

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 & Sharon (763) 955-1761

NAIL TECHNICIAN -
Debra Rangel (763) 229-5179

AHI PODIATRY -
Jessie Rustad (952) 283-3169

ASCEND REHABILITATION -
Krystle Plohocky (612) 268-8752

Kate Benson!

Piano Playing
Sundays, February 2nd & 16th
2:00pm - 3:00pm
Lobby

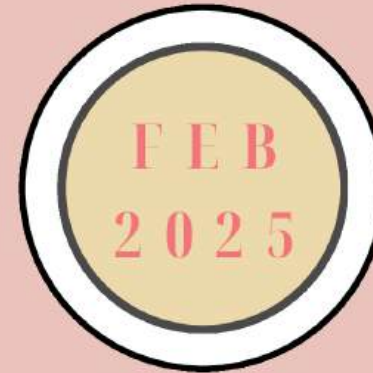


Hello, my name is Kate Benson. I am the granddaughter of two of your fellow residents here, Barb and Dave Zeman. I have been playing piano for over 15 years, and I studied Music Education at Iowa State University. Thank you for giving me the opportunity to play for you!

LIVE THE LIFE YOU LOVE

LIFESTYLE

Happy
Valentine's
Day



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SILVERCREEK ON MAIN STAFF CONTACT 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 Madsen	hmadsen@silvercreekonmain.com	(763)-269-6094 or 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 - Anna St. Amant	astamant@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		(763) 955-1756
Housekeeping - Cheryl Brazil	cbrazil@silvercreekonmain.com	(763) 955-1763
Reception Desk - Shellie, Michelle, Marilyn, Terra, Sandy, Rachel		(763) 955-1751

"ALL WORK ORDER REQUESTS DURING AND AFTER BUSINESS HOURS: (763) 955-1751"

FROM US TO YOU

MONTHLY MESSAGES FROM SILVERCREEK

A MESSAGE FROM THE EXECUTIVE DIRECTOR

by Andrea Erickson

Warm winter greetings to all! Our recent cold snap has highlighted the benefits of living at SilverCreek on Main – not having to venture out in the cold weather for socializing, meals, wellness or even to get packages or mail. We are so happy you're here!

February is a busy month here at SilverCreek on Main – entertainment, learning opportunities along with several holidays and employee recognition. Check out the newsletter details and calendar and join us!

In this month of February – we are wishing you everything that makes you happy, today and every day.

Thank you,
Andrea



REFLECTIONS

HIGHLIGHTS FROM MEMORY CARE

Greetings from Reflections!

We are finding ways to have fun during these cold winter months. Bobby and Christine entertained us with their fun and interactive music. We have a few new featured artists this month that created some beautiful works of art. We enjoyed making (and eating) Rolo pretzels. We also created some winter tissue paper art. We even tried our luck with the driving simulator! In February, Dick Szyplinski will perform some love songs at our Valentine's Party.

Vision changes and dementia

Peripheral vision loss is a normal part of aging. This loss is even more significant for a person with dementia. As a person with dementia progresses through their disease, their peripheral vision decreases as a result of damage to the occipital lobe in the brain (the part of the brain that controls sight). The person with dementia begins to experience what is referred to as binocular vision. (Take each hand and make a circle with your fingers. Look through your circles as if they were binoculars. You are unable to see things in your peripheral (side) vision.) As their peripheral vision gets smaller and smaller, the brain cannot handle looking through both eyes anymore and functionally shuts down vision to one eye since the brain is overloaded. This typically happens in late stage Alzheimer's. This is referred to as monocular vision. (Close one eye and put your fingers in a circle. Look through with your open eye as if it was a telescope). This vision loss can pose significant safety risks. Besides startling a person when approached from the side, the vision loss could result in tripping over obstacles in their path or misjudging how far away something is when they reach for it.

Helpful care partner tips

- Be mindful of your loved one's safety and independence – think five steps ahead to remove obstacles in walking paths.
- Always approach the person living with dementia from the front so they can see you coming and to avoid negative reactions like anger, fear and/or surprise.
- Pair visual cues with verbal cues when asking your person living with dementia to do something – show them how.
- Find support groups in your area.
- Dementia and Vision Changes - Generations Magazine. 2 Feb. 2019, generations808.com/dementia-and-vision-changes/.



