







SILVERCREEK ON MAIN APRIL 2019 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 10:30 Rummykub - GR 11:15 Sole Strength - AS 11:00 PING PONG - PR Team Up! 2:00 REMINICING WITH JOHN - TGR	2 9:15 Splash n' Shape - P 10:00 HAND & FOOT - GR 10:30 BeFit - WC 10:30 Golf Meeting - All Golfer's interested to attend - TGR 11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 ART OF COLORING - PR 3:00 Regular Bingo (\$2.50) - GR	3 8:30 A/L RESIDENT MEETING - DR 9:15 Water Aerobics - P **9:45 Shopping / Medical Shuttle-L 10:30 MIRACLE EAR - FCR 10:00 Water Aerobics - P 11:15 Better Balance - AS 1:00 Core Strength - AS 1:30 Bridge - GR 2:00 I/L RESIDENT MEETING-PR 6:30 The Way of the Cross - Chapel	4 9:15 Splash n' Shape - P **10:15 St. Joseph the Worker - L/O 10:30 BeFit - WC **11:00 Bachman's Lunch & Idea House L/O Residents do Not have to go to Idea House 11:00 Cribbage - GR 11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 Poker - GR 3:00 SILVERCREEK HAPPY HOUR - TGR 6:30 Mahjong - GR 6:30 Mahjong - GR	5 9:15 Water Aerobics - P 10:00 MEN'S GROUP - TGR 10:30 Mexican Train - GR 11:15 LOOSE & LIMBER - AS 1:30 NEEDLE GROUP - TGR A WEAVER'S PRESENTATION WITH CONNIE LAHENDRES 11:15 LOOSE & LIMBER - AS 1:00 Theraband Strength - AS 2:00 Card Bingo (\$3.00) - GR	6 9:15 Deep Water Exercise-P 10:30 Rummykub - GR 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" SAVING MR. BANKS Sentimental - PG-13 NETFLIX Movie Details Mailroom
7 10:30 CHAPEL SERVICE COMMUNION SERVED - C 1:30 Mahjong - GR 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	8 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 10:30 Rummykub - GR 11:15 Sole Strength - AS 11:00 PING PONG - PR Team Up!	9 9:15 Splash n' Shape - P **9:45 ORIGINAL PANCAKE HOUSE-L/O 10:00 HAND & FOOT - GR 10:30 BeFit - WC 11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 ART OF COLORING - PR 3:00 Regular Bingo (\$2.50) - GR	10 8:30 A/L RESIDENT MEETING - DR 9:15 Water Aerobics - P **9:45 Shopping / Medical Shuttle-L 10:00 Water Aerobics - P 11:15 Better Balance - AS 1:00 Core Strength - AS 1:30 Bridge - GR 2:00 WHEEL OF FORTUNE -TGR 6:30 The Way of the Cross - Chapel	11 9:15 Splash n' Shape - P 10:30 BeFit - WC SPRING WREATH - CR SIGN-UP 4TH 11:00 Cribbage - GR 11:15 Chair Yoga - AS Tai Ji Quan - AS 1:00 Poker - GR 3:00 RESIDENT HAPPY HOUR - TGR **6:30 WASTEBASKET REVUE - L/O 6:30 Mahjong - GR	12 9:15 Water Aerobics - P **9:45 MAMA'S SPRING MARKET LUNCH OUTING - L/O 10:00 MEN'S GROUP - TGR 10:30 Mexican Train - GR 3:00 QUILT GROUP - CR2 11:15 LOOSE & LIMBER - AS 1:00 Theraband Strength - AS 2:00 Card Bingo (\$3.00) - GR	13 9:15 Deep Water Exercise-P 10:30 Rummykub - GR 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" JUANITA INSPIRING TV-MA NETFLIX Movie Details Mailroom
14  10:30 CHAPEL SERVICE - C 1:30 Mahjong - GR 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	15 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 10:30 Rummykub - GR 11:15 Sole Strength - AS 11:00 PING PONG - PR Team Up! 1:00 Mindful Meditation - AS 1:30 Quilter's Open Sew Day - CR 2:00 REMINICING WITH JOHN - TGR	16 9:15 Splash n' Shape - P 10:00 HAND & FOOT - GR 10:30 BeFit - WC 11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 ART OF COLORING - PR 3:00 Regular Bingo (\$2.50) - GR	17 9:15 Water Aerobics - P **9:45 Shopping / Medical Shuttle-L 10:00 Water Aerobics - P 10:30 BOOK CLUB - PR 11:15 Better Balance - AS **12:15 AMC MOVIE - CHOICE - L/O 1:00 Core Strength - AS 1:30 Bridge - GR 6:00 Catholic Communion Service-C	18 9:15 Splash n' Shape - P 10:00 Complimentary Blood Pressure Check - NO BeFit - WC 10:30 Cribbage - GR 11:00 Chair Yoga - AS Tai Ji Quan - AS 1:00 Poker - GR 3:00 RESIDENT HAPPY HOUR - TGR 6:30 Mahjong - GR	19 GOOD FRIDAY 9:15 Water Aerobics - P 10:00 MEN'S GROUP - TGR 10:30 GOOD FRIDAY SERVICE-CHAPEL 10:30 Mexican Train - GR 11:15 LOOSE & LIMBER - AS 1:00 Theraband Strength - AS 2:00 Card Bingo (\$3.00) - GR	20 9:15 Deep Water Exercise-P 10:30 Rummykub - GR 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" 5 FLIGHTS UP SENTIMENTAL-PG-13 NETFLIX
21  10:30 CHAPEL SERVICE COMMUNION SERVED - C 1:30 Mahjong - GR 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	22 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 10:30 Rummykub - GR 11:15 Sole Strength - AS 11:00 PING PONG - PR Team Up! 1:00 Mindful Meditation - AS 1:30 Quilter's Open Sew Day - CR	23 9:15 Splash n' Shape - P 10:30 BeFit - WC 10:00 HAND & FOOT - GR 11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 ART OF COLORING - PR 2:00 Tai Ji Quan - BASIC SKILLS- AS 3:00 Regular Bingo (\$2.50) - GR **5:15 HELLO DOLLY OUTING - L/O	24 9:15 Water Aerobics - P **9:45 Shopping / Medical Shuttle-L 10:00 Water Aerobics - P 11:15 Better Balance - AS 1:00 Core Strength - AS 1:30 Bridge - GR 2:00 WHO WANTS TO BE A MILLION-AIRE - TGR 6:30 Rosary - C	25 9:15 Splash n' Shape - P 10:30 BeFit - WC 11:00 Cribbage - GR 11:15 Chair Yoga - AS Tai Ji Quan - AS 1:00 Poker - GR 2:00 Tai Ji Quan - BASIC SKILLS- AS SILVERCREEK BIRTHDAY PARTY TGR 3:00 Mahjong - GR 6:30 Mahjong - GR	26 9:15 Water Aerobics - P 10:30 Mexican Train - GR **10:30 MEN'S LUNCHEON - L/O 11:15 LOOSE & LIMBER - AS 1:00 Theraband Strength - AS 2:00 Card Bingo (\$3.00) - GR 3:00 QUILT GROUP - CR2	27 9:15 Deep Water Exercise-P 10:30 Rummykub - GR 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" JANE AUSTIN BOOK CLUB FEEL GOOD ROMANTIC -PG-13 NETFLIX Movie Details Mailroom
28 10:30 CHAPEL SERVICE - C 1:30 Mahjong - GR 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	29 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 10:30 Rummykub - GR 11:15 Sole Strength - AS 11:00 PING PONG - PR Team Up! 1:00 Mindful Meditation - AS 1:30 Quilter's Open Sew Day - CR 2:00 REMINICING WITH JOHN - TGR	30 9:15 Splash n' Shape - P 10:00 HAND & FOOT - GR 10:30 BeFit - WC 11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 ART OF COLORING - PR 3:00 Regular Bingo (\$2.50) - GR **5:00 MAMMA MIA OUTING- L/O 6:00 Ross McLeod Performance PR	 Show Goers... Due to the low interest on Hello Dolly- The date may change and ticket prices may be \$20.00+. Jody will post with final information.	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><i>Spring is a time for "New Beginnings"</i></p> <p style="text-align: center;"><i>Get Involved and Try Something New!!</i></p>   </div>		

