

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



### 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 - Carter Bursch	theclub@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 - Erica Voss	housekeeping@silvercreekonmain.com	(763) 955-1763
Reception Desk - Shellie, Michelle, Marilyn, Tierra, Joanne, Rachel		(763) 955-1751

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

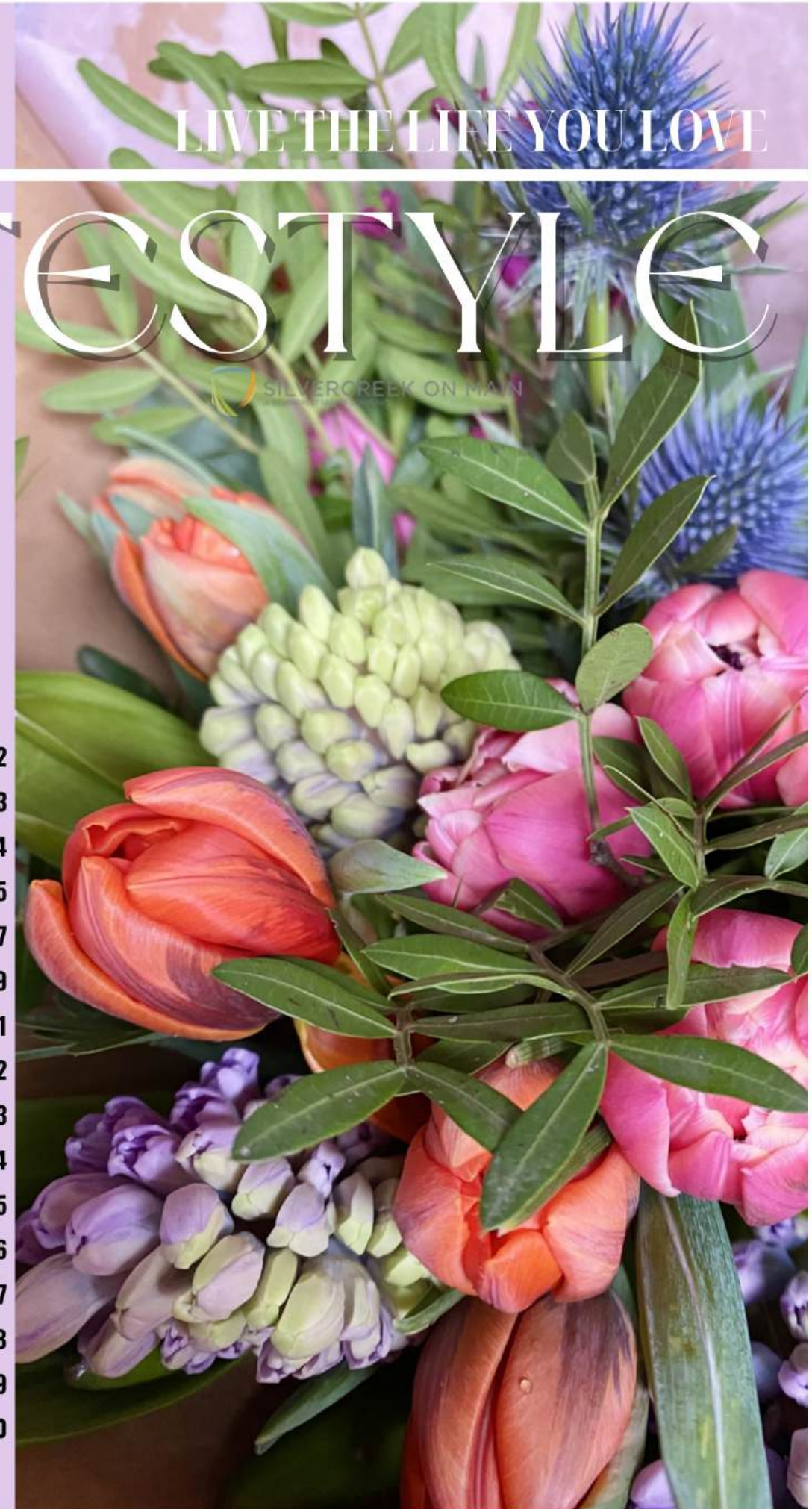
LIVE THE LIFE YOU LOVE

# LIFESTYLE

MAY  
2025

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# FROM US TO YOU

MONTHLY MESSAGES FROM SILVERCREEK

## A MESSAGE FROM THE EXECUTIVE DIRECTOR

by Andrea Erickson

### Happy Spring to our Residents and Families -

That old saying "April showers brings May flowers" should hold true after the wet, rainy ending to April. Even though the cloudy, rainy days can be dreary, we know they lead to the Spring renewal of the outdoor color scape. We are looking forward to our outside campus coming to life again starting in May. We have some exciting things happening lately in our culinary department. Our Chef's Table meals, which include a "guest chef" from our team, have been a big hit. Each month we have a special menu/meal that represents the culture of our team members. Coming up in May – look for our Hmong meal with our Assistant Executive Director Kristin Yang. Another special event we are looking forward to is the SilverCreek on Main "Elegant Dinner" on May 1<sup>st</sup>. This special night includes delicious menu, unique theme and décor and our entire team joins the wait staff to make it a night to remember. Menu details and sign-ups are in the newsletter and mail rooms. Join us!

Let's make this May a month of wellness, joy, and community. Together, we can create a vibrant environment for all to enjoy!

Thank you,  
Andrea



# REFLECTIONS

HIGHLIGHTS FROM MEMORY CARE

### Greetings from Reflections!

We are so excited to welcome the month of May! Warmer weather means it's time to plant our gardens and spend time outside on the patio. It's also time to make May Day baskets and recognize the moms in our life. Todd Anderson will be coming to perform as Frank Sinatra as we honor the moms in Reflections. We have special music with Bobby and Christine at the end of the month. This past month, we enjoyed a few concerts with musical tributes to Neil Diamond and John Denver. We ventured out on the bus, played board games, baked some treats, and celebrated Easter.

