

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



New Resident Social

Friday, March 7th

1:00pm - Great Room

Please Join us if you are a new resident since December 2024

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"

LIFESTYLE

LIVE THE LIFE YOU LOVE

SILVERCREEK ON MAIN
A SILVERCREEK SENIOR COMMUNITY

MARCH
2025

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FROM US TO YOU

MONTHLY MESSAGES FROM SILVERCREEK

A MESSAGE FROM THE EXECUTIVE DIRECTOR

by Andrea Erickson

One of my favorite days of March each year is daylight savings! Why, you ask? I look forward to adding sunlight back to our afternoons/evenings! Reminder – we Spring Ahead – so don't forget to set clocks "1 hour forward" on March 9th.

We would appreciate your VOTE for SILVERCREST Properties in the "Minnesota's BEST" Survey. Information on how and where to vote will be shared in our weekly update and there are flyers in our mailrooms. Voting is now through March 12, 2025. Thank you!

Another more festive holiday this month is St Patrick's Day – we have some wonderful things planned – programming, dining, and wellness - check out the newsletter and calendar and join us!!

A favorite Irish blessing - "May your blessings outnumber the shamrocks that grow. And may trouble avoid you wherever you go."

Thank you,
Andrea



REFLECTIONS

HIGHLIGHTS FROM MEMORY CARE

GREETINGS FROM REFLECTIONS!

We are so excited to start the month of March and give a big welcome to the season of Spring! We look forward to celebrating St. Patrick's Day, the start of Lent, and everything Spring! St. Croix Hospice will be presenting their first of four informational events throughout 2025. Please join us on Tuesday, March 25 at 4:00 pm for "Hospice 101". Future topics will include Dementia 101, Dementia 102, and Parkinson's Disease. This past month was filled with love and laughter. We celebrated Valentine's Day with special accordion music by Dick Szyplinski. We also enjoyed an amazing concert by the music duo Lisa and Jeff from Lotus Pharmacy. Volunteer Vicki helped us create colorful hearts to share with our loved ones. We also have a few new resident artists to feature this month.

MUSIC & DEMENTIA

Have you ever wondered why someone with dementia may no longer be able to talk but they can still sing all four verses to their favorite songs? The part of the brain (right side) that learns and stores music and rhythm is a different area than where our language and speech are kept (left side) and seems to be less affected by dementia. Music has a positive effect on people living with dementia in all stages. Music can even trigger the release of dopamine, a chemical in the brain, that stimulates a person to feel happy. When a person with dementia feels good, they will likely have less anxiety, which might lead to a decrease in medication needed to treat anxiety. Take time to really connect, put on an old song, sit back, and listen to it together.

Have a great month!



RESIDENT ASSISTANCE

PERSONAL DEVELOPMENT & SUPPORT

GOAL SETTING

HOW TO SET SMART GOALS AND ACHIEVE SUCCESS IN YOUR LIFE

Tuesday, March 18th

Educational Speaker Series

Inspire, Plan, and Achieve with Nicole Myhre,
Director of Griswold Home Care
2 PM - Performance Room

Join us to reconnect with your purpose, ignite your confidence, and cultivate the inner strength you need to navigate life with courage and grace. This is more than a class – it's a space for inspiration, reflection, and growth.



Hear Better.
Live Better.



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,
March 3rd

@1:00pm - PR

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



REMINDERS

COMMUNITY UPDATES, REMINDERS AND NEWS

Wifi Connection

SilverCreek has multiple Wi-Fi networks available in our community. It can be a little confusing knowing which one to use & when. See the tips below to ensure the best connection to your devices.

Apartment Wifi - This network is used to connect your devices (TV, cell phone, Alexa, etc.) when you are in your home.

Resident Wifi - This network is used to connect your devices (phone, laptop, etc.) when you are out in the common areas. Since you are out of your apartment, you won't have a connection to the apartment network. This is the wifi provided for you to stay connected outside your home within our community.

Guest Wifi - This network is for family and guests only. The network is not recommended for residents to connect to because it kicks off devices periodically since it is meant for visitors to use while visiting.

Wi-Fi



Internal Mailboxes

We have internal mailboxes to share SilverCreek on Main information. This can include our weekly menus, newsletters, and resident notification letters.