RESIDENT SERVICES

MONTHLY MESSAGES FROM OUR RESIDENT SERVICES DEPARTMENT

WHAT IS WEAR RED DAY?

FRIDAY, FEBRUARY 7TH

Wear Red Day is a national campaign aimed at increasing awareness of heart disease and its impact on women's health.

How to Participate in Wear Red Day

Wear Red: Show your support for heart health by wearing red clothing, accessories, or even a red ribbon on this day.

Share Information: Use social media to share facts and information about heart disease, particularly its impact on women. Use the hashtag #WearRedDay to join the online conversation.

Donate: Consider making a donation to heart disease research organizations or charities that focus on heart health.

Get a Checkup: Schedule a heart health checkup with your healthcare provider. Regular checkups and screenings are important for early detection and prevention.

History of Wear Red Day

Wear Red Day is an initiative of the American Heart Association's Go Red for Women campaign. The campaign was launched in 2004 to raise awareness about heart disease in women, as it was often underdiagnosed and undertreated. The red dress became the symbol of the campaign, representing women's heart health.



SilverCreek On Main is now offering
Hearing Health Clinic Appointments!

2nd Wednesdays of the month
10:00am - 12:00pm
Family Conference Room
2nd Floor

Please Sign-up in the activities book for an
appointment.

Tech Support

Monday, February 3rd
@1:00pm - PR

If you have any technology
questions, come sign-up and
get them answered!

REMINDERS

COMMUNITY UPDATES, REMINDERS AND NEWS

Thank You

Thank You From Our Staff - We would like to thank those residents who contributed their generous donations to our Staff Holiday Party Funds this year. We received so much support, and wonderful thank you cards. On the behalf of our whole team, it is a pleasure to serve and work for our amazing community.

Wifi Connection

Reminder to have your devices connected to your Apartment Wifi Network. Our team has noticed many devices connected to the Guest Wifi Network and that is not recommended.

The Guest Wifi Network automatically boots devices off periodically to ensure security. Please double check to ensure the best connection for your devices.

#WinterReady

Below are some helpful winter tips for Older Adults from Ready.gov:

- If you use walking aids such as a cane, walker, or a wheelchair, dry the wheels or tips of each before entering your home.
- Keep a small table or shelf near the entry door to put items while unlocking the door. This reduces distractions and dangers of slipping or tripping while trying to enter your home.

MN 511

MN 511 - The Minnesota 511 site is a mobile-responsive resource for road conditions in the State of Minnesota.

Features include incident and construction info, streaming video, and road condition reports.

Take a peak before you travel to ensure a safe trip.

HEALTHY CHOICES

MONTHLY MESSAGES FROM WELLNESS CENTER

February Heart Healthy Tidbits

There is more to heart health than exercise, diet, and medications. The latest research confirms people who practice meditation are significantly less likely to have a heart attack or stroke. Meditation appears to produce changes in brain activity. It may lower your blood pressure, **oxygen consumption**, heart rate, breathing rate, adrenaline and levels and levels of cortisol, a hormone released in response to stress. It's easy to get started on one of the many types of meditation which you can learn in one minute. However, to reap the benefits, you'll have to do it for at least 10 minutes a day. Try guided meditation which uses mental images to help you relax; Transcendental Meditation, which uses a repeated sound or phrase to help you still your mind; or mindfulness meditation, which teaches you to focus on the present moment and accept it without judgement.

Give it a try with this quick start guide.

1. Set a time for 10 minutes so you won't be distracted by how long you sit.
2. Sit quietly and close your eyes. Breath slowly with a full inhale and exhale
3. Relax all your muscles, starting with your neck, rolling it right and left, shrug and roll your shoulders back, relax your back and core, thighs, and legs all the way to your feet.
4. With each inhale say the word "know". With each exhale say the word "no"
5. As thoughts come to mind, swipe them away deciding to come back to them later and repeat the word "know"
6. At the end of your time take a deep breath in and exhale. Repeat this 10-minute exercise daily.

Join us on the Third Monday of each Month for a Guided Meditation in the Den at 2:00pm. February 17th!