### DEMENTIA TIPS:

According to the Memory and Aging Center, the frontal lobe controls our ability to focus, pay attention, and filter the things we say. When the frontal lobe is affected by dementia, a person may say things that hurt your feelings and could be very out of character for them. People with dementia can become frustrated when they do not have the right words to express themselves. This can lead to behavior changes where the person is upset by this or they may become withdrawn in conversations because they can't find the right words or are worried they will say something wrong. Changes in behavior and personality with dementia can be difficult, but always remember that dementia does not affect the love they feel for you, even if they cannot express it the way they used to.

Have a great month!

# NURSING

MONTHLY MESSAGES FROM OUR NURSING DEPARTMENT

### The Big P: The Importance of Protein for Seniors

As we age, maintaining muscle mass and strength becomes increasingly important for overall health, mobility, and independence. Protein plays a key role in preserving lean muscle, supporting immune function, and aiding in recovery from illness or injury. For seniors, getting enough protein daily can help prevent age-related muscle loss (sarcopenia) and reduce the risk of falls and fractures.

Nutritionists recommend that older adults consume slightly more protein than younger adults to maintain their health. While the general guideline for adults is around 0.8 grams of protein per kilogram of body weight, seniors may benefit from 1.0–1.2 grams per kilogram. This means someone who weighs 150 pounds might need around 68–82 grams of protein each day. Good sources include lean meats, poultry, fish, eggs, dairy products, legumes, and plant-based proteins like tofu or quinoa.

Incorporating protein-rich foods into every meal and snack is a simple way to help meet daily needs. For example, adding Greek yogurt to breakfast, a tuna sandwich or bean salad for lunch, and chicken or tofu stir-fry for dinner can provide balanced, consistent intake. For those with smaller appetites or difficulty chewing, softer options like scrambled eggs, cottage cheese, or protein shakes can be helpful. Always consult a healthcare provider or registered dietitian to personalize nutrition goals and ensure a safe, balanced diet.

# RESIDENT ASSISTANCE

PERSONAL DEVELOPMENT & SUPPORT

## The Power of Speech Therapy

Communication and Health

Thursday, May 22nd  
2:00pm Performance Room

Speaker: Brianna Kennedy  
SLP Ascend Rehab



Join Brianna Kennedy, SLP from Ascend Rehab, and explore how speech therapy can improve your life by enhancing communication, cognition, voice, and swallowing. Whether you're looking to boost memory, improve articulation, or address swallowing concerns, this session will cover it all. Discover how speech therapy can play a vital role in maintaining your health and independence.

**★ MEMORIAL DAY ★**

Join us on Memorial Day at 10:30 AM in the Performance Room for a special Memorial Day Presentation. Participate in honoring our heroes by placing flags at the Veterans Wall of Honor. Flags provided.