The internal mailboxes are located on the 2nd Floor by the Performance Room (WW and AL) & 1st Floor Link Hallway (WE).

Reminder to please check your internal mailbox so you are up to date on information around our community.

Vote for MN Best

Vote for MN Best - SILVERCREST PROPERTIES
Help us get voted MN Best in the StarTribune Readers' Choice! Vote in the following categories:

Category: Health & Wellness

- Assisted Living
- Memory Care
- Senior Care Services Customer Service
- Senior Nursing Facility

Category: Real Estate

- 55 Plus Community
- Senior Living

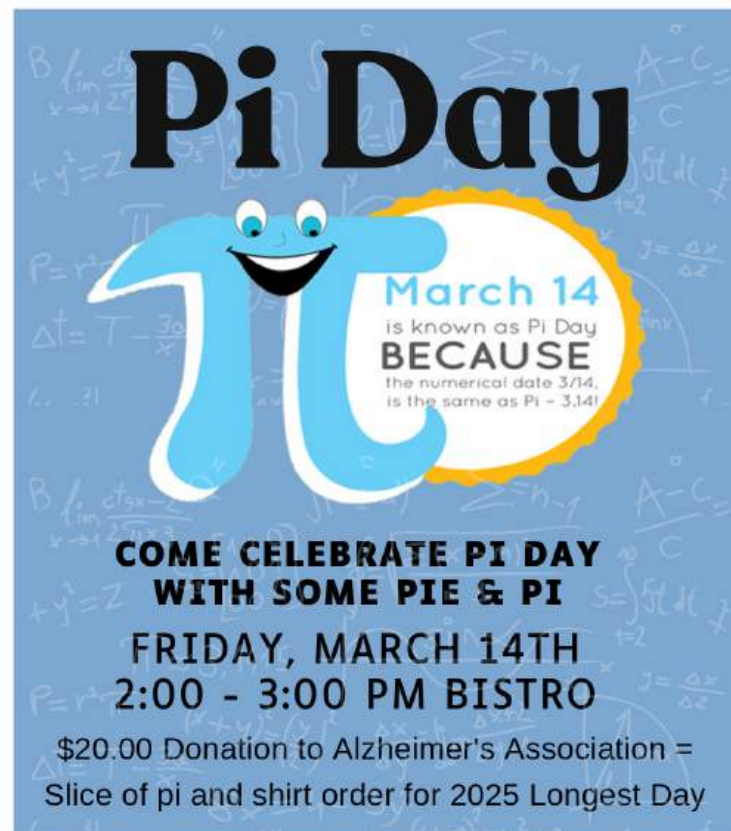


Even though you'll see SilverCreek on the list, please vote for "SilverCrest Properties". Voting allowed 1x day. Now through March 12th.

Website: <https://www.votemnbest.com/>

HEALTHY CHOICES

MONTHLY MESSAGES FROM WELLNESS CENTER



Pi Day

March 14 is known as Pi Day **BECAUSE** the numerical date 3/14, is the same as Pi - 3.14!

COME CELEBRATE PI DAY WITH SOME PIE & PI

FRIDAY, MARCH 14TH
2:00 - 3:00 PM BISTRO

\$20.00 Donation to Alzheimer's Association = Slice of pi and shirt order for 2025 Longest Day

MARCH INTO WELLNESS

Think about your total body wellness, physical body, mental health, and social well-being. This is a chance to develop a new habit or improve your existing wellness. March into spring with renewed energy.

Take a walk in nature, join our Walking Group, try meditation or Yoga, move your body in an enjoyable way, dance, focus on a little self-love, or get a massage. Simplify and declutter your space starting with just one corner, counter, closet, or desk. Hydration and sleep are key to total body wellness. Drink 6-8 ounces of non-sugar drinks to replenish your cells, lubricate your joints, and refresh your skin. Aim for 7-8 hours of sleep each night to repair your cells.

For your social wellness and connection join us on March 14th as we celebrate Pi Day, 3.14. We are using this as an early registration date for our Longest Day event in June, with a \$20.00 donation to Alzheimer's Association you can enjoy a slice of Pi and order your 2025 t-shirt. Pi will be served in the Bistro between 2:00 and 3:00 PM. Bring your checkbook, cash, or credit card and help us build our 2025 Longest Day fundraising!