EDUCATIONAL SPEAKER SERIES:

A Happy, Healthy Heart
 Tuesday, February 25th
 2PM - Performance Room



KEYNOTE PRESENTATION

Heart Health: What You Should Know

Adara Home Care

Speaker: Timarie Leahy, RN, BSN, PHN, WCC, OMS

AWARDS & GREETINGS



Joanne never misses a yoga class! She regularly attends Chair Yoga on Monday and Wednesday morning. For over 2 years she has utilized the Wellness staff for 1:1 Personal Training to build strength and work on balance. Joanne has worked her way back from a fall and is one strong lady! Congratulations, Joanne!



Line Dancing AND LAUGHTER

Tuesday February 18th
 1:00pm-3:00pm Great Room
 No skill necessary
 Everyone Welcome

Come prepared for Heart Healthy Dancing and Laughter.

you are the Employee OF the month

Melanie Hall

ASSISTED LIVING

ASSISTED LIVING & EAL RESIDENTS FOCUS



FEBRUARY IS MY BIRTHDAY
YES, THE WHOLE MONTH

Join us on Tuesday, February 4th to celebrate ALL February Birthdays in Assisted Living.
 3:00pm AL Dining Room
 Serving Cake - Everyone Welcome



Galentine's Day
FLORAL WORKSHOP
 Tuesday, February 11th, at 1:00pm

Join us in the craft room and help us make Galentine's Day Centerpieces. Your creations will be displayed at our Ladies Lunch.

Fun, Simple, Easy!

tuesday

25

FEBRUARY
 10:30A - 11:30A
 CRAFT ROOM

Science Demo
 Join in the experiment or watch!
 10:30am in the Craft Room!



NURSING

MONTHLY MESSAGES FROM OUR NURSING DEPARTMENT

Ways to Combat Seasonal Depression

If you have had symptoms of SAD (seasonal affective disorder) or the winter blues in previous years, there's a good likelihood that the winter months will trigger those symptoms again. Take the following steps to alleviate or eliminate the onset of symptoms.

Increase your exposure to light. In some cases, this can be as simple as opening blinds, turning on lights, adding more lamps, and getting outdoors during daylight hours. If the lack of light is taking its toll, talk to a medical professional about light therapy, which involves sitting next to a special light box for 30 minutes per day to brighten your mood.

Practice good lifestyle habits. Eat a healthy diet, limit your alcohol consumption, get regular exercise, and maintain a consistent sleep schedule—all habits that have proven effective in alleviating the symptoms associated with SAD and the "winter blues."

Put together an active winter social calendar. As tempting as it may be to hide away alone in your home, go the opposite direction and schedule social activities for the winter months. Buy concert, theater, or sporting event tickets. Ask family or friends to come visit—and accept invitations to visit them. Social isolation is a known cause of depression, so maintaining your social connections is even more important when the wintertime doldrums threaten to kick in.

Consult with your doctor. A mental health professional will work with you to devise a strategy for dealing with season mood disorder.



EXPERIENCING
change

Change can produce tremendous growth in us, but the season of change is often painful. Sometimes the changes are rooted in something positive. Other times the change is not a happy one. Whatever the cause, transition is hard—but there are ways to survive the changes and thrive in a new season of life.

Join us the 3rd Fridays of the month at 1:00pm in the Great Room. Sometimes, sharing our heartaches and talking with others in similar situations helps.

THE FULL HELPING

SILVERCREEK **DINING IN** HIGHLIGHTS - PLEASE SIGN-UP IN DINING BOOK

Chef's Table DINNER

Friday, February 21st
Reservations starting at 5:00pm.

The meal will be
\$22 without alcohol
\$24 with Alcohol

Please Sign-up in the Dining Book



menu:

- Breadbasket
- Side Salad
- Surf and Turf
(tenderloin medallion,
garlic shrimp)
- Twice Baked Potato
- Asparagus with Bacon
- Gluten Free
- Chocolate Cake
- Wine, Beer Available

CELEBRATIONS

BIRTHDAYS, ANNIVERSARYS, AWARDS AND NEW RESIDENTS

RESIDENTS BIRTHDAYS

- Barb 2/3
- Tom 2/5
- Karen 2/6
- Marge 2/7
- Donna 2/7
- Arvid 2/9
- Tom 2/10
- Annette 2/11
- Toshiko 2/11
- Pat 2/12
- Judy 2/13
- Roger 2/13
- Gail 2/15
- Mary 2/18
- Kathy 2/20
- LaVerne 2/20
- Marilyn 2/21
- Carl 2/22
- John 2/24
- Marilyn 2/25

