5TH 11:00AM BUS LEAVES

Legendary Food and Legendary Service[®] starts with taking no shortcuts. We take great pride in every plate we serve, every time.

IT'S ALL FROM **SCRATCH**

We will only take the second bus if the first bus is full.

MEN'S LUNCH-FRANKIES NEW HOPE FRIDAY, MARCH 15TH **10:30AM BUS LEAVES**

From the streets of Chicago to your plate, since 1991.

Frankie's has been serving up the iconic flavors of the Windy City. Experience a dining space designed for community, celebration, and above all, a love for genuine Chicago fare.

We will only take the second bus if the first bus is full.



BREAKFAST OUTING-MAGGIE'S TUESDAY, MARCH 19TH 10:00AM FIRST BUS

Breakfast is served all day long and is a favorite among their many regular customers. Lunch specials give the local office workers many choices including many tasty soups and salads. The dinner crowd files in to enjoy homemade pizzas, Italian and American dinners.

We will only take the second bus if the first bus is **full**.

the full helping SILVERCREEK DINING IN HIGHLIGHTS



THE BISTRO FOR DINNER **TUESDAY, MARCH 6TH RESERVATIONS ONLY**

From fancy walnut chicken salad to burgers and butterfly shrimp basket, the Bistro at night will remind you of your favorite lunch.

Dining in the Bistro is everyone's favorite at SILVERCREEK! This month we are offering the Bistro menu for dinner.

Please join us for a fun night



FRENCH BREAD PIZZA LUNCH THURSDAY, MARCH 21ST RESERVATIONS ONLY

In Celebration of National French Bread Day, we are making a soft yet hearty French bread, a robust and herby pizza sauce, with rich cheese and favorites toppings!

> Join us for this homemade favorite!



Our chefs have created delicious and traditional Easter dishes such as salmon drizzled with homemade hollandaise sauce, fresh asparagus, salads and croissants, along with cheesy hashbrowns and a traditional Easter ham.

Tables are booking fast, so make your reservation today!



Diet and High Blood Pressure - part 1

A diet rich in fruits, vegetables, whole grains, and low-fat dairy products can help you get your blood pressure under control.

Key Takeaways!

How can you lower naturally lower your blood pressure? Limiting your salt intake is helpful for lowering blood pressure, but it's only part of the equation. What you do eat matters, too. A diet rich in fruits, vegetables, whole grains, and low-fat dairy products can help you get your blood pressure under control.

What about salt and high blood pressure?

It's well-understood that salt, which is primarily made up of the mineral sodium, can contribute to high blood pressure levels.

While watching your salt intake is important, it's only one part of the equation. If you want to reduce your risk of heart attack, stroke, and other complications, fill your plate with blood pressure-friendly foods.

How to lower blood pressure with food What food lowers blood pressure quickly? Here are 10 foods that can promote normal blood pressure levels and support your overall health:

Unsweetened Yogurt Berries Beets Sweet Potatoes Leafy Greens

CHOOSE A HEATHY DIET FOR LOWER YOUR BLOOD PRESSURE. YOU WILL BE GLAD YOU DID!



DIRECTOR MESSAGE by Gladys Aakre Director of Nursing

- Whole Grains
- **Pistachios**
- Bananas
- Kiwifruit



silvercreek EVENTS & entertainment



St. Patrick's Dinner and a Show! March 12th at 5:00pm IL Dining Room Tom Paquin—Nashville Singer-Songwriter Colcannon Soup, Shepards Pie, Irish Soda Bread and Guinness Stout Cake



PLEASE JOIN US AT **"THE TABLE" AND MEET NEW FRIENDS!**

THE DINING ROOM IS **OFFERING A PLACE TO DINE AND MEET NEW RESIDENTS AT DINNER.**

> **SIGN-UP TO SIT AT "THE TABLE"**



DEPARTMENT OF HUMAN SERVICES DEAF AND HARD OF HEARING SERVICES DIVISION

GUEST SPEAKER

Deaf and Hard of Hearing Services Division is here to help!