# REMINDERS

COMMUNITY UPDATES, REMINDERS AND NEWS



## Memorial Day Holiday Hours



For Memorial Day (Monday May 26th), our hours & services are adjusted for the holiday. Please see below to plan accordingly.

Administration: Front Desk is open from 9am-2pm

Wellness: Wellness Center is Closed

Bistro: Closed

AL Dining Room: Open for Breakfast & Lunch. Our Holiday Meal is served at Lunch Time. Dinner is ALL takeout boxes, and the dining rooms will be CLOSED. You must pick up your take out dinner by 1pm in the Dining Room.

## Weekly Update

We send out a Weekly Update every week with updates, announcements and tid-bits to share for our community. This is shared in our resident mailrooms and sent to our email contact lists. If you would like to be signed up to receive this electronically, please let our Front Desk know and we can get you added to our list.



## TownHome Town Hall Meeting



TownHome Town Hall Meeting on Wednesday, May 7<sup>th</sup> in the Great Room. Internal mailboxes are now available for all townhome residents. They are located inside the bistro patio door.



## Pet Owners Meeting



Please attend the Pet Owners Meeting on Tuesday, May 13<sup>th</sup> at 2:00pm in the Performance Room. It is important to remember to take your pet outside regularly for their physical and mental well-being. This includes providing opportunities for exercise, socialization, and relieving themselves.

## Renaming of Dining Rooms

Exciting News!

Mark your calendars for May 1st, when the new names for our IL and AL dining rooms will be revealed.

Stay tuned for the big announcement!

# HEALTHY CHOICES

MONTHLY MESSAGES FROM WELLNESS CENTER

## TAKE IT OUTSIDE

CONNECTING WITH MOTHER NATURE



**Take it Outside**—with the weather warming and daylight extending now is a great time to get outside for your exercise. Here are a few reasons why.

- Improve mood and reduce depression- outdoor exercise provides a mental health boost. Exposure to sunlight enhances vitamin D production, which may be partially responsible for this mood boosting effect. For that pick-me-up head outdoors for a 15-minute walk.
- Enhanced Self-esteem —as little as five minutes a day of low to moderate outdoor exercise can improve self-esteem. Being near water and green spaces has a greater impact on self-esteem and we have plenty of that around here.
- Low Cost—no gym membership needed, just a good quality pair of shoes and maybe some walking poles.

**Ease of Access**—take advantage of the great outdoors without navigating traffic or crowds. The outdoor areas around us provide benches, tress, some incline/decline paths and even a few obstacles to step over or around

**Connecting with Mother Nature**--is the best benefit of outdoor exercise, the opportunity to connect with the natural world around us. Exercising outdoors can help you feel grounded, deepen your connection to our environment and enhance our appreciation for the beauty around us.

If you're new to exercise or the area, join us for our Walking Group or pick up a map of local trails outside The Club.



# RECOGNITIONS

AWARDS AND ACNOWLEGMENTS OF RESIDENTS, STAFF & VOLUNTEERS



**Athletes OF THE Month**

Meet our May Athletic Couple of the Month  
Milt and Mickey

Together they set an example of perseverance, dedication and commitment to their Wellness. Congratulation Milt and Mickey!

Volunteer *Spotlight*



Thank you for all your volunteer work at SilverCreek in Wellness and in Programing. Read all about Dick on the SilverCreek Facebook page.

**Dick**

GET TO KNOW YOUR **CLINICAL TEAM**



**Zyiah Phongmany**

Meet our RA of the month: Zyiah. She has been with us for just over two years in the nursing department. You can see her working around in Reflections, with her big smile, keeping everyone happy.



**EMPLOYEE OF THE MONTH!**

Michelle Quick

# ASSISTED LIVING

ASSISTED LIVING & EAL RESIDENTS FOCUS



## Neighborhood Stroll

Come on a short stroll with us around the town homes. Afterwards we will have lemonade outside.  
 Monday, May 5th @ 2:00pm  
 Meet in Bistro Courtyard

## Music in the Courtyard

Join us for some John Denver music on the Bistro Patio. Date TBD.

## AL Block Party

Games, food, mini golf, & more!  
 Monday, May 19th at 12:00pm.  
 Bistro Courtyard.