Men's - March 18-30
Women's - March 19-31

MARCH MADNESS
GET IN THE GAME!

Pick up brackets in the Wellness Center March 12th-15th. Return your completed bracket to Wellness by Monday, March 17th. The person or persons with the best bracket(s) will be awarded a Bistro Lunch and Longest Day Bling. Games will be played in the Great Room and a progress bracket will be displayed.

RECOGNITIONS

AWARDS AND ACKNOWLEDGMENTS OF RESIDENCE, STAFF & VOLUNTEERS

Athlete OF THE Month



Barb

Come around any morning and you will find Barb training and chatting away with all the residents. In addition to prioritizing her own health with Nu-Step, treadmill, and water workouts she brings a contagious positive energy to the Wellness Center. You might even see her leading a Splash-n-Shape water class. She truly deserves this honor. Congratulations, Barb.

Volunteer Spotlight



JUDY

Judy has been an invaluable member of the SilverCreek community since her arrival, bringing high energy and dedication to various programs. She's actively involved in the New Resident Welcoming Committee, the Vintage Film Society, and provides general program support. Her work is greatly appreciated, and it has been a pleasure getting to know her.

GET TO KNOW YOUR CLINICAL TEAM



(Photo of her letting out butterflies with a resident)

My name is Loretta Gborplay, RN with SCOM going on 8 years. I am a mom of 2 boys. With a heart full of love and passion for nursing, I am grateful for the opportunity to serve the residents and families here at SCOM.



SWITSY FULGENCIO

EMPLOYEE OF THE MONTH!

ASSISTED LIVING


ASSISTED LIVING & EAL RESIDENTS FOCUS



Plant Potting

COME POT YOUR OWN SMALL PLANT!

TUESDAY, MARCH 4TH
1 PM AL DINING ROOM



LUCKY YOU
SHAMROCK
SHAKES
ARE BACK!

TUESDAY, MARCH 18TH
AL DINING ROOM - 1:00PM
JOIN US FOR SOME DELICIOUS
SHAMROCK SHAKES!



Hues & Cues

TUESDAY, MARCH
11TH @1 PM
AL DINING ROOM

**CAN YOU GUESS
THE COLOR WITH
ONLY 3 WORDS?**

NURSING

MONTHLY MESSAGES FROM OUR NURSING DEPARTMENT

Making Lifestyle Changes That Last

Starting small, focusing on one behavior at a time, and support from others can help you achieve your exercise or other health-related goals.

You're once again feeling motivated to eat better, exercise more, drink less caffeine, or make any number of the positive lifestyle changes you've been telling yourself you want to make. You've tried before—probably declaring another attempt as a New Year's resolution—but without feeling much success.

Making a lifestyle change is challenging, especially when you want to transform many things at once. This time, think of it not as a resolution but as an evolution.

Lifestyle changes are a process that takes time and requires support. Once you're ready to make a change, the difficult part is committing and following through. So, do your research and make a plan that will prepare you for success. Careful planning means setting small goals and taking things one step at a time.

Here are five tips from APA to help you make lasting, positive lifestyle and behavior changes:

- Make a plan that will stick
- Start small
- Change one behavior at a time
- Involve a buddy
- Ask for support

Making the changes that you want takes time and commitment, but you can do it. Just remember that no one is perfect. You will have occasional lapses. Be kind to yourself. When you eat a brownie or skip the gym, don't give up. Minor missteps on the road to your goals are normal and okay. Resolve to recover and get back on track.

Article is from the American Psychological Association



THE FULL HELPING

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

Chef's Table

Featuring Chef Anna St. Amant!
Thursday, March 27th – 5PM

Please Join Us For A

GERMAN STYLE DINNER

Anna grew up in the rural heart of Emmons County, North Dakota, nestled within the German-Russian Triangle—an area where German-Russian heritage thrives across the south-central, north-central, and southwest regions of the state. With German being the second most-spoken language in North Dakota, it's no surprise that the local cuisine reflects this rich cultural history.

Join Anna this March for a Chef's Table Dinner meal featuring some of her favorite German dishes from her hometown!