Join us on March 18th at 2:00pm in the Performance Room to hear about the latest technology and to receive support on Hearing Loss.

lou're Invited to a **By MATT DUNN**

March 28th at 10:00am Performance Room

Matt's been Featured on





HOPPY HOUR

Thursday, March 21st **Great Room**

> 2:00pm - Floors 2 & 3 3:15pm - Floors 1 & 4

Spring is in Bloom ON

It's that time again for the annual **Galleria Floral Experience** and Lunch at Pittsburgh Blue Steakhouse.

> Tuesday, March 26th One bus leaving at 9:30am. Please sign-up. Limited space.



RESIDENTS BIRTHDAYS

Eiko	2-Mar
Jean	14-Feb
Betty	25-Feb
Judy	2-Mar
Liz	2-Mar
James	3-Mar
Roger	7-Mar
Brenda	9-Mar
Carol	11-Mar
Maxine	12-Mar
Sharon	12-Mar
Susie	13-Mar
Bob	13-Mar
Pat	14-Mar
Phyllis	16-Mar
Joanne	18-Mar
Kathryn	21-Mar
Mavis	23-Mar
Katherine	25-Mar
Louise	26-Mar
Gene	28-Mar
Robert	30-Mar
Sharon	30-Mar
Ed	30-Mar
Dan	31-Mar

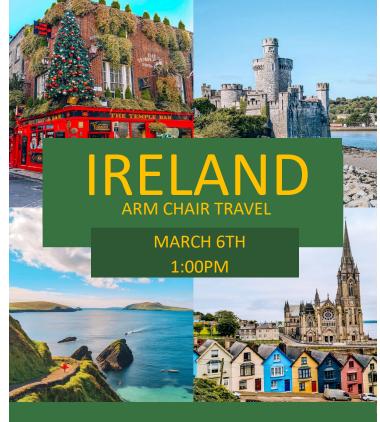
STAFF BIRTHDAYS

Arianna	Goldberg	2-Mar
Rachel	Peterson	3-Mar
Joyce	Bannerman	4-Mar
Tierra	Cain	5-Mar
Enobong	Bassey	13-Mar
Rhoda	Bah	15-Mar
Linda	Murphy	15-Mar
Chantelle	Johnson	18-Mar
Maaka	Kanneh-Flomo	28-Mar

silvercreek EVENTS & entertainment

AY. APRIL 5TH **PRING CLEANING** DONATION PICK-

It's time for Spring Cleaning and donate your unwanted things! Pack up your unwanted items and drop off your boxes or bags between 11:00am & 1:00pm in the Great Room and we will load it on our bus to be donated. Furniture Not Accepted.



THE LONGEST DAY alzheimer's 💦 association

9793

3846

26433

3279 50288

Join Us For Early Registration DATE: 3.14 (March 14) TIME: 2:00-3:00 PM **PLACE: Bistro Donation: \$25.00**

Receive: a piece of pie, a gift and Order your Alzheimer's 2024 T-shirt (Shirts to be delivered at a later date) Check or Credit Card



CALLING ALL VETRERAN! WE INVITE YOU TO JOIN OUR NEW VETERAN SUPPORT GROUP THAT WILL MEET ONCE A MONTH. STARTING MARCH 7TH AT 1:30PM IN THE DEN.

GROUP IS LEAD BY BOB CULLY. THIS GROUP ALLOWS VETERANS TO LISTEN TO ONE ANOTHER AS THEY SHARE THEIR EXPERIENCES.

PRESSED FLOWER ART PRESSED FLOWER ART!

> MONDAY MARCH 11TH 1:00PM IN THE CRAFT ROOM. COST IS: \$10 per person PLEASE SIGN-UP



AKI SH(

& HAPPY HOUR

THURSDAY, MAY 23, 2024

FEATURING SILVERCREEK ARTISTS

ALL ART MEDIUMS WELCOME If you would like your art displayed, please sign up with your name, apt.#, medium type and your display needs in our sign-up book.