# HAPPENINGS

EVENTS AND ENTERTAINMENT

**St. Michael Albertville School District**  
**ROBOTICS**  
 Coming to SilverCreek

STMA Robotics is a non-profit organization that serves K-12 students through exploratory and competitive robotics programs.

Friday, May 2nd 5:00pm to 6:00pm Performance Room

The STMA Robotics Team is coming to SilverCreek to put on an immersive experience like no other! It combines entertainment, education, imagination, and the wonder of robotics. It's a fantastic opportunity to encounter the advancements in technology firsthand and engage with these innovative creations.

**ACRES OF HOPE**  
 YOUTH RANCH

Please welcome resident Stan Daughter, Emmy, for a presentation about her charity, Acres of Hope.

Acres of Hope is a youth ranch in Oregon, that helps struggling youth who are going through mental health struggles and trauma to connect with horses as a way to heal.

Tuesday, May 6<sup>th</sup>  
 2:00pm  
 Performance Room



**OPA!**  
 GREEK ELEGANT DINNER  
 THURSDAY, MAY 1ST  
 5:00PM

Please sign-up in the dining book before April 25th.  
 \$24.00 no alcohol  
 \$26.00 with alcohol

**Appetizer**  
 Dolmadas, Olives, Pita Bread, Feta Bouyiourdi

**Entree**  
 Lamb Souvlaki  
 Chicken Souvlaki with Green Lemon Potato Wedge and Greek Cucumber Salad

**Dessert**  
 Baklava Bread Pudding



# THE FULL HELPING

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



## GUEST CHEF KRISTIN'S HMONG

Thursday, May 15th  
5:00pm

Please sign-up in the Dining Book

Lemongrass Chicken Thighs, Stir Fry Bok Choy, Fawm Kib (noodles) Rice, Pepper Dipping Sauce, Lotus Flower Cookies and Hmong Jello.

\$18.00 no alcohol or \$20.00 with alcohol

## AL FRESCO SUMMER DINING

Join us for Summer Dining Experiences! Great food, fresh air, and sunshine make for a perfect day out. We will visit some of the favorite outdoor dining spots around the area!



### BALCONY

ninetwentyfive  
Wayzata, MN

Thursday in June TBD  
Bus Leaves at 10:30a  
Sign-up in June

### SIDEWALK

Smack Shack  
North Loop MPLS

Tuesday, July 15th  
Bus Leaves: 10:15a  
Sign-up in July

### PATIO

Belle Ame Vineyard  
River Falls, WI  
August - TBD

Bus Leaves: 3:00p  
Sign-up in August  
*Subject to weather changes.*  
Back by 7:30p

### ON WATER

Charlies On Prior  
Prior Lake, MN

Tuesday, September 9th  
Bus Leaves: 10:00a  
Sign-up each  
September

# CELEBRATIONS

BIRTHDAYS, ANNIVERSARYS, AWARDS AND NEW RESIDENTS

## RESIDENTS BIRTHDAYS

- 5/3 Stan
- 5/4 Virginia
- 5/6 Bob
- 5/6 Mike
- 5/7 Bev
- 5/8 Mary
- 5/8 Al S
- 5/10 Josie
- 5/10 Bob
- 5/12 Lucy
- 5/13 Carol
- 5/13 Maureen
- 5/15 Jane
- 5/15 Shari
- 5/16 Alf
- 5/16 Susan
- 5/18 Beverly
- 5/19 Linda
- 5/20 Lloyd
- 5/20 Donna
- 5/20 Marty
- 5/21 Bill
- 5/24 Sharyl
- 5/26 Morris
- 5/26 Karen
- 5/27 Paula
- 5/28 Pat
- 5/29 Joe
- 5/29 John
- 5/29 Joni
- 5/30 Jack
- 5/30 Judy



## NEW RESIDENTS

Linda  
Don & Donna  
Ardys  
Lisa & Gus  
Ernie



## STAFF BIRTHDAYS

- 5/5 Allison Gish
- 5/6 Marc Carey
- 5/12 Linet Abere
- 5/14 Petula Nifor
- 5/15 Kamah Sackie
- 5/17 Gladys Aakre
- 5/17 Benhilldah Massaley
- 5/19 Kath Okyere
- 5/22 Joanne Vang
- 5/23 Richard Yaquinto
- 5/26 Kristin Yang
- 5/29 Lydia Hustoft
- 5/29 Allison Olson
- 5/29 Matthew Ross
- 5/29 Nicholas Waldron

## STAFF ANNIVERSARYS

- 4 years Annie Brooks
- 8 years Laymah Campbell
- 7 years Steve Gebhart
- 3 years Melanie Hall
- 1 year Kira Nyholm
- 1 year Anna St. Amant



# ARTISAN AVENUE

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



**Sip and Paint**

*We are bringing a professional artist to guide you through a simple painting project. Wine Included!*

Friday, May 16th  
3:00pm  
Craft Room  
\$25 per person



**Gardening SKOUT**

Thank you to all who attended the Gardening Group meeting.

