


October 2018 DeKalb Area Retirement Center/Oak Crest

Health Center & Personal Care Activities Calendar Call for more details (815) 756-8461

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1	2	3	4	5	6
	9:30 Monday Morning Discussion Group – GP 10:00 Fit - U Exercise w/ NIU Students - LT 10:00 Dishing Divas - AK 10:00 Coffee Hour- Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 WIG's – “Five-Mile Spur Line: A Railroad History of Sycamore, IL” – by Clint Cargile - V 2:30 Card Game/Bunco - HC 3:30 Coffee Hour - 1st AT 3:30 Bridges Choir – V 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 “New Directions in Living with Dementia” by Dementia Alliance International- LT	9:30 Hearing Help Plus-East 146 9:30 Heartland Bank - CHA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – GP 10:00 Body & Mind Exercise with NIU – V 10:30 Resource Bank 11:00 Happy Hearts Club*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 1:1 Visits - HC 1:30 Chair Chi Exercise - LT 2:00 Manicures - AK 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Pinochle – GR 7:00 Bingo Game – LT	10:00 First National Bank- CHA 10:00 First Midwest Bank – 2nd FI AT 10:00 Coffee Hour- Cafe 10:00 Fit – U Exercise w /NIU - V 10:30 Health Center Resident Council Meeting - LT 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 Scrabble/Table Games- PVA 1:00 Craft Group – Craft Room 2:00 Paint and Sip – AK 2:00 Bethlehem & 1st Lutheran Church Service – CH 3:30 Coffee Hour - 1st AT No Piano Program by Cody Marbutt, Volunteer- 4:30 Antipasto - HCE/W 5:00 Antipasto - 1st AT 7:00 Travelogue Film (See Weekly Highlights)	10:00 Coffee Hour - Café 10:00 Garden Club - HCE1 10:00 Bible Study - LT 10:00 Bible Conversations - CHA 10:00 Body & Mind Exercise with NIU – V 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st FL AT <i>No Chair Chi Exercise</i> 2:00 Worship Service - CH 2:30 Curiosity Cart - HC 3:00 Lacey the Dog Visit- HC 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Dance Time – HCAT	10:00 Coffee Hour-Café 10:00 Catholic Communion & Rosary – CH 10:00 Fit-U Exercise with NIU Students – LT 11:00 Antipasto - HC E/W 11:00 Happy Hearts Club*- HC1E 11:30 Antipasto 1st AT 1:30 - 3:00 “Knit Wits” Knit/Crochet Group - PVA 2:00 “Sweet” Joy of Coloring - HC 4:00 Social Hour - LT 7:00 Table Games – LT/HC	9:30 Coffee Hour - V 10:00 Oak Crest Boys - V 2:00 Sing-Along - HCAT 3:00 Chit Chat - HCAT 3:30 Coffee Hr - 1stAT 4:30 Antipasto - HCE/W 5:00 Antipasto - 1stAT 7:00 Movie & Popcorn: “October Sky” -LT
	7	8	9	10	11	12
10:00 Coffee Hour- PVA 2:00 Current Events- HC 3:30 Worship Service (Communion) with Sycamore United Methodist Church CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC 5:00 Antipasto - 1st AT 7:00 Movie: “Down Argentine Way” - HCE1 7:15 Balloon Volleyball – HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit – U Exercise with NIU Students – V 10:00 Lots of Tots - LT 10:00 Coffee Hour - Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 Handbells Choir –HCW1 2:30 Card Game - HC 3:30 Coffee Hour - 1st AT 3:30 Bridges Choir – V 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Floats and Notes with Reilly Farrell, pianist – LT	9:30 Heartland Bank - CHA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:00 Body & Mind Exercise with NIU – V 10:30 Resource Bank 11:00 Happy Hearts*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 1:1 Visits - HC 1:30 Chair Chi Exercise - LT 2:00 Manicures - AK 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Pinochle - GR 7:00 Bingo Game – LT	10:00 First Midwest Bank – CHA 10:00 Coffee Hour- Cafe 10:00 Fit – U Exercise w /NIU – V 10:00 Reminisce with Megan - HC 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 Scrabble/Table Games-PVA 1:00 Craft Group – Craft Room 1:00-3:00 “Planning/ Preparing for Loss: What to Do When a Loved One Dies”-V 2:00 Red Hat Tea-HC Dining Rm 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 4:30 Antipasto - HCE/W 5:00 Antipasto - 1st AT 7:00 DeKalb Co. Geneological & Historical Society Mtg- LT 7:00 Travelogue Film (See Weekly Highlights)	10:00 Coffee Hour-Café 10:00 Poetry Reading- PDR 10:00 Bible Conversations-CHA 10:00 