NEW RESIDENTS

JoAnn Charlie Mike & Judy

STAFF ANNIVERSARIES

Christine Cooper Resident Assistant 2 Years

Annie Harris Resident Assistant 3 Years

Emily Jass Director of Reflections 6 Years

Allison Gish Wellness Coordinator 11 Years

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SILVERCREEK ON MAIN		MARCH 2024		Green– Activities Peach- Shopping/Medical Blue - Meetings Brown-Men's/Women's Groups Purple-The Full Helping	1 WEAR GREEN 9:30a CRIBBAGE-GR 10:00a MEN'S GROUP-TGR 10:30a DRUMMING AL-EAL-WC 1:30p SIGN-UPS - PR 2:00p QUILT GROUP-CR 2:00p CARD BINGO-GR (\$3.00)	2 12:30p POKER 1:30p ART OF COLORING-CR 1:30a HAND & FOOT-WE2S 2:00p MOVIE— QUEEN BEES
3 12:00p BRUNCH IN IL DINING 1:30p MAHJONG-WE2 6:30p GAME CHOICE-WE2S WELLNESS CENTER CLOSED	49:45aMED RUN & SHOP10:30aBIBLE STUDY-C1:00pTECH SUPPORT-WE2S1:00pWOMENS POKER-GR2:00pNEEDLE GROUP-CR6:30pRUMMIKUB OR CHOICE -WE2S	59:30aCRIBBAGE-GR11:00aLADIES LUNCH1:00pNEW CHOICE CARDS-WE4B2:00pCARD BINGO-GR	69:45a SHOPPING L/O1:00pARM CHAIR TRAVEL1:30pART OF COLORING-CR3:00pWOMANS GROUP-GR5:00pBISTRO FOR DINNER6:30pROSARY-C6:30pRUMMIKUB-WE2S	712:15AL-TRIVIA/GAMES-ALDR12:30pPOKER-GR1:00pBRIDGE-WE2S1:30pNEW VETERANS GROUP - DEN6:30pMAHJONG-WE2	 8 WEAR GREEN 9:30a CRIBBAGE-GR 10:00a MEN'S GROUP-TGR 10:30a DRUMMING AL-EAL-WC 2:00p QUILT GROUP-CR 2:00p CARD BINGO-GR (\$3.00) 	9 12:30p POKER-GR 1:30p ART OF COLORING-CR 1:30a HAND & FOOT-WE2S 2:00p MOVIE— THE IRISHMEN
10DAYLIGHTS SAVING10:30aCHAPEL SERVICE12:00pBRUNCH IN IL DINING1:30pMAHJONG-WE26:30pGAME CHOICE-WE2SWELLNESS CENTER CLOSED	119:45aMED RUN & SHOP10:30aBIBLE STUDY-C12:15AL & EAL SOCIAL TIME1:00pPRESS FLOWER ART1:00pWOMENS POKER-GR2:00pNEEDLE GROUP-CR6:30pRUMMIKUB OR CHOICE -WE2S	129:30aCRIBBAGE-GR1:00pNEW CHOICE CARDS-WE4B2:00pCARD BINGO-GR (\$3.00)5:00pST. PATRICKS DAY DINNER & BAND	13 SHOPPING L/O 9:45a 10:00a CHEF'S TABLE-DR & 500-GR 1:30p ART OF COLORING-CR 3:00p WOMANS GROUP-GR 6:30p RUMMIKUB-WE2S 6:30p ROSARY-C	1412:15AL-TRIVIA/GAMES-ALDR12:30pPOKER-GR1:00pBRIDGE-WE2S2:00pPIE DAY- BISTRO6:30pMAHJONG-WE2	15WEAR GREEN9:30aCRIBBAGE-GR10:30aDRUMMING AL-EAL-WC10:30aMEN'S LUNCH – FRANKIES2:00pQUILT GROUP-CR2:00pCARD BINGO-GR (\$3.00)	16 12:30p POKER-GR 1:30p ART OF COLORING-CR 1:30a HAND & FOOT-WE2S 2:00p MOVIE—TONYA TUCKER
