




# SILVERCREEK ON MAIN -REFLECTIONS 1- JANUARY 2023 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1 NEW YEARS DAY</b> 10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack	<b>2</b> 10:30 Singalong with RA staff 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-1</b> 4:00 Listen to music  Wheel of Fortune 6:30 CH. 4	<b>3</b> 10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Travel video 6:00 Rosary (Sunroom)  Wheel of Fortune 6:30 CH. 4	<b>4</b> 10:45 Trivia with Becca 1:15 Walking Club to the Library 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-2</b> 3:30 Remembering Listening To Music with Becca 6:00 Music with Becca  Wheel of Fortune 6:30 CH. 4	<b>5</b> 10:00 Exercise and daily chronicles with Becca 1:30 Christmas undecorating 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Music listening  Wheel of Fortune 6:30 CH. 4	<b>6</b> 10:00 Devotions and daily Chronicles with Becca 1:30 Tabletop bowling 2:30 Refreshments/Snack 4:00 Elvis music	<b>7</b> 10:00 Morning fun with Becca! 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music  Wheel of Fortune 6:30 CH. 4	
<b>8</b> 10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack	<b>9</b> 10:15 Singalong with Emily 2:15 RESIDENT MEETING— 3:00 <b>Fitness Class with Sam-1</b> 3:30 Refreshments/Snack 4:00 Relax with music  Wheel of Fortune 6:30 CH. 4	<b>10</b> 10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Singalong video 6:00 Rosary (Sunroom)  Wheel of Fortune 6:30 CH. 4	<b>11</b> 9:30-11:30 <b>Mneme Therapy painting with Larry</b> 1:15 Walking Club to the Library 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-2</b> 3:30 Can you picture this Story writing  Wheel of Fortune 6:30 CH. 4	<b>12</b> 10:00 Exercise and daily chronicles with Becca 1:30 Snowman craft 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Listen to music  Wheel of Fortune 6:30 CH. 4	<b>13</b> 10:00 Devotions with Becca 1:30 Games with Becca 2:30 Refreshments/Snack 3:00 Dog visit with Mary And Pippa   Wheel of Fortune 6:30 CH. 4	<b>14</b> 10:00 Morning fun with Becca! 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music  Wheel of Fortune 6:30 CH. 4	
<b>15</b> 10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack	<b>16 MARTIN LUTHER KING JR DAY</b> 10:15 Singalong with Emily 2:15 Weekly Crossword & Word games 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-1</b> 4:00 Listen to music  Wheel of Fortune 6:30 CH. 4	<b>17</b> 10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Travel Video 6:00 Rosary (Sunroom)  Wheel of Fortune 6:30 CH. 4	<b>18</b> 10:45 Trivia with Becca 1:15 Walking Club 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-2</b> 3:30 Junk Drawer Detective 6:00 Music with Becca  Wheel of Fortune 6:30 CH. 4	<b>19</b> 10:00 Exercise and daily chronicles with Becca 1:30 Arts and Crafts 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Relax with music  Wheel of Fortune 6:30 CH. 4	<b>20</b> 10:00 Devotions and Daily Chronicles with Becca 1:30 Make Rolo Pretzels 2:30 Refreshments/Snack 4:00 TV Concert  Wheel of Fortune 6:30 CH. 4	<b>21</b> 10:00 Morning fun with Becca! 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music  Wheel of Fortune 6:30 CH. 4	
<b>22</b> 10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack	<b>23</b> 10:15 Singalong with Emily 2:15 Weekly Crossword & word games 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-1</b> 4:00 Relax with music  Wheel of Fortune 6:30 CH. 4	<b>24</b> 10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Singalong video 6:00 Rosary (Sunroom)  Wheel of Fortune 6:30 CH. 4	<b>25</b> 10:45 Mind Games with Becca 1:15 Walking Club to the Library 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-2</b> 3:30 Remembering Folk Songs of The 60's With Becca 6:00 Music with Becca  Wheel of Fortune 6:30 CH. 4	<b>26</b> 10:00 Exercise and Trivia with Becca 1:30 Arts & Crafts 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Music Listening  Wheel of Fortune 6:30 CH. 4	<b>27</b> 10:00 Devotions and Daily Chronicles with Becca 1:30 Games with Becca 2:30 Refreshments/Snack 3:00 Dog visit with Mary And Pippa   Wheel of Fortune 6:30 CH. 4	<b>28</b> 10:00 Morning fun with Becca 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:45 Listen to Music  Wheel of Fortune 6:30 CH. 4	
<b>29</b> 10:30 Hymn sing with RA's 1:45 Coloring with RA's 2:30 Refreshments/Snack	<b>30</b> 10:15 Singalong with Emily 2:15 Weekly Crossword & word games 2:30 Refreshments/Snack 3:00 <b>Fitness Class with Sam-1</b> 4:00 Listen to music  Wheel of Fortune 6:30 CH. 4	<b>31</b> 10:30 Nailcare with RA staff 1:45 Bingo (1st floor) 2:30 Refreshments/Snack 3:00 <b>Step-in-Time (Wellness Ctr)</b> 4:00 Travel Video 6:00 Rosary (Sunroom)  Wheel of Fortune 6:30 CH. 4	 <h2>PROGRAMS &amp; EVENTS</h2> <h3>AT SILVERCREEK ON MAIN</h3>			<b>Meal Times:</b> 8:00am Breakfast 12:00pm Lunch 5:00 pm Dinner	

### REFLECTIONS STAFF:

Clinical Director - Gladys Aakre (763) 955-1770  
 Registered Nurse - Loretta Gborplay (763) 955-1769

### CODING: RED= OTHERS

Director of Reflections - Emily Jass (763) 955-1992  
 Resident Care Coordinator— Victoria Snow (763) 955-1762

### LOCATIONS

"1" = 1st Floor Chapel = CH  
 "2" = 2nd Floor

Calendar is subject to change