STAFF BIRTHDAYS

- Thea Anderson 2/1
- Angela Kalkbrenner 2/2
- Joemar Labto 2/2
- Willie Jarue 2/3
- Haylie Madsen 2/3
- Ashley Mauch 2/5
- Shellie Fofanah 2/6
- Alexus Johnson 2/8
- Isaac Jardiah 2/13
- Kathy Lovaas 2/14
- Zyiah Phongmany 2/14
- Rosetta Zeon 2/15
- Michelle Miranda-Lopez 2/17
- Edbora Nyanwih 2/23
- Lydia Robinson 2/23
- Marcial Clerk 2/24
- Bhagwattie Raymond 2/25
- Erin Dorn 2/27

STAFF ANNIVERSARYS

- Tamara Caparas-Hildahl - 02/19/2024 - 1 year
- Tierra Cain - 02/03/2022 - 3 years
- Anna Phongmany - 02/20/2023- 2 years
- Zyiah Phongmany - 02/15/2023- 2 years
- Eric Maina - 02/08/2019 - 6 years

NEW RESIDENTS

- Kay
- Peggy
- Rosalee
- Sherrell
- Marty

ARTISAN AVENUE

ART CLASSES, CREATIVE GROUPS, MUSIC AND MORE...

JOIN US IN MAKING
SEA GLASS ART



TUESDAY, FEBRUARY 11TH AT 1:00PM -
CRAFT ROOM \$10:00 PER PERSON
PLEASE SIGN-UP

Quilting
with Friends
Every Friday at 2:00pm
in the Craft Room

Join us as we begin making this
fun "KIDS" quilt below.




Hello Knitters and Crocheters,

For those of you new to our group, since 2019 we have donated yarn from our stashes and yarn given to us that couldn't be used for baby hats to the Restorative Justice Program at Shakopee Correctional Facility for Women. The ladies in their Challenge Incarceration Program (CIP) use the yarn to make items they donate to local charities.

Knitting Group
Every Monday at 2:00pm
in the Craft Room.



RESTAURANT DINING OUT OPPORTUNITIES



1

Breakfast Outing
Churchill St.
Restaurant
Shoreview

We're a modern American
scratch kitchen serving
comforting classics with an
elevated spin.
No Reservations

TUESDAY, FEBRUARY 11TH
9:30am Bus Leaves
Please Sign-Up

Breakfast is at your own
expense.



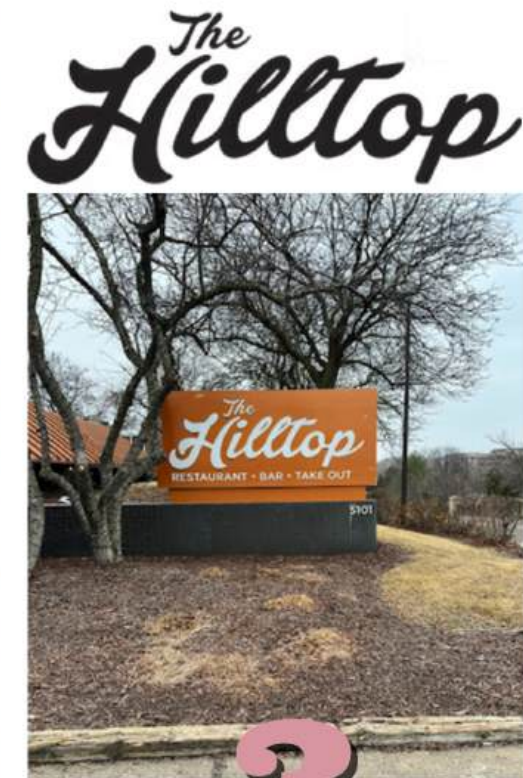
2

Ladies Lunch
Winchester & Rye
Restaurant
Victoria

Refined restaurant and
whiskey lounge located in the
heart of Victoria, Minnesota,
serving contemporary
American food with a wood-
fired pizza flare!
Reserved

Tuesday, February 25th
11:30am Bus Leaves
Please Sign-Up

Lunch is at your
own expense.



