

# SILVERCREEK ON MAIN - REFLECTIONS 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MEALTIMES</b> 8:00 Breakfast 12:00 Lunch 5:00 Dinner	 <b>PROGRAM &amp; EVENTS 2024</b> *Calendar subject to change*	<b>1</b> 9:45 Exercise with Erin 11:00 Dog Trivia 1:30 Bingo with Erin 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Baking Trivia with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>2 Happy birthday, Alice!</b> 9:45 Morning Stretch with Erin 11:00 Name That Tune with Erin 1:30 Outdoor Leisure 2:30 Refreshments/Snack 4:00 Reminisce Fall with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>3</b> 10:30 Armchair Travel to Munich 11:00 Seated Polka Dancing w/ Erin 2:00 OKTOBERFEST SOCIAL 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Learn German with Becca 6:30 Wheel of Fortune (CH 4)	<b>4 World Smile Day</b> 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Smile Craft with Becca 2:30 Refreshments/Snack 4:00 The Power of Smiles 6:30 Wheel of Fortune	<b>5 Happy birthday, Nancy!</b> 10:00 Morning Fun with Becca 2:30 Refreshments/Snack 2:30 Bingo 3:45 Listen to Music 6:30 Wheel of Fortune
<b>6</b> 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH WITH COMMUNION 1:00 Reminisce with Erin 2:30 Refreshments/Snack 3:15 Exercise with Erin	<b>7</b> 9:45 Balloon Volley with Erin 10:15 Word Games with Erin 2:30 Refreshments/Snack 2:30 Sing Along with Erin 3:00 Fitness Class with Michelle 6:30 Wheel of Fortune (CH 4)	<b>8</b> 9:45 Exercise with Erin 11:00 Reminisce Heroes with Erin 1:30 Bingo with Erin 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Wild Kingdom: Under the Sea 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>9</b> 9:30 - MNEME THERAPY 11:00 PAINTING WITH LARRY 1:30 Jeopardy with Erin 2:30 Refreshments/Snack 4:00 Reminisce with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>10</b> 10:30 Move to Music with Becca 11:00 Junk Drawer Detective 2:00 FOOD DEMO 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Reminisce with Becca 6:30 Wheel of Fortune (CH 4)	<b>11</b> 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Board Games with Becca 2:30 Refreshments/Snack 4:00 Listen to Music 6:30 Wheel of Fortune (CH 4)	<b>12</b> 10:00 Morning Fun with Becca 2:30 Refreshments/Snack 2:30 Bingo 3:45 Listen to Music 6:30 Wheel of Fortune (CH 4)
<b>13 Navy Birthday</b> 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH 1:00 Trivia with Erin 2:30 Refreshments/Snack 3:15 Balloon Volley with Erin	<b>14</b> 9:45 Noodle Ball with Erin 10:15 Word Games with Erin 2:30 Refreshments/Snack 2:30 Karaoke with Erin 3:00 Fitness Class with Michelle 6:30 Wheel of Fortune (CH 4)	<b>15</b> 9:45 Exercise with Erin 11:00 Music with Erin 1:30 Bingo with Erin 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 TV Trivia with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>16 National Sports Day</b> 9:45 Morning Stretch with Erin 11:00 Sports Trivia with Erin 2:00 SINGING COWBOY CONCERT by TODD ANDERSON 4:00 1:1 Visits with Becca 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>17</b> 10:30 Rhythm Band with Becca 11:00 Reminisce with Becca 1:30 Jeopardy with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Conversation Cards w/ Becca 6:30 Wheel of Fortune (CH 4)	<b>18</b> 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Cupcake Coloring with Becca 2:30 Refreshments/Snack 4:00 Listen to Music 6:30 Wheel of Fortune (CH 4)	<b>19</b> 10:00 Morning Fun with Becca 2:30 Refreshments/Snack 2:30 Bingo 3:45 Listen to Music 6:30 Wheel of Fortune (CH 4)
<b>20</b> 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH WITH COMMUNION 1:00 Games with Erin 2:30 Refreshments/Snack 3:15 Ball Toss with Erin	<b>21</b> 9:45 Noodle Ball with Erin 10:15 Word Games with Erin 2:30 Refreshments/Snack 2:30 Music with Erin 3:00 Fitness Class with Michelle 6:30 Wheel of Fortune (CH 4)	<b>22 National Color Day</b> 9:45 Exercise with Erin 11:00 Sing Along with Erin 1:30 BAKING WITH ERIN AND BECCA 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Relax with Coloring 6:00 Game Night with Becca	<b>23 Reverse Trick-or-Treating</b> 9:45 Morning Stretch with Erin 11:00 Trivia with Erin 1:30 Stories with Erin 2:30 Refreshments/Snack 4:00 Reverse Trick-or-Treating 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>24</b> 10:30 Seated Dance with Becca 11:00 Brain Games with Becca 2:00 PUMPKIN DECORATING WITH BECCA & ERIN 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Classic TV Comedies 6:30 Wheel of Fortune (CH 4)	<b>25</b> 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Art Appreciation with Becca 2:30 Refreshments/Snack 4:00 Game Shows on TV 6:30 Wheel of Fortune	<b>26 National Pumpkin Day</b> 10:00 Morning Fun with Becca 2:30 Refreshments/Snack 2:30 Bingo 3:45 Listen to Music 6:30 Wheel of Fortune
<b>27</b> 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH 1:00 Reminisce with Erin 2:30 Refreshments/Snack 3:15 Exercise with Erin	<b>28</b> 9:45 Ball Toss with Erin 10:15 Word Games with Erin 2:30 Refreshments/Snack 2:30 Sing Along with Erin 3:00 Fitness Class with Michelle 6:30 Wheel of Fortune (CH 4)	<b>29 National Cat Day</b> 9:45 Exercise with Erin 11:00 Music with Erin 1:30 Bingo with Erin 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Cat Trivia with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>30</b> 9:45 Morning Stretch with Erin 10:30 Resident Council Meeting 11:00 "Spooky" Trivia with Erin 1:30 SCENIC DRIVE 2:30 Refreshments/Snack 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	<b>31</b> 10:30 Halloween (Seated) Dance Party 11:00 Halloween Trivia with Becca 2:00 HALLOWEEN PARTY WITH ACCORDION MUSIC BY DICK SZYPLINSKI 2:30 Refreshments/Snack 3:00 STAFF COSTUME PARADE 6:30 Wheel of Fortune (CH 4)		

**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" = First Floor  
 "2" = Second Floor  
 CH = Chapel  
 PR = Performance Room