

SILVERCREEK ON MAIN FEBRUARY 2019 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>HE LOVES ME</h1>				<h1>HE LOVES ME NOT</h1>		
					1 9:15 Water Aerobics - P 10:00 MEN'S GROUP - TGR 10:30 I LOVE YOU MORE STRING ART Make & Take - CR2 11:15 LOOSE & LIMBER - AS 1:30 NEEDLE GROUP - TGR 1:00 TheraBand Strength - AS	2 9:15 Deep Water Exercise-P 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" THE LAST LAUGH COMEDY-MA NETFLIX Movie Details Mailroom
3 10:30 CHAPEL SERVICE COMMUNION SERVED - C 1:30 Mahjong - CR2 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	4 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 1:00 PING PONG MEETING/PLANNING - PR 2:00 SCHULER SHOES INSERVICE - PR	5 9:15 Splash n' Shape - P **10:15 LADIES LUNCH Meet in L/O 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	6 8:30 A/L RESIDENT MEETING - DR 9:15 Water Aerobics - P **9:45 Shopping Shuttle Only - L 10:30 MIRACLE EAR - FCR 10:00 Water Aerobics - P 11:00 HAND & FOOT - GR 11:15 Better Balance - AS 1:00 Core Strength - AS 1:30 Bridge - GR 2:00 I/L RESIDENT MEETING-PR 6:30 Rosary - Chapel	7 9:15 Splash n' Shape - P 10:30 Mosaic Presentation Planning Meeting CR2 NO FIRESIDE CHAT TODAY BeFit - WC 10:30 St. Joseph the Worker - L/O 11:00 Cribbage - GR 11:15 Chair Yoga - AS Tai Ji Quan - AS 1:00 Poker - GR 3:00 SILVERCREEK HAPPY HOUR - TGR 6:30 Mahjong - CR2	8 9:15 Water Aerobics - P 10:00 MEN'S GROUP - TGR 11:00 QUILT GROUP - CR2 11:15 LOOSE & LIMBER - AS 1:00 Theraband Strength - AS 2:00 Card Bingo (\$3.00) - GR	9 9:15 Deep Water Exercise-P 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" THE OTHER BOLEYN HISTORICAL DRAMA PG-13 NETFLIX Movie Details Mailroom
10 10:30 CHAPEL SERVICE - C 1:30 Mahjong - CR2 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	11 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 11:15 Sole Strength - AS 1:00 Mindful Meditation - AS 2:00 MOMENTS HOSPICE SPEAKER "UNDERSTANDING DEMENTIA" PR	12 9:00-10:30 BARRY THE WATCHMAN THE GREAT ROOM 9:15 Splash n' Shape - P 10:30 BeFit - WC 11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 ART OF COLORING - PR 2:00 Dan & Karin Musical Performance "A TRIP DOWN MEMORY LANE" - PR 3:00 Regular Bingo (\$2.50) - GR	13 9:15 Water Aerobics - P **9:45 Shopping Shuttle Only - L 10:00 Water Aerobics - P 11:00 HAND & FOOT - GR 11:15 Better Balance - AS **12:15 AMC MOVIE - CHOICE - L/O 1:00 Core Strength - AS 1:30 Bridge - GR 6:30 Rosary - Chapel	14 Valentine's Day-Wear Red or Pink 9:15 Splash n' Shape - P 10:30 COFFEE & FIRESIDE CHATS L 10:30 BeFit - WC 11:00 Cribbage - GR 11:15 Chair Yoga-AS Tai Ji Quan - AS NO POKER TODAY - GR 3:00 SILVERCREEK BIRTHDAY VALENTINE PARTY - TGR **5:15 EVENING ON THE TOWN - L/O 6:30 Mahjong - CR2	15 9:15 Water Aerobics - P 10:30 CRAFT GROUP - CR2 BEE'S PAINTED ROCKS **10:30 MEN'S LUNCHEON - L/O 11:15 LOOSE & LIMBER - AS 1:00 Theraband Strength - AS 2:00 Card Bingo (\$3.00) - GR	16 9:15 Deep Water Exercise-P 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" LION HEART COMEDY/DRAMA PG-13 NETFLIX Movie Details Mailroom