Garden Club- HC 10:00 Body & Mind Exercise with NIU – V 11:00 Antipasto- HC E/W 11:30 Antipasto - 1st FL AT 1:30 Chair Chi Exercise - LT 2:00 Worship Service – CH 2:30 Curiosity Cart - HC 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Nature: “Must See Places of the World: Australia the Beautiful” – LT 7:00 Garden Club Meting-V	10:00 Coffee Hour- Café 10:00 Catholic Communion & Rosary - CH 10:00 Fit- U Exercise w/ NIU - LT 11:00 Antipasto - HC E/W 11:00 Happy Hearts Club*- HC1E 11:30 Antipasto 1st AT 1:00 1:1 Visits - HC 1:30 - 3:00 “Knit Wits” Knit/Crochet Group - 2:00 Movie Matinee: “Teacher’s Pet” - LT 3:00 Apartment Visits - PC 3:30 Coffee Hour - 1stAT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Table Games – LT/HC	9:30 Coffee Hour - V 10:00 Oak Crest Boys – V 2:00 Knitting - HC 3:30 Coffee Hr - 1stAT 4:30 Antipasto - HC 5:00 Antipasto - 1stAT 7:00 Movie & Popcorn: “Flipped” - LT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
10:00 Coffee Hour – PVA 3:30 Worship Service w/ Pastor Noah Panlilio, Malta Methodist Church - CH 3:30 Coffee Hour- 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie: “The Iron Lady: Margaret Thatcher”– HCE1 7:15 Parachute Fun – HCAT	9:30 Monday Morning Discussion Group – GP 10:00 Fit - U Exercise w/ NIU Students - LT 10:00 Dishing Divas - AK 10:00 Coffee Hour- Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1 st AT 2:00 WIG’s featuring “Midwest Museum of Natural History” - V 2:30 Card Game/Bunco - HC 3:30 Coffee Hour - 1 st AT 3:30 Bridges Choir – V 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Documentary: “Barbara Stanwyck”- LT <i>* Birthday Dinner Reservations For Guests and Reserved Tables are due Today</i>	9:30 NIU Speech & Hearing Clinic - PVA 9:30 Heartland Bank - CHA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle - LT 10:00 Body & Mind Exercise with NIU – V 10:30 Resource Bank 11:00 Happy Hearts*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto -1 st AT 1:00 1:1 Visits - HC 1:30 Chair Chi Exercise - LT 2:00 Manicures- AK 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 5:30 “Guess Who Is Coming To Dinner?” - GVDR 7:00 Pinochle - GR 7:00 Bingo – HCAT	10:00 First Midwest Bank - CHA 10:00 Coffee Hour- Café 10:00 Fit - U Exercise w/ NIU Students - LT 10:00 Outing 10:30 Hymn Sing - HC/EW 11:30 Antipasto - 1 st AT 1:00 Scrabble/ Table Games- PVA 1:00 Craft Group - Craft Room 2:00 Worship Service with St.Paul’s Episcopal Church – CH 2:30 Rice Krispy Making (Pumpkin Shapes) - AK 3:30 Coffee Hour - 1 st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 4:30 Antipasto – HCE/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film (See Weekly Highlights) 7:00 Ring Toss – HC/CY	10:00 Coffee Hour - Café 10:00 Garden Club – HC 10:00 Bible Study- LT 10:00 Bible Conversations - CHA 10:00 Body & Mind Exercise with NIU – V 11:00 Antipasto - HC E/W 11:30 Antipasto - 1 st FL AT 1:30 Chair Chi- LT 2:00 Worship Service - CH 2:30 Curiosity Cart - HC 3:30 Coffee Hour - 1 st AT 5:00 Antipasto - 1 st AT 5:00 Birthday Dinner - HC/CYDR 5:30 Birthday Dinner - GVDR 7:00 Birthday Entertainment - V	10:00 Coffee Hour- Café 10:00 Catholic Communion & Rosary – CH 10:00 Fit- U Exercise w/ NIU - V 11:00 Antipasto - HC E/W 11:00 Happy Hearts Club*- HC1E 11:30 Antipasto 1 st AT 1:00 1:1 Visits- HC 1:30 – 3:00 “Knit Wits” Knit/Crochet Group – PVA 2:00 “Stained Glass Leaf” Craft - AK 3:00 Apartment Visit - PC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Friday Night Bingo – LT	9:30 Coffee Hour - V 10:00 Oakcrest Boys - V 2:00 Crafting - HC 3:30 Pentecostal Hymn Sing - HCAT 3:30 Coffee Hour- 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn: “RBG”- LT
21	22	23	24	25	26	27