17ST. PATRICK'S DAY12:00pBRUNCH IN IL DINING1:30pMAHJONG-WE26:30pGAME CHOICE-WE2SWELLNESS CENTER CLOSED	189:45aMED RUN & SHOP10:30aBIBLE STUDY-C12:15AL & EAL SOCIAL TIME1:00pWOMENS POKER-GR2:00pNEEDLE GROUP-CR2:00pHEARING SPEAKER6:30pRUMMIKUB/CHOICE	199:30aCRIBBAGE-GR10:00aBREAKFAST OUTING1:00pNEW CHOICE CARDS- WE4B2:00pCARD BINGO-GR (\$3.00)	20 9:45a SHOPPING L/O 10:30a BOOK CLUB-WED 11:45a AL TOWN HALL-ALD 1:30p ART OF COLORING-CR 2:00p IL TOWN HALL-PR 3:00p WOMANS GROUP-GR 6:30p RUMMIKUB-WE2S 6:30p CATHOLIC COMMUNION	21 12:15 AL-TRIVIA/GAMES-ALDR 12:30p POKER-GR 1:00p BRIDGE-WE2S 2:00p HOPPY HOUR-2 & 3 3:15p HOPPY HOUR-1 & 4 5:00p PIZZA LUNCH IN BISTRO 6:30p MAHJONG-WE2	22 9:30a CRIBBAGE-GR 10:00a MEN'S GROUP-TGR 10:30a DRUMMING AL-EAL-WC 2:00p QUILT GROUP-CR 2:00p CARD BINGO-GR (\$3.00)	23 12:30p POKER-GR 1:30p ART OF COLORING-CR 1:30p HAND & FOOT-WE2S 2:00p MOVIE—I CAN ONLY IMAGINE
24PALM SUNDAY12:00pBRUNCH IN IL DINING10:30aCHAPEL SERVICE1:30pMAHJONG-WE26:30pGAME CHOICE-WE2SWELLNESS CENTER CLOSED	259:45aMED RUN & SHOP10:30aBIBLE STUDY-C12:15AL & EAL SOCIAL TIME1:00pWOMENS POKER-GR2:00pNEEDLE GROUP-CR6:30pRUMMIKUB/CHOICE	269:30aCRIBBAGE-GR9:30aGALLERIA FLOWER SHOW & LUNCH1:00pNEW CHOICE CARDS- WE4B2:00pCARD BINGO-GR (\$3.00)	279:45aSHOPPING L/O1:30pART OF COLORING-CR3:00pWOMANS GROUP-GR6:30pRUMMIKUB-WE2S6:30pROSARY-C	28 10:00a MAGIC SHOW - PR 12:15 AL-TRIVIA/GAMES-ALDR 12:30p POKER-GR 1:00p BRIDGE-WE2S 6:30p MAHJONG-WE2	29GOOD FRIDAY9:30aCRIBBAGE-GR10:00aMEN'S GROUP-TGR10:30aDRUMMING AL-EAL-WC2:00pQUILT GROUP-CR2:00pCARD BINGO-GR (\$3.00)	30 12:30p POKER-GR 1:30p ART OF COLORING-CR 1:30p HAND & FOOT-WE2S 2:00p MOVIE— JESUS REVOLUTION
31EASTER SUNDAY12:00pEASTER BUFFET1:30pMAHJONG-WE2	6:30p GAME CHOICE-WE2S WELLNESS CENTER CLOSED	LOCATION GUIDECY=Court YaAS=Aerobics StudioL=LibraryP=PoolPDR=PrivateWC=Wellness CenterB=Bistro	ALDR=Assist. Dining Room DR=Dining Room GR=Main FL. Game RM. TGR=The Great Room	P. Lot=Front Parking LotC=ChapelRF1=Reflections 1st FloorPR=Perform		