Thursday, March 27th – 5PM

Menu

Pork Schnitzel, Red Cabbage , German Potato Salad, Spätzle and Kuchen (German Cake)
\$13.00 Regular
\$15.00 With Alcohol

Anna's Resume:

Once Made a Cake from Scratch
Knows How to use a Kitchen Aid Mixer
Hasn't broken a blender Since 2024
Never had to use a fire extinguisher while cooking
Pretty good at washing dishes

GET YOUR Green ON

JOIN US ON
ST. PATRICK'S DAY
IN THE BISTRO FOR
REUBEN SANDWICHES!



MONDAY, MARCH 17TH



CELEBRATIONS

BIRTHDAYS, ANNIVERSARYS, AWARDS AND NEW RESIDENTS



RESIDENTS BIRTHDAYS

Eiko	2-Mar	Phyllis	16-Mar
Judy	2-Mar	Judy	18-Mar
Liz	2-Mar	JoAnn	18-Mar
James	3-Mar	Mavis	23-Mar
Effie	5-Mar	Ruth	23-Mar
Roger	7-Mar	Betty	25-Mar
Carol	11-Mar	Katherine	25-Mar
Maxine	12-Mar	Donna	27-Mar
Sharon	12-Mar	Gene	28-Mar
Susie	13-Mar	Sharon	30-Mar
Jean	14-Mar	Ed	30-Mar
Pat	14-Mar	Dan	31-Mar
Rosalee	15-Mar		



NEW RESIDENTS

Kathy
Liz
Bob
Karen
Stephanie 'Stevie'
Karen
Bruce



STAFF ANNIVERSARYS

Monkojue Cooper	4 years	03/19/2021
Allison Gish	13 years	03/20/2012
Annie Harris	5 years	03/09/2020
Emily Jass	7 years	03/05/2018
Michelle Quick	2 years	03/17/2023
Esther Yekeh	2 years	03/21/2023
Erin Dorn	1 year	03/01/2024
Switsy Fulgencio	1 year	03/29/2024



STAFF BIRTHDAYS

Arianna Goldberg March 2
Rachel Peterson March 3
Joyce Bannerman March 4
Tierra Cain March 5
Enobong Bassey March 13
Rhoda Bah March 15
Linda Murphy March 15
Chantelle Johnson March 18
Bianka Mellen March 23
Maak Kanneh-Flomo March 28
Kira Nyholm March 31

ARTISAN AVENUE

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

Quilting

with Friends

Every Friday at 2:00pm
in the Craft Room

Stop by to see how our quilt is
coming along!



DIY YOUR CRAFT

Join us on Thursday
March 6th at 1:00 pm - Craft Room

Get ready for a crafting free-for-all!
We're giving away all our leftover craft
supplies, so come on down and
DIY your own masterpiece!
It's free, and everyone is welcome!

**Hat of the
Week!**

Knitting Group

Every Monday at 2:00pm in the Craft Room

RESTAURANT DINING OUT OPPORTUNITIES



1

Breakfast Outing Longfellow's Grill

We're an urban restaurant.
Real people serving real food.
Classic American fare!

TUESDAY, MARCH 18TH
9:30am Bus Leaves
Please Sign-Up

Reservation
Breakfast is at own
expense.



2

Ladies Lunch Teresa's Mexican Restaurant

Whether it's tacos,
margaritas, or our signature
desserts, we have the perfect
feast to make your day
even sweeter.

Tuesday, March 25th
10:45am Bus Leaves
Please Sign-Up

Reservation
Lunch is at your
own expense.



3

Men's Lunch Lynde's

Down-to-earth, family-
operated eatery offering
homestyle American meals &
weekly specials.

FRIDAY, MARCH 28TH
11:00am Bus Leaves
Please Sign-Up

No Reservation
First Come First Serve
Lunch is at your
own expense.

HAPPENINGS

EVENTS AND ENTERTAINMENT



MUSEUM OF ILLUSIONS
MALL OF AMERICA

Enter the fascinating world of illusions where nothing is ever quite as it seems. Get ready to be mesmerized at Minneapolis's Museum of Illusions!

Tuesday, March 11th
9:30 am Bus Leaves
\$20 per person (non-refundable)

Lunch at Twin Cities Grill on Your Own.