We are still in need of additional volunteers. Please reach out to Suzy and let us know if you would like to help.

We begin gardening on Friday, May 16<sup>th</sup> & Saturday 17<sup>th</sup> at 9:30am on the Bistro Patio. Please join us.



**KNITTING & CROCHETING**

Every Monday at 2:00pm in the Craft Room. Bring your project and join us event just for conversation.



**QUILTING GROUP**

Every Friday at 2:00pm in the Craft Room

## RESTAURANT DINING OUT OPPORTUNITIES



1

### Breakfast Outing Carols in Blaine

TUESDAY, MAY 6TH  
9:30am Bus Leaves  
Please Sign-Up

"Wonderful made from scratch comfort food just like grandma makes!"

Breakfast is at your own expense.



2

### Mothers Day Brunch SilverCreek On Main

TUESDAY, MAY 13TH  
11:00am  
Please Sign-Up in the Dining Book  
\$15.00

Assorted Cheese and Cracker, Strawberry Bleu Cheese Salad with Chicken and Raspberry Vinaigrette Dressing, Assorted Dinner Rolls and Triple Berry Lemon Cake for dessert.



3

### Men's Lunch Pints & Paddle

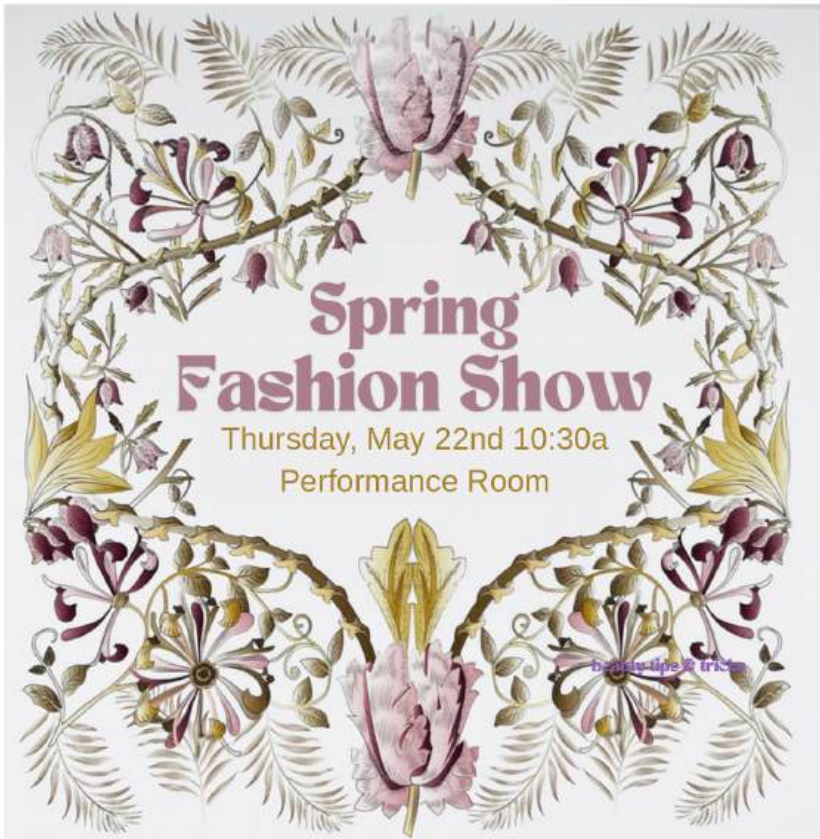
FRIDAY, MAY 16TH  
10:30am Bus Leaves  
Please Sign-Up

Pints & Paddle offers a fresh and unique approach to entertainment, combining sports, gourmet dining and self-serve convenience in a high-tech environment!

Lunch is at your own expense.

