

SILVERCREEK ON MAIN - REFLECTIONS 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEALTIMES 8:00 Breakfast 12:00 Lunch 5:00 Dinner	 PROGRAM & EVENTS 2024 <i>*Calendar is subject to change*</i>	1 11:00 Exercise with Becca 11:30 Dog Trivia 1:30 Wild Kingdom: Dalmatian Dogs 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Center) 4:00 Baking Trivia with Becca 6:30 Evening Fun with Becca	2 Happy birthday, Alice! 10:45 Morning Stretch with Becca 11:15 Name That Tune with Becca 1:30 Outdoor Leisure 2:30 Refreshments/Snack 3:00 Fitness Class with Sam 4:00 Reminisce Fall with Becca 6:30 Evening Fun with Becca	3 10:00 Armchair Travel to Munich 11:00 Learn German with Becca 2:00 OKTOBERFEST SOCIAL 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Center) 4:00 Seated Polka Dancing w/ Erin 6:30 Wheel of Fortune (CH 4)	4 World Smile Day 11:15 Bible Study with Becca 1:15 Andy Williams Concert on TV 2:30 Refreshments/Snack 4:00 Smile Craft with Becca 6:30 Wheel of Fortune (CH 4)	5 Happy birthday, Nancy! 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)
6 10:30 SUNDAY SERVICE- CH WITH COMMUNION 11:00 Hymn Sing with Erin 2:00 Reminisce with Erin 2:30 Refreshments/Snack 4:00 Exercise with Erin	7 11:00 Balloon Volley with Erin 11:30 Word Games with Erin 1:30 Sing Along with Erin 2:30 Refreshments/Snack 3:30 Bingo with Erin 6:30 Wheel of Fortune (CH 4)	8 11:00 Exercise with Becca 11:30 Reminisce Heroes with Becca 1:30 Games with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Center) 4:00 Wild Kingdom: Under the Sea 6:30 Evening Fun with Becca	9 9:30 - MNEME THERAPY 11:00 PAINTING WITH LARRY 1:30 Jeopardy with Becca 2:30 Refreshments/Snack 3:00 Fitness Class with Sam 4:00 Reminisce with Becca 6:30 Evening Fun with Becca	10 10:00 Move to Music with Erin 11:00 Junk Drawer Detective 2:00 Refreshments/Snack 2:30 FOOD DEMO 3:00 Step-in-Time (Wellness Center) 4:00 Reminisce with Erin 6:30 Wheel of Fortune (CH 4)	11 11:15 Bible Study with Becca 1:30 Classic TV Comedies 2:30 Refreshments/Snack 4:00 Board Games with Becca 6:30 Wheel of Fortune (CH 4)	12 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)
13 Navy Birthday 10:30 SUNDAY SERVICE- CH WITH COMMUNION 11:00 Hymn Sing with Erin 2:00 Trivia with Erin 2:30 Refreshments/Snack 4:00 Balloon Volley with Erin	14 11:00 Noodle Ball with Erin 11:30 Word Games with Erin 1:30 Karaoke with Erin 2:30 Refreshments/Snack 3:30 Bingo with Erin 6:30 Wheel of Fortune (CH 4)	15 National I Love Lucy Day 11:00 Exercise with Becca 11:30 Music with Becca 1:30 Jeopardy with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Center) 4:00 TV Trivia with Becca 6:30 Evening Fun with Becca	16 National Sports Day 10:45 Morning Stretch with Becca 11:15 Sports Trivia with Becca 2:00 SINGING COWBOY CONCERT by TODD ANDERSON 3:00 Fitness Class with Sam 4:00 1:1 Visits with Erin 6:30 Evening Fun with Becca	17 10:00 Rhythm Band with Erin 11:00 Reminisce with Erin 1:30 Jeopardy with Erin 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Center) 4:00 Conversation Cards with Erin 6:30 Wheel of Fortune (CH 4)	18 11:15 Bible Study with Becca 1:30 Listen to Music 2:30 Refreshments/Snack 4:00 Cupcake Coloring with Becca 6:30 Wheel of Fortune (CH 4)	19 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)
20 10:30 SUNDAY SERVICE- CH WITH COMMUNION 11:00 Hymn Sing with Erin 2:00 Games with Erin 2:30 Refreshments/Snack 4:00 Ball Toss with Erin	21 11:00 Noodle Ball with Erin 11:30 Word Games with Erin 1:30 Music with Erin 2:30 Refreshments/Snack 3:30 Bingo with Erin 6:30 Wheel of Fortune (CH 4)	22 National Color Day 11:00 Exercise with Becca 11:30 Sing Along with Becca 1:30 Relax with Coloring 2:30 Refreshments/Snack 3:30 BAKING WITH ERIN AND BECCA 3:00 Step-in-Time (Wellness Center) 6:30 Evening Fun with Becca	23 Reverse Trick-or-Treating 10:45 Morning Stretch with Becca 11:15 Trivia with Becca 1:30 Stories with Becca 2:30 Refreshments/Snack 3:00 Fitness Class with Sam 4:00 Reverse Trick-or-Treating 6:30 Evening Fun with Becca	24 10:00 Seated Dance with Erin 11:00 Brain Games with Erin 1:00 Classic TV Comedies 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Center) 3:30 PUMPKIN DECORATING WITH BECCA & ERIN 6:30 Wheel of Fortune (CH 4)	25 11:15 Bible Study with Becca 1:30 Game Shows on TV 2:30 Refreshments/Snack 4:00 Art Appreciation with Becca 6:30 Wheel of Fortune (CH 4)	26 National Pumpkin Day 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)
27 10:30 SUNDAY SERVICE- CH WITH COMMUNION 11:00 Hymn Sing with Erin 2:00 Reminisce with Erin 2:30 Refreshments/Snack 4:00 Exercise with Erin	28 11:00 Ball Toss with Erin 11:30 Word Games with Erin 1:30 Sing Along with Erin 2:30 Refreshments/Snack 3:30 Bingo with Erin 6:30 Wheel of Fortune (CH 4)	29 National Cat Day 11:00 Exercise with Becca 11:30 Music with Becca 1:30 Painting with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Center) 4:00 Cat Trivia with Becca 6:30 Evening Fun with Becca	30 10:45 "Spooky" Trivia with Becca 11:15 RESIDENT COUNCIL MEETING 11:30 Sing Along 1:30 SCENIC DRIVE 2:30 Refreshments/Snack 3:00 Fitness Class with Sam 6:30 Evening Fun with Becca	31 HALLOWEEN 10:00 Halloween (Seated) Dance Party 11:00 Halloween Trivia with Erin 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 CH = Chapel
 "2" = Second Floor PR = Performance Room