Join us for an
IRISH PUB CRAWL

Thursday, March 13th, 1:00-4:00 pm

Route:
Kips Irish Pub, Plymouth
McCormack's, Wayzata
McGarry's Pub, Maple Plain

Food & beverages at your own expense



Eat, Drink
AND BE
IRISH

JOIN US FOR HAPPY HOUR
FRIDAY, MARCH 21ST
GREAT ROOM
2:00 PM FLOORS 1 & 2
3:15 PM FLOORS 3 & 4

BOOKS & MOVIES

MONTHLY MESSAGES FROM SILVERCREEK



Dog Gone Trouble
Feel-Good & Goofy
March 1st
2:00pm
Rated TV-Y7

The privileged life of a pampered dog named Trouble is turned upside-down when he gets lost and must learn to survive on the big-city streets.



The Karate Kid
Action & Family
March 8th
2:00pm
Rated PG

When a bullied teen befriends an unassuming martial arts master, he'll learn life lessons - and the right moves - to defeat his ruthless rivals.



13 Going on 30
Romantic Comedy
March 22nd
2:00pm
Rated PG-13

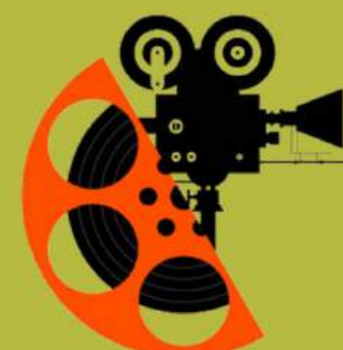
Jenna Rink wishes she could just grow up after being humiliated at her 13th birthday party - only to wake up as a 30-year-old fashion magazine editor.



Maple Leaf Dreams
Romantic Drama
March 29th
2:00pm
Rated TV-PG

For a couple down on their luck, Canada seemed like a good place to start over. But uprooting their lives slowly takes a toll on their courage.

VINTAGE FILM SOCIETY



"Gone with the Wind"
Vivien Leigh & Clark Gable
Wednesday, March 5th 2:00p Part 1
Thursday, March 6th 2:00p Part 2
Theater Rated G
Racially insensitive content



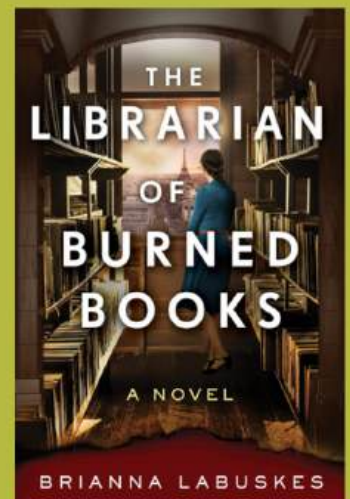
"Meet me in St. Louis"
Judy Garland
Wednesday, March 12th 2:00pm
Theater No-Rating
Racially insensitive content