# HAPPENINGS

EVENTS AND ENTERTAINMENT

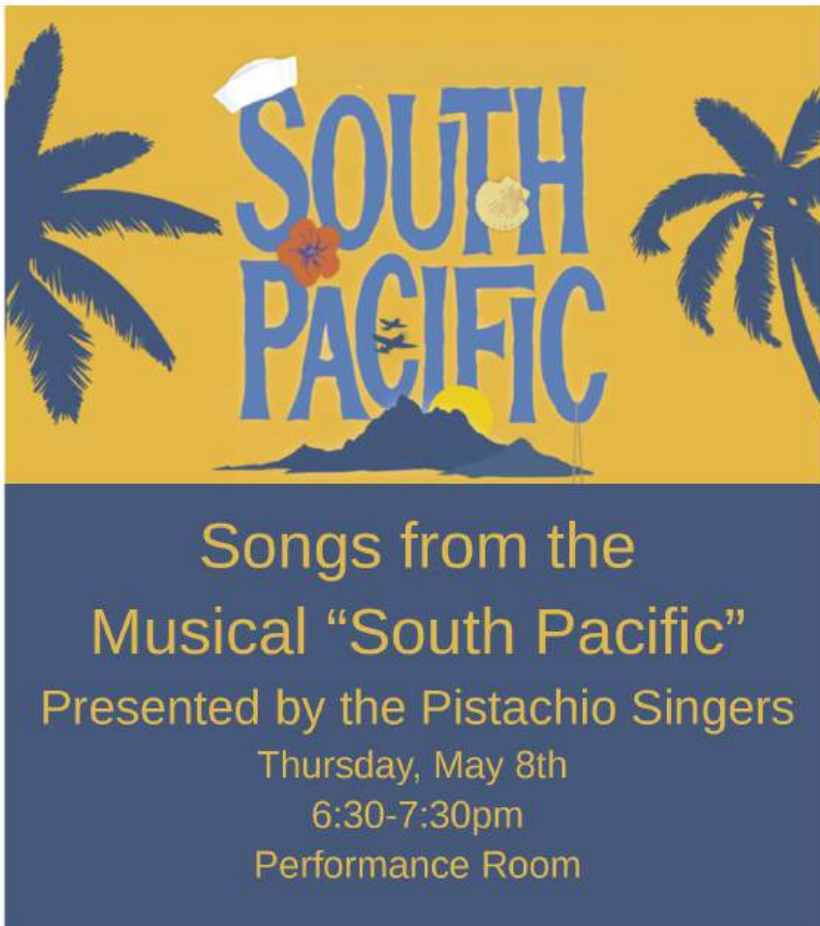


**Spring Fashion Show**  
Thursday, May 22nd 10:30a  
Performance Room



**arboretum**  
TUESDAY, MAY 20TH  
9:30AM-11:30AM  
PLEASE SIGN-UP

12:00PM LUNCH AT  
LOLA'S LAKE HOUSE  
WACONIA



**SOUTH PACIFIC**

Songs from the Musical "South Pacific"  
Presented by the Pistachio Singers  
Thursday, May 8th  
6:30-7:30pm  
Performance Room



**Scooter CLUB**

Join us on your Scooter!  
Thursday, May 8th  
Heading to Broadway Pizza  
11:00am  
Meet in the Lobby  
Please Sign-up  
Lunch \$\$ is on your own!

# BOOKS & MOVIES

MONTHLY MESSAGES FROM SILVERCREEK



**Peter Rabbit**  
May 3rd  
2:00pm  
Comedy/Family  
Rated PG

Peter Rabbit faces a tough new foe in his ongoing battle for the veggies in Mr. McGregor's garden.



**The Life List**  
May 10th  
2:00pm  
Romance  
Rated PG-13

Get a tattoo. Learn to drive. Do stand-up. Find true love? To claim inheritance, Alex must complete her teenage bucket list and the clock's ticking.



**Home Team**  
May 17th  
2:00pm  
Sports  
Rated PG

Kevin James stars as NFL coach Sean Payton with Taylor Lautner & Rob Schneider in this underdog sports comedy.



**Apollo 13**  
May 24th  
2:00pm  
Inspiring  
Rated PG

On April, 11, 1970, three brave astronauts headed into space aboard the Apollo 13 – then disaster struck.



**Wallace & Gromit**  
May 31st  
2:00pm  
Goofy  
Rated PG

Say Cheese! Wallace and Gromit return to face off with a familiar foe in this stop-motion comedy.