10:00 Coffee Hour- PVA 2:00 Current Events- HC 3:30 Worship Service with Rev. Kevin Spears, Fellowship Baptist Church & fellowship to follow service - CH 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie: “The Ghost and Mr. Chicken” – HCE1 7:15 Balloon Volley Ball -HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit – U Exercise with NIU Students - V 10:00 Lots of Tots - LT 10:00 Coffee Hour - Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1 st AT 2:00 Handbells Choir– HCW1 2:30 Men’s Group - Bistro 3:30 Coffee Hour - 1 st AT 3:30 Bridges Choir - V 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Floats and Notes – “Easy Listening” with Joe and Charlie - LT	9:30 Heartland Bank - CHA 10:00 Coffee Hour-Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:00 Body & Mind Exercise with NIU – V 10:30 Resource Bank 11:00 Happy Hearts*-HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1 st AT 1:00 1:1 Visits- HC 1:30 Chair Chi Exercise - LT 2:00 Manicures - AK 3:30 Catholic Mass - CH 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Pinochle - GR 7:00 Bingo - LT	10:00 Fit - U Exercise with NIU Students - LT 10:00 First Midwest Bank - CHA 10:00 Coffee Hour- Café 10:00 Stress Management Workshop- Oaks Conference 11:00 Lunch Bunch - AK 11:00 Antipasto - HCE/W 11:30 Antipasto - 1 st AT 1:00 Scrabble & Table Games– PVA 1:00 Craft Group - Craft Room 2:30 Halloween Wheel of Fortune - HC 3:30 Coffee Hour - 1 st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 4:30 Antipasto – HCE/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film (See Weekly Highlights)	10:00 Coffee Hour - PVA 10:00 Garden Club – HCAT 10:00 Music of the Masters- PDR 10:00 Bible Conversations- CH 10:00 Body & Mind Exercise with NIU – V 11:00 Antipasto- HC E/W 11:30 Antipasto- 1 st FL AT 1:30 Chair Chi Exercise - LT 2:00 Worship Service – CH 2:30 Curiosity Cart – HC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto- HCE/W 5:00 Antipasto - 1 st AT 7:00 Dance Time “Haunted Harmonies” - HCAT	10:00 Coffee Hour - Café 10:00 Catholic Communion & Rosary - CH 10:00 Fit- U Exercise w/ NIU Students- LT 11:00 Happy Hearts - HCE 11:00 Antipasto - HC E/W 11:30 PC Resident Council Meeting - GP 1:00 1:1 Visits - HC 1:30 – 3:00 “Knit Wits” Knit/Crochet Group – PVA 2:00 Movie Matinee: “E.T. The Extra-Terrestrial” - LT 2:00 Apartment Visit - PC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Table Game – HC/LT	9:30 Coffee Hour - V 10:00 Oakcrest Boys - V 2:00 Beads/Bracelet Making - HCAT 3:00 Chit-Chat - HC 3:30 Coffee Hour- 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn: “Top Hat”- LT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	Halloween 31			
10:00 Coffee Hour- PVA 2:00 Current Events- HC 3:30 Worship Service w/Rev. Steve Persson, First Baptist Church - CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC 5:00 Antipasto - 1st AT 7:00 Movie: "Young Frankenstein" – HCE1 7:15 Parachute Fun -HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit – U Exercise with NIU Students - V 10:00 Men’s Coffee- Bistro 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 Pumpkin Carvings- AK 3:30 Coffee Hour - 1st AT 3:30 Bridges Choir - V 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 "Floats and Notes" With Julia and the Strum Bums" - LT	9:30 Heartland Bank - CHA 10:00 Coffee Hour-Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:00 Body & Mind Exercise with NIU – V 10:30 Resource Bank 11:00 Happy Hearts*-C1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 1:1 Visits- HC 1:30 Chair Chi Exercise - LT 2:00 Manicures - AK 3:30 Catholic Communion - CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Pinochle - GR 7:00 Bingo - LT	10:00 Fit - U Exercise with NIU Students - LT 10:00 First Midwest Bank - CHA 10:00 Coffee Hour- Café 10:00 Outing 10:00 Stress Management Workshop- Oaks Conference 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 Scrabble & Table Games– PVA 1:00 Craft Group - Craft Room 3:00 Halloween Costume Contest - Residents & Employees are welcome to participate - LT 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 4:30 Antipasto – HCE/W 5:00 Antipasto - 1st AT 7:00 Travelogue Film (See Weekly Highlights)			

Calendar Key

AK - Activity Kitchen	GVDR - Garden View Dining Room	CYDR - Courtyard Dining Room
RL - Rattan Lounge	SP - Side Pocket	PVA – Prairie View Atrium
CHA - Chapel Annex	CY – Courtyard	GP - Gathering Place
GR - Game Room 3 rd Floor	PDR - Private Dining Room	E1 - Family Room East 1
CH – Chapel	V – Vista Room	
CHA- Chapel Annex	1 st AT - First Floor Atrium	
LT - Little Theater	FC - Fitness Center	




**Happy
Halloween**