Book Club

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

MARCH BOOK



APRIL BOOK



FAITH & SUPPORT

SUNDAY SERVICES

Every Sundays - 10:30am Chapel

Stations of the Cross

Wednesday, March 5th, 19th & 26th
at 6:30pm Chapel

CATHOLIC COMMUNION

Wednesday, March 12th
6:30pm Chapel

EPISCOPALIAN COMMUNION

Saturday, February 15th,
11:00am Chapel

Experiencing Change Support Group

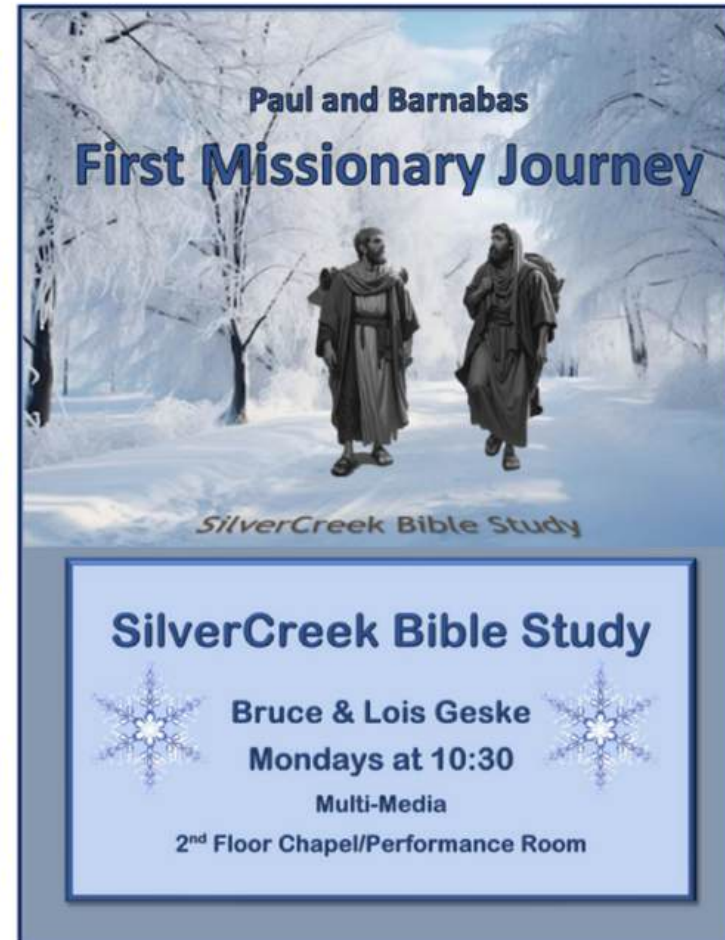
Life has a lot of changes and challenges. Sometimes, sharing our heartaches and talking with others helps.

Come and share what's been weighing on your heart and mind.

Hosted by Anna, Resident Services Director

1:00 P.M.
Great Room

Third Friday
of the Month



Paul and Barnabas
First Missionary Journey

SilverCreek Bible Study

SilverCreek Bible Study

Bruce & Lois Geske
Mondays at 10:30
Multi-Media
2nd Floor Chapel/Performance Room



A Course In
MIRACLES


A spiritual guide to inner peace!

Please join Liz every Thursday at 1:00 pm in the Den.

No sign-up needed, just show up!

HAPPENINGS

EVENTS AND ENTERTAINMENT



Sweet Feet
TAP COMPANY

An Energetic Tap Dance Performance!
Saturday, March 15th
at 1:30pm - PR



**PATIENTS AND
CAREGIVERS:
PARKINSON'S
SUPPORT GROUP**

Would you be interested in being part of a Parkinson's Support Group? Please express your interest by leaving Suzy a message at 763-955-1771. If we have enough interest, we will form a group.

HOSPICE 101 THE BASICS



Join Linda Egelkraut from St. Croix Hospice for a conversation on common myths and stigma surrounding hospice care, highlight the silent signs and symptoms that may indicate

TUESDAY, MARCH
25TH @ 4PM
PERFORMANCE
ROOM

it's time to consider hospice, and explore the many benefits the hospice program offers to enrich the end-of-life journey.



Gimme5

Formerly The 4 Dads
from the Plymouth Rockers
Performing on
Thursday, March 20th
at 2:00 pm - PR

MARCH CALENDAR 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LOCATION GUIDE

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

Color Code:

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

1

12:30p Poker-TGR
 1:30p Art of Coloring-CR
 1:30p Hand & Foot-WE2S
 2:00p **Movie - Dog Gone Trouble**

2 Wellness Ctr. Closed

10:30a **Sunday Service-C Communion**
 12:00p **Lunch-ILD**
 1:30p Mahjong-WE2
 6:30p Game Choice-WE2S

3 Medical/Shop

10:30a **Bible Study-C**
 1:00p **Sign-ups**
 1:00p **Tech Support-PR**
 2:00p Needle Group-CR
 6:30p Rummikub-WE2S

4

9:00a Cribbage-GR
 11:00a **The General Store**
 1:00p **AL Activity - Plant Potting**
 2:00p Card Bingo-GR

5 Shopping

10:00a 500-GR
 1:30p Art of Coloring-CR
 2:00p **Vintage Film Society Gone w/the Wind Part 1**
 6:30p Stations of the Cross
 **Lent Begins Ash Wednesday**

6

1:00p Bridge-WE2S
 1:00p **DIY Craft Day - CR**
 2:00p **Vintage Film Society Gone w/the Wind Part 2**
 6:30p Mahjong-WE2

7

9:00a Cribbage-GR
 10:00a **Men's Group-TGR**
 1:00p **New Res. Social - GR**
 2:00p Quilting Group-CR
 2:00p Card Bingo-GR