**My Fair Lady**  
Wednesday, May 7th, 2:00pm

VINTAGE FILM SOCIETY



Staring Audrey Hepburn and Rex Harrison  
1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make a crude flower girl, Eliza Doolittle, presentable in high society.



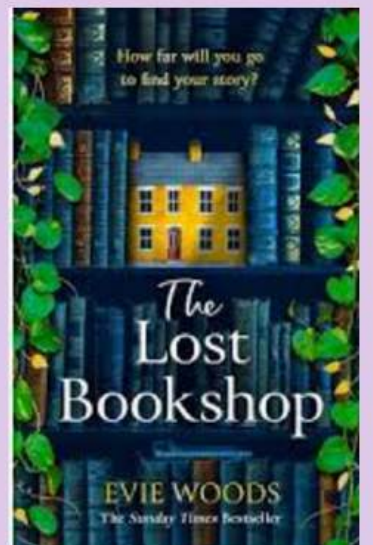
**Charade**  
Wednesday, May 14th, 2:00pm

Staring Cary Grant and Audrey Hepburn  
Romance and intrigue ensue in Paris as a woman is pursued by several men who want to get their hands on a fortune her murdered husband had stolen. She soon loses trust in those who claim they want to help her.

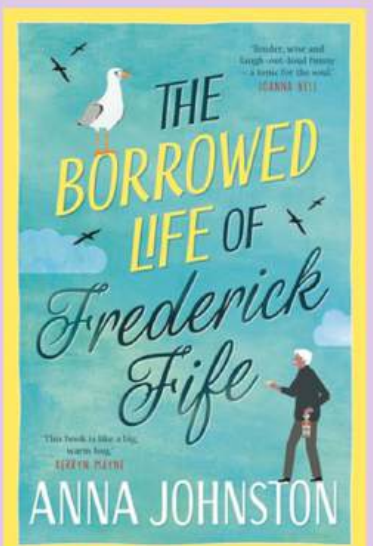
## Book Club

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

### May BOOK



### June BOOK





# FAITH & SUPPORT

## SUNDAY SERVICES

Every Sundays - 10:30am Chapel

## Catholic Communion

Wednesday, May, 14th  
at 6:30pm Chapel

## Rosary

Wednesday, May, 7th, 21<sup>st</sup> & 28th  
6:30pm Chapel

## EPISCOPAL COMMUNION

Saturday, May 17th  
11:00am Chapel



In the United States, the National Day of Prayer in 2025 is May 1st. This American tradition is actually older than America itself, dating back to the Second Continental Congress, before the Declaration of Independence. Before America was born, it was already steeped in a tradition of prayer!

## 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

SilverCreek Bible Study  
*Acts of the Apostles*

*Multimedia*  
Chapel/Performance Room  
Mondays at 10:30-11:30

# HAPPENINGS

EVENTS AND ENTERTAINMENT

**Townhome Social**  
For all Townhome Residents  
Friday, May 30th  
1:30pm  
Bistro Patio

ARM CHAIR TRAVEL

*Welcome to*  
**CUBA**

Join Angela from Wellness and enjoy old-world architecture, famous cigars and classic cars in this long-isolated island nation.

TUESDAY  
MAY 27<sup>TH</sup>  
2:00PM  
PERFORMANCE ROOM

**BRIDGE CLUB**

BRIDGE CLUB IS RELOCATING!

Please meet us in the Craft Room, on 2<sup>nd</sup> floor, every Thursday at 1:00pm. If you would like to join us we have room for 4 more players.

**MARGARITA**

**HAPPY HOUR**  
THURSDAY, MAY 29TH  
2:00PM FLOORS 2,4 & TH  
3:15PM FLOORS 1&3  
GREAT ROOM

# MAY CALENDAR 2025

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

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

**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	

**1 NATIONAL DAY OF PRAYER**

1:00p Sign-ups - PR  
 1:00p Bridge-CR  
 5:00p Elegant Dinner - ILDR  
 6:30p Mahjong-WE2

**2**

9:00a Cribbage-GR  
 10:00a Men's Group-GR  
 2:00p Quilting Group-CR  
 2:00p Card Bingo-GR  
 5:00p Robotics Demonstration - PR