3

Men's Lunch
The Hilltop
Edina

We're your go-to spot—for
breakfast with friends, for a
beer while you watch the
game, for a family dinner, for
group gatherings.

Reserved
Friday, February 28th

11:30am Bus Leaves
Please Sign-Up

Lunch is at your
own expense.

HAPPENINGS

EVENTS AND ENTERTAINMENT



JOIN US FOR A

Valentine's Day Lunch

Thursday, February 13th
12:00pm

IL Dining Room

SIGN UP IN THE DINING BOOK

Inspirational Message/Singing

Ladies, please wear red or pink!



ARMCHAIR TRAVEL

YOUR Great TRIP TO FRANCE

Friday, February 7th 1:00pm

Performance Room



Valentines Day Cookies

If you pre-ordered Valentines Cookies, please pick them up on Friday, February 14th from 10-12pm in our lobby.

Your SilverCreek account will be billed based on the amount you order.

We will **NOT** have cookies to purchase on Valentines Day.



BINGO

Maple Grove/Osseo American Legion





Please join us for Bingo at the at the American Legion.

Tuesday, February 4th 12:00p

Bingo cards & lunch - on your own. Bingo begins at 1:00p.

BOOKS & MOVIES

MONTHLY MESSAGES FROM SILVERCREEK

	<p>Beach Party Comedy/Musical February 1st 2:00pm Not Rated</p>	<p>A bearded anthropologist studies the habits of swingin' American teens while they enjoy the summer surfing, loving, and partying at the beach.</p>
	<p>To All the Boys I've Loved Before Romantic Comedy February 8th 2:00pm TV-14</p>	<p>In this feel-good romantic comedy, a teen's secret love letters are delivered to her crushes.</p>
	<p>Inside the Mind of a Dog Documentary February 15th 2:00pm Rated TV-PG</p>	<p>They ride skateboards, detect diseases, and steal our hearts, but what goes on between those furry ears? Experts reveal new insights into the canine brain.</p>
	<p>Murder Mystery Comedy & Action February 22nd 2:00pm Rated PG-13</p>	<p>Adam Sandler & Jennifer Aniston take a long-overdue European honeymoon in a breezy yacht. One night, however, shots are fired.</p>




FILM SOCIETY

<p>Lion King (Musical) February 5th 2:00p Theater</p> 	<p>To Kill a Mocking Bird February 12th 2:00pm Theater</p> 
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Book Club


EVERY 3RD WEDNESDAY OF THE MONTH AT 10:30AM IN THE DEN

FEBRUARY BOOK



KRISTIN HANNAH
THE WOMEN

MARCH BOOK



THE LIBRARIAN OF BURNED BOOKS
A NOVEL
BRIANNA LABUSKES

FAITH

SUNDAY SERVICES

Every Sundays - 10:30am Chapel

ROSARY

1st, 2nd and 4th Wednesdays
at 6:30pm Chapel

CATHOLIC COMMUNION

3rd Wednesdays
6:30pm Chapel

EPISCOPALIAN COMMUNION

Saturday, February 15th,
11:00am Chapel

GREIF SUPPORT GROUP



Hosted by:
Resident Marlan!

If you are interested in joining a
grief support group please reach
out to Marlan at
630-740-1642
to sign-up.
Date/Location/Time TBD

A COURSE IN MIRACLES

A Spiritual Guide To Inner Peace!

Please join Liz weekly at
1:00pm in the Den, starting
Thursday, February 6th.

Liz has experience facilitating
"A Course In Miracles study groups
(ACIM)".

No sign-up needed, just show up!

SilverCreek Bible Study



Verse by Verse
Acts of the Apostles
Mondays at 10:30
Second Floor

HAPPENINGS

EVENTS AND ENTERTAINMENT

Fellas & Dolls SPEAKEASY

Thursday, February 27th
2:00pm - 4:00pm IL Dining

Password required for Admittance,
Prohibition Era Clothing Encouraged.

The pass word is: "I would like to buy some furniture"

A PEEK INTO MILL CITY MUSEUM

Thursday, February 6th
9:00am - 12:00pm

Admission
\$12 per person
Individual payment at door
Please Sign-up.