17 10:30 CHAPEL SERVICE COMMUNION SERVED - C 1:30 Mahjong - CR2 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	18 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 11:15 Sole Strength - AS 1:00 Mindful Meditation - AS 2:00 DOUG OHMAN SPEAKS ON "THEY CHOSE MINNESOTA" - PR	19 9:15 Splash n' Shape - P 10:30 BeFit - WC **9:45 ORIGINAL PANCAKE HOUSE-L/O L/O11:15 Chair Yoga - AS 1:00 Tai Ji Quan - AS 1:00 ART OF COLORING - PR 3:00 Regular Bingo (\$2.50) - GR 6:00 FAMILY NIGHT SPEAKER - PR Alzheimer Association Presents... EFFECTIVE COMMUNICATION	20 9:15 Water Aerobics - P **9:45 Shopping Shuttle Only - L 10:00 Water Aerobics - P 10:30 BOOK CLUB - PR 11:00 HAND & FOOT - GR 11:15 Better Balance - AS 1:00 Core Strength - AS 1:30 Bridge - GR **6:00 EMPTY BOWLS - L/O 6:30 Catholic Communion Ser-vice C	21 9:15 Splash n' Shape - P 10:00 Free Blood Pressure Check - NO 10:30 COFFEE & FIRESIDE CHATS L 10:30 BeFit - WC 11:00 Cribbage - GR 11:15 Chair Yoga - AS Tai Ji Quan - AS 1:00 Poker - GR 2:00 WHO WANTS TO BE A MILLIONAIRE TGR 3:00 RESIDENT HAPPY HOUR - TGR 6:30 Mahjong - CR2	22 9:15 Water Aerobics - P 10:00 MEN'S GROUP - TGR 10:00 MOSAIC CLASS - CR2 11:15 LOOSE & LIMBER - AS 1:00 Theraband Strength - AS 2:00 Card Bingo (\$3.00) - GR	23 9:15 Deep Water Exercise-P 1:00 Art of Coloring - CR2 1:00 Poker - GR 2:00 Popcorn & Movie - PR "MOVIE" DUMPLIN DRAMA PG-13 NETFLIX Movie Details Mailroom
24 10:30 CHAPEL SERVICE - C 1:30 Mahjong - CR2 3:00 Game Choice - GR THE WELLNESS CENTER IS CLOSED	25 **8:45 Shopping Shuttle Only - L 9:15 Deep Water Exercise - P 10:00 Bible Study - C 11:15 Sole Strength - AS 1:00 Mindful Meditation - AS 2:00 REMINISCING WITH JOHN - TGR INTERIM SPEAKER "HYPERTENSION MANAGEMENT" PR	26 9:15 Splash n' Shape - P 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	27 9:15 Water Aerobics - P **9:45 Shopping Shuttle Only - L 10:00 Water Aerobics - P 11:00 HAND & FOOT - GR 11:15 Better Balance - AS 1:00 Core Strength - AS 1:30 Bridge - GR 6:30 Rosary - Chapel	28 9:15 Splash n' Shape - P 10:30 COFFEE & FIRESIDE CHATS L 10:30 BeFit - WC 11:00 Cribbage - GR 11:15 Chair Yoga - AS Tai Ji Quan - AS 1:00 Poker - GR 1:00 WHEEL OF FORTUNE -TGR 1:30 RESIDENT HAPPY HOUR - TGR 3:00 Mahjong - CR2	<div style="border: 1px solid black; padding: 5px;"> <p><i>Family Swim</i></p> <p>Unless otherwise noted Monday, Wednesday, & Friday - 3:00-4:30</p> <p>Tuesday & Thursday - 3:00-5:30</p> <p>Sat: 11:00 - 1:30</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>REMEMBER VEHICLES CAN HAVE ISSUES; PLEASE REMEMBER TO TAKE YOUR GLOVES, HAT AND COAT</p> </div>	

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

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*

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*



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.

\$30.00 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.

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



- 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