**3**

1:30p Hand & Foot-WE2S  
 2:00p Movie - Peter Rabbit

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

**STAR WARS DAY**  
**MAY THE 4TH BE WITH YOU**

**5 Medical/Shop**  
 10:30a Bible Study-C  
 12:30p Poker-GR  
 2:00p AL Activity - Neighborhood Walk  
 2:00p Needle Group-CR  
 6:30p Rummikub-WE2S

**6**

9:00a Cribbage-GR  
 9:30a Breakfast Outing - Carols  
 12:00p AL Trivia - ALDR  
 2:00p Card Bingo-GR  
 2:00p Speaker-Hope Youth Ranch - PR

**7 Shopping**  
 10:00a 500-GR  
 2:00p Vintage Film  
 2:00p TownHome Town Hall - GR  
 6:30p Rosary-C

**8**

11:00a Scooter Club  
 1:00p Bridge-CR  
 6:30p Mahjong-WE2  
 6:30p South Pacific Singing Concert - PR

**9**

9:00a Cribbage-GR  
 10:00a Men's Group-GR  
 2:00p Quilting Group-CR  
 2:00p Card Bingo-GR

**10**

1:30p Hand & Foot-WE2S  
 2:00p Movie - The Life List

**11 Wellness Ctr. Closed**

**MOTHER'S DAY**

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

**12 Medical/Shop**  
 10:30a Bible Study-C  
 12:30p Poker-GR  
 2:00p Needle Group-CR  
 6:30p Rummikub-WE2S

**13**

9:00a Cribbage-GR  
 11:00a Mothers Day Brunch-ILDR  
 2:00p Card Bingo-GR  
 2:00p Pet Owners Meeting - PR

**14 Shopping**  
 10:00a 500-GR  
 10:00a Chef's Table-ILDR  
 2:00p Vintage Film  
 3:00p AL Resident Council  
 6:30p Catholic Communion-C

**15**

1:00p Bridge-CR  
 2:00p Lynde Flower Pick-up Great Room  
 5:00p Hmong Dinner - ILDR  
 6:30p Mahjong-WE2

**16**

9:00a Cribbage-GR  
 9:30a Gardening Begins  
 10:30a Men's Group-Lunch  
 1:00p Experiencing Change  
 2:00p Quilting Group-CR  
 2:00p Card Bingo-GR  
 3:00p Sip & Paint -CR

**17**

9:30a Gardening Begins  
 11:00a Episcopal Church - C  
 1:30p Hand & Foot-WE2S  
 2:00p Movie - Home Team

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

**19 Medical/Shop**  
 10:30a Bible Study-C  
 12:00p AL-Block Party  
 12:30p Poker-GR  
 2:00p Needle Group-CR  
 2:00p Meditation - Den  
 6:30p Rummikub-WE2S

**20**

9:00a Cribbage-GRMN  
 9:30a Landscape Arbr  
 12:30p AL Trivia  
 Card Bingo-GR  
 2:00p

**21 Shopping**  
 10:00a 500-GR  
 10:30a Book Club - D  
 11:45p AL Town Hall - ALDR  
 2:00p Town Hall - PR  
 6:30p Rosary - C

**22**

10:30a Fashion Show - PR  
 1:00p Bridge-CR  
 6:30p Mahjong-WE2  
 2:00p The Power of Speech Therapy-PR

**23**

9:00a Cribbage-GR  
 10:00a Men's Group-GR  
 2:00p Quilting Group-CR  
 2:00p Card Bingo-GR

**24**

1:30p Hand & Foot-WE2S  
 2:00p Movie - Apollo 13

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

**26**

10:30a Memorial Day Presentation - PR

**MEMORIAL DAY**

**27**

9:00a Cribbage-GR  
 12:00p AL Trivia  
 2:00p Arm Chair Travel Cuba - PR  
 2:00p Card Bingo-GR

**28 Shopping**  
 10:00a 500-GR  
 11:00a Piano Playing - Dave Geske Lobby  
 6:30p Rosary - C

**29**

1:00p Bridge-CR  
 2:00p Happy Hour -GR Floors 2,4 & TH  
 3:15p Happy Hour - GR Floors 1-3  
 6:30p Mahjong-WE2

**30**

9:00a Cribbage-GR  
 10:00a Men's Group - GR  
 1:30p Town Home Social  
 2:00p Quilting Group-CR  
 2:00p Card Bingo-GR

**31**

1:30p Hand & Foot-WE2S  
 2:00p Movie - Wallace & Gromit