A tour of the
Federal Reserve Bank
of Minneapolis is a free,
75-minute walking tour that teaches visitors
about the Federal Reserve System.

Thursday, February 20th
9:00a - 12:00p

WHAT TO EXPECT:

Historical displays, The Money room, Shredded
currency, & Interactive experiences

WHAT TO BRING:

Visitors must present a valid, driver's license or
passport. Walker, if you need to sit down

Please Sign-up (only 15 people allowed on tour)

SAVE THE DATE

MARCH MADNESS BRACKET CHALLENGE

Bracket sheets available mid March
in the mailroom. Fill out a bracket
sheet and turn in to the front desk
before the tournament begins for a
chance to win CASH!
MORE TO COME!

FEBRUARY CALENDAR 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LOCATION GUIDE

AS = Aerobics Studio P = Pool WC= Wellness Center CY= Court Yard L= Library	PDR= Private Dining B = Bistro ALDR= AL Dining DR = IL Dining TGR= Great Room L/O = Lobby/Outings	RF1 = Reflections 1 RF2 = Reflections 2 CR = Craft Room C = Chapel PR = Performance Room FR = Family Conference	WED1 = Weaver E Den WEM1 = Weaver E Midway WES2 = Weaver E Study WEG3 = Weaver E Game WEB4 = Weaver E Birds Nest
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Color Code:

Red: New Activities/Events
Blue: Shopping/Wellness
Green: Groups - Men's, Women's, Bible Study
Black: Resident Run Activity
Orange: Special Days/Activity
Purple: Movies

