


October 2018 DeKalb Area Retirement Center - Oak Crest

Independent & Duplex Residents Activities Calendar Call for more details (815) 756-8461

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool</p> <p>9:30 Monday Morning Discussion Group - GP</p> <p>10:00 Fit-U Exercise w/ NIU Students - LT</p> <p>10:00 Dishing Divas - AK</p> <p>10:00 Coffee Hour - Café</p> <p>1:00 Water Aerobics Class w/ YMCA - OC Pool</p> <p>2:00 WIG's – "Five-Mile Spur Line: A Railroad History of Sycamore, IL" – by Clint Cargile – V</p> <p>3:30 Bridges Choir – V</p> <p>3:30 Coffee Hour - 1st AT</p> <p>7:00 "New Directions in Living with Dementia" by Dementia Alliance International- LT</p>	<p>9:00 Flu Shots -LT</p> <p>9:30 Hearing Help Plus – East 146</p> <p>9:30 Heartland Bank - CHA</p> <p>10:00 Body & Mind Exercise with NIU – V</p> <p>10:00 Coffee Hour -Café</p> <p>10:00 Crossword Puzzle- GP</p> <p>10:15 Wal-Mart Bus Departs E & W Entrances</p> <p>10:30 Resource Bank</p> <p>1:30 Woodcarving - V</p> <p>1:30 Chair Chi Exercise – LT</p> <p>3:30 Coffee Hour- 1st AT</p> <p>3:30 Catholic Communion-CH</p> <p>7:00 Pinochle - GR</p> <p>7:00 Bingo Game - LT</p>	<p>8:45 Water Aerobics Class w/ YMCA-Oak Crest Pool</p> <p>10:00 - 11:30 B/P & Weight Check- Office East 146</p> <p>10:00 First National Bank-CHA</p> <p>10:00 First Midwest Bank - 2ndFL AT</p> <p>10:00 Coffee Hour- Café</p> <p>10:00 Fit-U NIU Students - V</p> <p>10:00 Shopping Bus Departs E/W doors Destination: Rt. 23 Stores</p> <p>1:00 Water Aerobics Class w/YMCA - Oak Crest Pool</p> <p>1:00 Craft Group – Craft Rm</p> <p>1:00 Scrabble/Table GamesPVA</p> <p>2:00 Bethlehem & 1st Lutheran Church Service- CH</p> <p>3:30 Coffee Hour -1st AT</p> <p>7:00 Travelgoue: "Nevada"- LT</p>	<p>10:00 Coffee Hour – Café</p> <p>10:00 Body & Mind Exercise with NIU – V</p> <p>10:00 Bible Conversations- CHA</p> <p>1:30 Creative Writers Group – Rattan Room <i>No Chair Chi Exercise</i></p> <p>2:00 Worship Service - CH</p> <p>3:30 Coffee Hour-1st AT</p> <p>7:00 Euchre - GR</p>	<p>8:45 Water Aerobics Class w/YMCA - Oakcrest Pool</p> <p>10:00 Coffee Hour– Café</p> <p>10:00 Fit-U Exercise with NIU Students – LT</p> <p>10:00 Catholic Rosary and Communion – CH</p> <p>1:00 Water Aerobics Class w/ YMCA - Oak Crest Pool</p> <p>1:30 "Knit-Wits" Knit/Crochet Group – PVA</p> <p>4:00 Social Hour - V</p> <p>7:00 Table Games – 1stAT/HC</p>	<p>9:30 Coffee Hour - V</p> <p>10:00 Oak Crest Boys - V</p> <p>3:30 Coffee Hour–1stAT</p> <p>7:00 Movie & Popcorn: "October Sky" -LT</p>
7	8	9	10	11	12	13
<p>10:00 Coffee Hour- PVA</p> <p>3:30 Worship Service (Communion) with Sycamore United Methodist Church – CH</p> <p>3:30 Coffee Hour - 1st AT</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool</p> <p>9:30 Monday Morning Discussion Group - GP</p> <p>10:00 Fit-U Exercise w/ NIU Students - V</p> <p>10:00 Lots of Tots - LT</p> <p>10:00 Coffee Hour - Café</p> <p>1:00 Water Aerobics Class w/ YMCA - OC Pool</p> <p>3:30 Coffee Hour - 1st AT</p> <p>3:30 Bridges Choir – V</p> <p>7:00 Floats and Notes with Reilly Farrell, pianist – LT</p>	<p>9:30 Heartland Bank - CHA</p> <p>10:00 Coffee Hour - Café</p> <p>10:00 Body & Mind Exercise with NIU – V</p> <p>10:00 Crossword Puzzle- LT</p> <p>10:15 Wal-Mart Bus Departs E & W Entrances</p> <p>10:30 Resource Bank</p> <p>1:30 Woodcarving – V</p> <p>1:30 Chair Chi Exercise - LT</p> <p>3:30 Coffee Hour- 1st AT</p> <p>3:30 Catholic Communion-CH</p> <p>7:00 Pinochle - GR</p> <p>7:00 Bingo Game - LT</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool</p> <p>10:00 – 11:30 B/P & Weight Check - Office East 146</p> <p>10:00 Fit-U Exercise w/ NIU - V</p> <p>10:00 First Midwest Bank-CHA</p> <p>10:00 Coffee Hour- Café</p> <p>10:00 Tour of Kishwaukee