

SILVERCREEK ON MAIN - REFLECTIONS 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEALTIMES 8:00 Breakfast 12:00 Lunch 5:00 Dinner	 PROGRAM & EVENTS 2024 *Calendar subject to change*				1 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Puzzles with RAs 2:30 Refreshments/Snack 4:00 Classic TV Comedies 6:30 Wheel of Fortune (CH4)	2 10:00 Sing Along with RAs 2:30 Refreshments/Snack 2:30 Coloring/Puzzles with RAs 3:45 Listen to Music 6:30 Wheel of Fortune
3 DAYLIGHT SAVINGS TIME ENDS Set your clocks back 1 hour! 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH 1:00 Reminisce with Erin 2:30 Refreshments/Snack 3:15 Balloon Volley with Erin	4 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)	5 9:45 Exercise with Erin 10:15 Trivia with Erin 1:30 Bingo with Erin 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Classic TV Comedies 6:30 Wheel of Fortune (CH 4)	6 Happy birthday, Velma! 9:45 Morning Stretch with Erin 11:00 Sing Along with Erin 1:30 Pondering Prompts with Erin 2:30 Refreshments/Snack 4:00 Tabletop Bowling with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	7 10:30 Exercise with Becca 11:00 Cooking/Baking Reminisce 1:30 Games with Becca 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Musical Trivia with Becca 6:30 Wheel of Fortune (CH 4)	8 CRAFT FAIR 9a-4p IL Dining Room 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Instrument Trivia with Becca 2:30 Refreshments/Snack 4:00 Piano Concert on TV 6:30 Wheel of Fortune (CH 4)	9 CRAFT FAIR 9a-12p IL Dining Room 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)
10 US Marine Corps Birthday 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH 1:00 Trivia with Erin 2:30 Refreshments/Snack 3:15 Exercise with Erin	11 🇺🇸 Happy Veteran's Day! 🇺🇸 9:45 Noodle Ball with Erin 10:15 Word Games with Erin 11:00 Veteran's Program (PR) 12:00 Veteran's Luncheon (IL DR) 2:30 Refreshments/Snack 2:30 Karaoke with Erin 3:00 Fitness Class with Michelle 6:30 Wheel of Fortune (CH 4)	12 9:45 Exercise with Erin 11:00 Trivia with Erin 1:30 Bingo with Erin 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Art with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	13 World Kindness Day 9:30 MNEME THERAPY PAINTING 9:45 Morning Stretch with Erin 11:00 Sing Along with Erin 1:30 Painting with Erin 2:30 Refreshments/Snack 4:00 Self Care with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	14 Operating Room Nurse Day 10:30 Exercise with Erin 11:00 Childhood Reminisce 2:00 FOOD DEMO 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Play TV Games 6:30 Wheel of Fortune (CH 4)	15 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Stories with Becca 2:30 Refreshments/Snack 4:00 "Minnesota Bound" on TV 6:30 Wheel of Fortune (CH 4)	16 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)
17 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH 1:00 Trivia with Erin 2:30 Refreshments/Snack 3:15 Ball Toss with Erin	18 9:45 Balloon Volley 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)	19 9:45 Exercise with Erin 11:00 Name That Celebrity w/ Erin 1:30 Card Making with Vicki 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Lawrence Welk on TV 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	20 9:45 Morning Stretch with Erin 10:30 RESIDENT COUNCIL 11:00 Sing Along with Erin 1:30 Reminisce Toys & Games 2:30 Refreshments/Snack 4:00 Games with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	21 National Gingerbread Cookie Day 10:30 Exercise with Becca 11:00 TV Trivia with Becca 1:30 Gingerbread Cookie Decorating 2:30 Refreshments/Snack 3:00 Step-in-Time (Wellness Ctr) 4:00 Classic TV Comedies 6:30 Wheel of Fortune (CH 4)	22 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Driving Simulator with Becca 2:30 Refreshments/Snack 4:00 Game Shows on TV 6:30 Wheel of Fortune	23 10:00 Morning Fun with Becca 2:30 Refreshments/Snack 2:30 Bingo 3:45 Listen to Music 6:30 Wheel of Fortune
24 Start of Better Conversation Week 9:45 Hymn Sing with Erin 10:30 SUNDAY SERVICE- CH 1:00 Conversation Cards with Erin 2:30 Refreshments/Snack 3:15 Noodle Ball with Erin	25 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)	26 9:45 Exercise & Trivia 1:30 Bingo with Erin 2:30 Refreshments/Snack 3:00 HAND MASSAGE SPA 3:00 Step-in-Time (Wellness Ctr) 4:00 Stories with Erin 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	27 9:45 Morning Stretch with Erin 11:00 Sing Along with Erin 1:30 Flower Arranging with Erin and Becca 2:30 Refreshments/Snack 4:00 Classic TV Comedies 6:00 Game Night with Becca 6:30 Wheel of Fortune (CH 4)	28 🦃 Happy Thanksgiving! 🦃 10:00 Sing Along 1:30 Afternoon Movie 2:30 Refreshments/Snack 6:30 Wheel of Fortune (CH 4)	29 10:00 Catholic Ecumenical Service/Gospel Songs 1:30 Coloring with Becca 2:30 Refreshments/Snack 4:00 Listen to Music 6:30 Wheel of Fortune (CH 4)	30 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)

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