8

12:30p Poker-TGR
 1:30p Art of Coloring-CR
 1:30p Hand & Foot-WE2S
 2:00p **Movie - The Karate Kid**

9 Wellness Ctr. Closed

10:30a **Sunday Service- C**
 12:00p **Lunch-ILD**
 1:30p Mahjong-WE2
 6:30p Game Choice-WE2S

10 Medical/Shop

10:30a **Bible Study-C**
 12:00p **AL-Trivia- ALDR**
 2:00p Needle Group-CR
 6:30p Rummikub-WE2S

11

9:00a Cribbage-GR
 9:30a **Museum of Illusions & Lunch @ MOA**
 1:00p **AL Activity - Hues & Cues**
 2:00p Card Bingo-GR

12 Shopping

10:00a 500-GR
 10:00a **Chef's Table - ILDR**
 10:00a **Hearing Clinic - FR**
 1:30p Art of Coloring-CR
 2:00p **Vintage Film Society Meet Me in St. Louis**
 3:00p **AL Resident Council**
 6:30p Catholic Communion

13

1:00p **Irish Pub Crawl**
 1:00p Bridge-WE2S
 6:30p Mahjong-WE2

14

9:00a Cribbage-GR
 10:00a **Men's Group - TGR**
 2:00p **PI Day - Bistro**
 2:00p Quilting Group-CR
 2:00p Card Bingo-GR


15

11:00a Episcopalian Communion - C
 12:30p Poker-TGR
 1:30p Art of Coloring-CR
 1:30p Hand & Foot-WE2S
 1:30p **Tap Dance Show - PR**
No Movie

16 Wellness Ctr. Closed

10:30a **Sunday Service-C**
 12:00p **Lunch-ILD**
 1:30p Mahjong-WE2
 6:30p Game Choice-WE2S

17 Medical/Shop

 **HAPPY St. Patrick's DAY**
 10:30a **Bible Study-C**
 12:00p **AL-Trivia- ALDR**
 2:00p **Guided Meditation Wellness Center**
 2:00p Needle Group-CR
 6:30p Rummikub-WE2S

18

9:00a Cribbage-GR
 9:30a **Breakfast Outing Longfellow**
 1:00p **AL Activity - Shamrock Shakes**
 2:00p Card Bingo-GR
 2:00p **Goal Setting - PR**

19 Shopping

10:00a 500-GR
 10:30a Book Club - D
 11:45a **AL-Town Hall-ALDR**
 1:30p Art of Coloring-CR
 2:00p **Town Hall - PR**
 6:30p Stations of the Cross

20

1:00p Bridge-WE2S
 2:00p **Gimme5 Performance PR**
 6:30p Mahjong-WE2

21

9:00a Cribbage-GR
 10:00a **Men's Group - TGR**
 1:00p Experiencing Change
 2:00p Quilting Group - CR
 2:00p Card Bingo - Bistro
 2:00p **Happy Hour -GR 1&2**
 3:15p **Happy Hour -GR 3&4**

22

12:30p Poker-TGR
 1:30p Art of Coloring-CR
 1:30p Hand & Foot-WE2S
 2:00p **Movie - 13 Going On 30**

23/30 Wellness Closed

10:30a **Sunday Service-C Communion**
 12:00p **Lunch-ILD**
 1:30p Mahjong-WE2
 6:30p Game Choice-WE2S

24/31 Medical/Shop

10:30a **Bible Study-C**
 2:00p Needle Group-CR
 6:30p Rummikub-WE2S

25

9:00a Cribbage-GR
 10:45a **Ladies Lunch - Teresa's Mexican**
 2:00p Card Bingo-GR
 4:00p **Hospice 101 Speaker - PR**

26 Shopping

10:00a 500-GR
 10:30a Book Club - D
 1:30p Art of Coloring-CR
 6:30p Stations of the Cross

27

1:00p Bridge-WE2S
 5:00p **Chef's Table Dinner**
 6:30p Mahjong-WE2

28

9:00a Cribbage-GR
 11:00a **Men's Lunch - Lynde**
 2:00p Quilting Group-CR
 2:00p Card Bingo-GR

29

12:30p Poker-TGR
 1:30p Art of Coloring-CR
 1:30p Hand & Foot-WE2S
 2:00p **Movie - Maple Leaf Dreams**