<p>2 Wellness Ctr. Closed</p> <p>10:30a Sunday Service-C Communion</p> <p>12:00p Lunch-ILD</p> <p>1:30p Mahjong-WE2</p> <p>2:00p Piano Music - Lobby</p> <p>6:30p Game Choice-WE2S</p> <p style="text-align: center;">Ground Hog Day</p>	<p>3 Medical/Shop</p> <p>10:30a Bible Study-C</p> <p>1:00p Tech Support - PR</p> <p>1:00p Sign-Ups - PR</p> <p>2:00p Needle Group-CR</p> <p>6:30p Rummikub-WE2S</p>	<p>4</p> <p>9:00a Cribbage-GR</p> <p>12:00p Bingo - American Legion</p> <p>2:00p Card Bingo-GR</p> <p>3:00p AL Activity - ALDR February B-Days</p>	<p>5 Shopping</p> <p>10:00a 500-GR</p> <p>1:30p Art of Coloring-CR</p> <p>2:00p Vintage Film Society</p> <p>6:30p Rosary-C</p>	<p>6</p> <p>9:00a Mill City Museum Tour</p> <p>1:00p Bridge-WE2S</p> <p>1:00p Miracles Study - Den</p> <p>6:30p Mahjong-WE2</p>	<p>7 Wear Red Day</p> <p>9:00a Cribbage-GR</p> <p>10:00a Men's Group-TGR</p> <p>1:00p Arm Chair Travel - Paris</p> <p>2:00p Quilting Group-CR</p> <p>2:00p Card Bingo-GR</p>	<p>1</p> <p>12:30p Poker-TGR</p> <p>1:30p Art of Coloring-CR</p> <p>1:30p Hand & Foot-WE2S</p> <p>2:00p Movie - Beach Party 1963</p>
<p>9 Wellness Ctr. Closed</p> <p>10:30a Sunday Service- C</p> <p>12:00p Lunch-ILD</p> <p>1:30p Mahjong-WE2</p> <p>6:30p Game Choice-WE2S</p> <p style="text-align: center;">Superbowl Sunday Great Room</p>	<p>10 Medical/Shop</p> <p>10:30a Bible Study-C</p> <p>12:00p AL-Trivia- ALDR</p> <p>2:00p Needle Group-CR</p> <p>6:30p Rummikub-WE2S</p>	<p>11</p> <p>9:00a Cribbage-GR</p> <p>9:30a Breakfast Outing - Churchill St.</p> <p>1:00p AL Activity - Flower Arranging</p> <p>2:00p Card Bingo-GR</p>	<p>12 Shopping</p> <p>10:00a 500-GR</p> <p>10:00a Chef's Table - ILDR</p> <p>10:00a Hearing Clinic - FR</p> <p>1:30p Art of Coloring-CR</p> <p>2:00p Vintage Film Society</p> <p>3:00p AL Resident Council</p> <p>6:30p Rosary-C</p>	<p>13</p> <p>12:00p Galantine's Day Lunch ILDR</p> <p>1:00p Bridge-WE2S</p> <p>1:00p Miracles Study - Den</p> <p>6:30p Mahjong-WE2</p>	<p>14 Valentines Day</p> <p>9:00a Cribbage-GR</p> <p>10:00a Valentines Day Cookie Pick-up</p> <p>10:00a Men's Group - TGR</p> <p>2:00p Quilting Group-CR</p> <p>2:00p Card Bingo-GR</p>	<p>15</p> <p>11:00a Episcopal Church-C</p> <p>12:30p Poker-TGR</p> <p>1:30p Art of Coloring-CR</p> <p>1:30p Hand & Foot-WE2S</p> <p>2:00p Movie - Inside the Mind of a Dog</p>
<p>16 Wellness Ctr. Closed</p> <p>10:30a Sunday Service-C</p> <p>12:00p Lunch-ILD</p> <p>1:30p Mahjong-WE2</p> <p>2:00p Piano Music - Lobby</p> <p>6:30p Game Choice-WE2S</p>	<p>17 Medical/Shop</p> <p>10:30a Bible Study-C</p> <p>2:00p Needle Group-CR</p> <p>2:00p Guided Meditation Den</p> <p>6:30p Rummikub-WE2S</p>	<p>18</p> <p>9:00a Cribbage-GR</p> <p>1:00p Sea Glass Craft - CR</p> <p>1:00p Line Dancing - GR</p> <p>2:00p Card Bingo-GR</p>	<p>19 Shopping</p> <p>10:00a 500-GR</p> <p>10:30a Book Club - D</p> <p>11:45a AL - Town Hall-ALDR</p> <p>1:30p Art of Coloring-CR</p> <p>2:00p Town Hall - PR</p> <p>6:30p Catholic Communion</p>	<p>20</p> <p>9:00a Federal Reserve Bank Tour</p> <p>1:00p Bridge-WE2S</p> <p>1:00p Miracles Study - Den</p> <p>6:30p Mahjong-WE2</p>	<p>21</p> <p>9:00a Cribbage-GR</p> <p>10:00a Men's Group - TGR</p> <p>1:00p Experience Change - GR</p> <p>2:00p Quilting Group-CR</p> <p>2:00p Card Bingo-GR</p> <p>5:00p Chef's Table Dinner</p>	<p>22</p> <p>12:30p Poker-TGR</p> <p>1:30p Art of Coloring-CR</p> <p>1:30p Hand & Foot-WE2S</p> <p>2:00p Movie - Murder Mystery</p>
<p>23 Wellness Ctr. Closed</p> <p>10:30a Sunday Service-C Communion</p> <p>12:00p Lunch-ILD</p> <p>1:30p Mahjong-WE2</p> <p>6:30p Game Choice-WE2S</p>	<p>24 Medical/Shop</p> <p>10:30a Bible Study-C</p> <p>12:00p AL-Trivia- ALDR</p> <p>2:00p Needle Group-CR</p> <p>6:30p Rummikub-WE2S</p>	<p>25</p> <p>9:00a Cribbage-GR</p> <p>10:30a AL Activity - Science Demo - C</p> <p>11:30a Ladies Lunch</p> <p>2:00p Heart Health - PR</p> <p>2:00p Card Bingo-GR</p>	<p>26 Shopping</p> <p>10:00a 500-GR</p> <p>1:30p Art of Coloring-CR</p> <p>6:30p Rosary-C</p>	<p>27</p> <p>1:00p Bridge-WE2S</p> <p>1:00p Miracles Study - Den</p> <p>2:00p Speakeasy Party-ILDR</p> <p>6:30p Mahjong-WE2</p>	<p>28</p> <p>9:00a Cribbage-GR</p> <p>11:30a Men's Group - The Hill Top - Edina</p> <p>2:00p Quilting Group-CR</p> <p>2:00p Card Bingo-GR</p>	