LOCATION GUIDE

AS - Aerobics Studio C - Chapel FR - Family Conference Room L/O - Lobby/Outing PDR - Private Dining Room RF1 - Reflections 1st Floor WC - Wellness Center P - Pool
 B - Bistro TGR - The Great Room GR - Game Room L - Library BP - Back Patio PR - Performance Room C - Chapel CR2 - Craft Room
 FR - Family Conference Room N/O - Nursing Office RF2 - Reflections 2nd Floor ** Sign up **INDICATES RESIDENTS NEED TO SIGN UP / MAIL ROOM

GETTING STARTED

In an effort to promote safety and improve your overall fitness level, we ask that residents interested in participating complete an orientation and assessment. Stop in or call The Club at x1758 to schedule your appointment.

CLASS DESCRIPTIONS

BeFit-WC Tuesday & Thursday 10:30-11:00

Feel unsure about your exercise program, making adjustments to the equipment or even struggling with remembering what to and where? BeFit is reserved as an open gym time where staff are available to help you complete your exercise program. In addition, we are available to make changes and recommendations to your current routine without an appointment. *Novice Skills*

Better Balance-AS Wednesday 11:15-11:45

A class specifically developed to improve balance through strengthening, balance challenges, brain challenges and relaxation/meditation techniques. Great for those with neuropathy, decreased sensation and those who would like to decrease their risk of falling. Participants must be able to stand with one hand support. *Novice Skills*

Chair Yoga - AS Tuesday & Friday 11:15-11:45

A class that incorporates basic Yoga postures developing strength, flexibility, balance, mindfulness and range of motion. Postures will involve sitting and standing all while using a chair as a prop when necessary.