College- Depart Door 4/18</p> <p>1:00-3:00"Planning & Preparing for Loss: What to Do When a Loved One Dies"-V</p> <p>1:00 Water Aerobics Class w/ YMCA-OakCrest Pool</p> <p>1:00 Craft Group– Craft Rm</p> <p>1:00 Scrabble/Table GamesPVA</p> <p>3:30 Coffee Hour -1st AT</p> <p>4:00 Piano Program by Cody Marbutt, Volunteer- PVA</p> <p>7:00 DeKalb County Historical Society- LT</p>	<p>10:00 Coffee Hour – Café</p> <p>10:00 Body & Mind Exercise with NIU – V</p> <p>10:00 Bible Conversation -CHA</p> <p>11:45 Oak Crest Area Rotary Meeting- LT</p> <p>1:30 Chair Chi Exercise - GP</p> <p>2:00 Worship Service – CH</p> <p>3:30 Coffee Hour - 1st AT</p> <p>7:00 Euchre – GR</p> <p>7:00 DeKalb Area Garden Club Meeting – V</p> <p>7:00 Nature: " Must See Places of the World: Australia the Beautiful "– LT</p>	<p>8:45 Water Aerobics Class w/ YMCA - OC Pool</p> <p>10:00 Coffee Hour - Café</p> <p>10:00 Fit-U with NIU Students - LT</p> <p>10:00 Catholic Communion & Rosary – CH</p> <p>1:00 Water Aerobics Class w/ YMCA - OC Pool</p> <p>1:30"Knit-Wits" Knit/Crochet Group – PVA</p> <p>2:00 Movie Matinee: "Teacher's Pet" - LT</p> <p>3:30 Coffee Hour - 1st AT</p> <p>7:00 Table Games – 1stAT/HC</p>	<p>9:30 Coffee Hour – V</p> <p>10:00 Oak Crest Boys - V</p> <p>2:00 Volunteer Tea- V</p> <p>3:30 Coffee Hour–1stAT</p> <p>7:00 Movie & Popcorn: "Flipped"- LT</p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
14	15	16	17	18	19	20
<p>10:00 Coffee Hour – PVA 3:30 Worship Service with Pastor Noah Panlilio, Malta Methodist - CH 3:30 Coffee Hour - 1st AT</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 9:30 Monday Morning Discussion Group - GP 10:00 Fit-U Exercise with NIU Students - LT 10:00 Coffee Hour - Café 10:00 Dishing Divas - AK 1:00 Water Aerobics Class w/YMCA-Oak Crest Pool 2:00 WIG's featuring Midwest Museum of Natural History" - V 3:30 Coffee Hour- 1st AT 3:30 Bridges Choir – V 7:00 Documentary: "Barbara Stanwyck"- LT</p> <p style="text-align: center;"><i>* Birthday Dinner Reservations for Guests and Reserved Tables are due Today</i></p>	<p>9:30 NIU Speech & Hearing– PVA 9:30 Heartland Bank – CHA 10:00 Body & Mind Exercise with NIU – V 10:00 Coffee Hour - Café 10:00 Crossword Puzzle - LT 10:15 Wal-Mart Bus Departs E &W Entrances 10:30 Resource Bank 1:15 Book Club - Rattan Rm 1:30 Woodcarving - V 1:30 Chair Chi Exercise - LT 3:00 Resident Council Meeting- LT 3:30 Coffee Hour - 1st AT 3:30 Catholic Communion-CH 7:00 Pinochle – GR 7:00 Bingo Game - LT</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 10:00-11:30 B/P & Weight Check - Office East 146 10:00 First Midwest Bank– CHA 10:00 Coffee Hour - Café 10:00 Fit-U Exercise w/ NIU Students - LT 1:00 Craft Group – Craft Rm 1:00 Scrabble/Table Games- PVA 1:00 Water Aerobics Class w/ YMCA-OakCrest Pool 2:00 Worship Service with St. Paul's Episcopal Church - CH 3:30 Coffee Hour -1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 7:00 Documentary: "The Story of America: Leading the World" – LT</p>	<p>10:00 Body & Mind Exercise with NIU – V 10:00 Coffee Hour - Café 10:00 Bible Conversations - CHA 11:30 Kitchen Tour- Dining Room Lobby 1:30 Chair Chi Exercise - LT 2:00 Worship Service - CH 3:30 Coffee Hour - 1st AT 5:30 Birthday Dinner 7:00 Birthday Entertainment - V</p>	<p>8:45 Water Aerobics Class w/ YMCA-Oak Crest Pool 10:00 Coffee Hour - Café 10:00 Fit-U Exercise w/ NIU Students - V 10:00 Catholic Rosary and Communion - CH 1:00 Water Aerobics Class w/ YMCA - Oak Crest Pool 1:30 "Knit-Wits" Knit/Crochet Group – PVA 3:30 Coffee Hour - 1st AT 7:00 Friday Night Bingo - LT</p>	<p>9:30 Coffee Hour – V 10:00 Oak Crest Boys - V 3:30 Coffee Hour–1st AT 7:00 Movie & Popcorn: "RBG"- LT</p>
21	22	23	24	25	26	27