Core Strength—AS Wednesday 1:00-1:45

Having a strong core is beneficial for balance, posture, and overall health. This class will challenge your midsection with exercises targeting your abdominal and back muscles. We will also work on flexibility. You must be able to get off the floor without assistance. *Developed Skills*

Deep Water Exercise-P Monday & Saturday 9:15-9:45

Submerge yourself into the deep end of the pool for a water fitness workout. Class emphasizes core strength and cardiovascular endurance. *Developed skills*

Loose & Limber-AS Friday 11:15-11:45

Class features gentle seated exercises designed to improve strength, flexibility and cardiovascular endurance. Enjoy dancing on Tuesdays. *Novice Skills*

Mindful Meditation - AS Monday 1:00-1:30

Learn breathing, meditation, and visualization techniques to relax and unwind. Regularly doing meditation helps reduce stress and increase your happiness. *Novice Skills*

Sole Strength - AS Monday 11:15-11:45

Challenge your balance and flexibility and strengthen you leg and foot muscles by performing barefoot movements. Participants are welcome to sit or stand for exercise. *Basic Skills*

Splash 'n' Shape-P Tuesday & Thursday 9:15-10:00

Move your body from head to toe to improve flexibility and overall health. Class includes balance and partner activities. *Novice Skills*

Tai Ji Quan, Moving for Better Balance (MBB) Advanced-AS Tuesday & Thursday 1:00-1:45

Continue the practice of Tai Ji Quan with MBB Advanced after completing the 12-week course. *Developed Skills*

Tai Ji Quan, Moving for Better Balance-AS Tues & Thurs 2:00-3:00

Researched-based balance training regimen that addresses common functional impairments to improve balance. Class is 12-weeks. Sign-up is required due to the progression techniques used in class. New session starts March 19th. *Basic Skills*



PHYSICAL



EMOTIONAL



SPIRITUAL



ENVIRONMENTAL



INTELLECTUAL



OCCUPATIONAL



SOCIAL

CLASS DESCRIPTIONS (continued)

TheraBand Strength Training-AS Friday 1:00-1:30

Classes uses a TheraBand through a series of strength training exercises to help increase muscle strength and bone health. *Novice Skills*

Water Aerobics-P Wednesday 9:15-10:00 and 10:00-10:45 & Friday 9:15-10:00

Dive into Water Aerobics! Build cardiovascular fitness and strength in this fun, fast paced class that is easy on your joints while still challenging. *Developed skills*

SKILL LEVELS

Developed Skills Required: Average or better strength, balance and cardiovascular endurance. Classes require fast paced movements, contain multiple directional/pattern changes and complex directions. Participants should expect 30-min minimum endurance exercise in most classes. Some pool classes contain exercises without feet touching the pool floor.

Basic Skills/Knowledge Required: Average strength, balance and cardiovascular endurance. Classes contain a variety of movements and complex directions. Bursts of exercises and challenges are used to improve overall strength, balance and endurance.

Novice Skills: Lower than average strength, balance and cardiovascular endurance. Classes features range of motion and flexibility exercises that are simple and easy to follow. Light endurance exercises challenge balance and strength. Exercises are performed seated or a chair can be used for stability in land based classes.

ADDITIONAL SERVICES

Personal Training (by appointment)

Your personal trainer will work with you to plan a safe, efficient program that helps you to reach your health goals and improve your overall quality of life by prioritizing concerns and providing the encouragement that you need.

\$36.00 for 30-min.

HydroWorx (by appointment)

Make gains in mobility and/or fitness with less stress on joints during private training sessions in the HydroWorx pool. Discover how exercise in water leads to decreased swelling, soreness and pain while improving balance, strength and cardiovascular endurance. Call for pricing.

FAMILY SWIM - P Monday, Wednesday & Friday 3:00-4:30, Tuesday & Thursday 3:00-5:30 & Saturday 11:00-1:30

Bring the little ones in your life to swim in the pool. Children must be accompanied by an adult and or resident.

Novice Skills

MASSAGE THERAPY

Blue Mountain Healing Arts (Tuesdays by appointment)

612-232-8694

THERAPY SERVICES

St Therese Rehabilitation (by appointment)

Home Health Care and Aquatic, Physical, Occupational and Speech Therapies 763-955-1760

Park Nicollet Clinic (by appointment)



Family Swim

Unless otherwise noted Monday, Wednesday, & Friday - 3:00-4:30

Tuesday & Thursday - 3:00-5:30

Sat: 11:00 - 1:30

THE CLUB HOURS

Monday, Wednesday & Friday
8:00 AM-5:00 PM

Tuesday & Thursday
8:00 AM-6:00 PM

Saturday
9:00 AM-2:00 PM