<p>10:00 Coffee Hour – PVA 3:30 Worship Service with Rev. Kevin Spears, Fellowship Baptist Church & Fellowship following the service – CH 3:30 Coffee Hour - 1st AT</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 9:30 Monday Morning Discussion Group - GP 10:00 Fit-U Exercise w/ NIU Students - V 10:00 Lots of Tots - LT 10:00 Coffee Hour - Café 1:00 Water Aerobics Class w/ YMCA - OC Pool 3:30 Coffee Hour - 1st AT 3:30 Bridges Choir – V 7:00 "Floats and Notes" "Easy Listening" with Joe and Charlie-LT</p>	<p>9:30 Heartland Bank - CHA 10:00 Body & Mind Exercise with NIU – V 10:00 Coffee Hour - Café 10:00 Crossword Puzzle - LT 10:15 Wal-Mart Bus Departs E &W Entrances 10:30 Resource Bank 1:30 Woodcarving - V 1:30 Chair Chi Exercise - LT 3:30 Coffee Hour - 1st AT 3:30 Catholic Mass - CH 7:00 Pinochle - GR 7:00 Bingo - LT</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 10:00 – 11:30 B/P & Weight Check - Office East 146 10:00 First Midwest Bank- CHA 10:00 Coffee Hour - Café 10:00 Fit-U Exercise w/ NIU Students – LT 10:00 Stress Management Program- Oaks Conference Rm 1:00 Craft Group – Craft Rm 1:00 Water Aerobics Class w/ YMCA-OakCrest Pool 1:00 Scrabble & Table Games – PVA 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 7:00 Nature: "National Geographic: Gorilla" - LT</p>	<p>10:00 Body & Mind Exercise with NIU – V 10:00 Coffee Hour – Café 10:00 Bible Conversation- CHA 11:45 Oak Crest Area Rotary Meeting- GP 1:30 Chair Chi Exercise - LT 2:00 Worship Service – CH 3:30 Coffee Hour - 1st AT 7:00 Euchre - GR</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 10:00 Coffee Hour - Café 10:00 Fit-U Exercise w/ NIU Students - LT 10:00 Catholic Rosary and Communion - CH 1:00 Water Aerobics Class w/ YMCA – Oak Crest Pool 1:30 "Knit-Wits" Knit/Crochet Group - PVA 2:00 Movie Matinee: "E.T." The Extra – Terrestrial"- LT 3:30 Coffee Hour - 1st AT 7:00 Table Game- 1st AT</p>	<p>9:30 Coffee Hour – V 10:00 Oak Crest Boys - V 3:30 Coffee Hour–1st AT 7:00 Movie & Popcorn: "Top Hat"- LT</p>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
28	29	30	31			
10:00 Coffee Hour- PVA 3:30 Worship Service w/ Rev. Steve Persson, First Baptist Church -CH 3:30 Coffee Hour - 1 st AT	8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 9:30 Monday Morning Discussion Group - GP 10:00 Fit-U Exercise w/ NIU Students - V 10:00 Coffee Hour - Café 1:00 Water Aerobics Class w/ YMCA - OC Pool 3:30 Coffee Hour - 1 st AT 7:00 "Floats and Notes" with Julia and the Strum Bums" - LT	9:30 Heartland Bank - CHA 10:00 Body & Mind Exercise with NIU - V 10:00 Coffee Hour - Café 10:00 Crossword Puzzle - LT 10:15 Wal-Mart Bus Departs E &W Entrances 10:30 Resource Bank 1:30 Woodcarving - V 1:30 Chair Chi Exercise - LT 3:30 Coffee Hour - 1 st AT 3:30 Catholic Communion - CH 7:00 Pinochle - GR 7:00 Bingo - LT	8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 10:00 - 11:30 B/P & Weight Check - Office East 146 10:00 First Midwest Bank- CHA 10:00 Coffee Hour - Café 10:00 Fit-U Exercise w/ NIU Students - LT 10:00 Stress Management Program- Oaks Conference Rm 1:00 Craft Group - Craft Rm 1:00 Water Aerobics Class w/ YMCA-OakCrest Pool 1:00 Scrabble & Table Games - PVA 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 7:00 Documentary: "The Haunted History of Halloween" - LT			

Calendar Key

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

* WIGs = Women's Interest Group

Rooms Near Primary Entrances

Door #4 (West Entrance/ First Floor Entry)- Little Theater, Gathering Place, Personal Care Nurses Station, Shoppe, Beauty Shop
Door #11 (Health Center) – Health Center Unit
Door #18 (East Entrance/ Second Floor Entry) – Café, Resource Room, Prairie View Atrium, Pool Table (3rd Floor)
Door #26 (The Oaks) – Bistro & Fitness Center

