



January 2019 DeKalb Area Retirement Center/Oak Crest

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		NEW YEAR'S DAY 1	2	3	4	5
		<p>10:00 Coffee Hour - PVA 10:00 Rose Bowl Parade – LT 10:00 New Year's Resolution – Bistro 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 Instant Theater - HC 3:30 Coffee Hour - 1st AT 3:00 Rose Bowl Game - LT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 New Year Bingo – HCAT</p> 	<p>10:00 First National Bank - CHA 10:00 First Midwest Bank-2nd FI 10:00 Fit – U Exercise - V 10:00 Coffee Hour - Café 10:30 HC Resident Council - LT 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 1:00 Scrabble/Table Games-PVA 2:00 First Lutheran & Bethlehem Church Service- CH 2:30 Drumming Circle - LT 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt, Volunteer - PVA 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Travelogue (See Weekly Highlights for the feature) 7:15 Ring Toss - HCAT</p>	<p>10:00 Coffee Hour - Café 10:00 Garden Club - HCE1 10:00 Bible Study - LT 10:00 Bible Conversations - CHA 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 Dance Time - HCAT</p>	<p>10:00 Coffee Hour-Café 10:00 Catholic Communion & Rosary – CH 10:00 Fit-U Exercise – LT 11:00 Happy Hearts Club*-HC1E 11:00 Antipasto- HC E/W 11:30 Antipasto - 1st FL AT 1:30 - 3:00 “Knit Wits” Knit/Crochet Group - PVA 2:00 Pine Cone Bird Feeder Making - AK 3:00 Apartment Visit – PC 3:30 Coffee Hour- 1st FL AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Table Games- LT</p>	<p>9:30 Coffee Hour - V 10:00 Oak Crest Boys - V 2:00 Knitting - HCAT 3:00 Chit Chat - HCAT 3:30 Coffee Hr - 1stAT 4:30 Antipasto - HCE/W 5:00 Antipasto - 1stAT 7:00 Movie & Popcorn: “A Shine of Rainbows”-LT</p>
6	7	8	9	10	11	12
<p>10:00 Coffee Hour- PVA 2:00 Current Events- HC 3:30 Worship Service (Communion) Rev. Blake Richter, Westminster Presbyterian Church – CH 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC 5:00 Antipasto - 1st AT 7:00 Movie: “Air Bud Toby” -HCE 7:15 Chair Yatzee – HCAT</p>	<p>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 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 1:00 Workshop “Taking Charge of Your Diabetes” by Voluntary Action Center- LT 2:00 WIG’s: “One Room Schoolhouse” by Ken & Jane Dargatz- V 2:30 Bunco/Card Game - HC 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Documentary “All the Queen’s Horses”- LT</p>	<p>9:30 Heartland Bank - CHA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:00 Mind & Body Exercise w/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 Service of Remembrance- CH 3:00 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</p>	<p>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 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 Travelogue Film (See Weekly Highlights) 7:15 Bags Game - HCAT</p>	<p>10:00 Coffee Hour-Café 10:00 Garden Club – HCE1 10:00 Poetry Reading – PDR 10:00 Bible Conversations- CHA 10:00 Mind & Body Exercise w/NIU- V 11:00 Antipasto- HC E/W 11:30 Antipasto - 1st FL AT 12:00 Oak Crest Area Rotary Meeting-LT 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 Rhythm Band - HCAT</p>	<p>10:00 Coffee Hour- Café 10:00 Catholic Communion & Rosary - CH 10:00 Fit- U Exercise w/ NIU - LT 11:00 Happy Hearts Club*-HC1E 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st FL AT 1:00 1:1 Visits - HC 1:30 - 3:00 “Knit Wits” Knit/Crochet Group - PVA 2:00 Movie Matinee: “Carousel” - 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</p>	<p>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 - HC 5:00 Antipasto - 1stAT 7:00 Movie & Popcorn: “Clue”-LT</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
10:00 Coffee Hour – PVA 2:00 Current Events- HC 3:30 Worship Service w/ Rev. 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 Best of Dean Martin Variety Show”- HCE 7:15 Parachute Fun – HCAT	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 11:00 Antipasto - HC E/W 11:30 Antipasto - 1 st AT 1:00 Workshop “Taking Charge of Your Diabetes” by Voluntary Action Center- LT 2:00 Handbell Choir – HCW1 2:30 Card Game/Crazy 8’s- HC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Floats & Notes featuring “Charlie & Patty”- LT	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 Mind & Body Exercise w/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 - LT	10:00 First Midwest Bank - CHA 10:00 Coffee Hour- Café 10:00 Fit – U Exercise w/ NIU Students - LT 10:00 Outing 10:00 Dr. Fredrich Eye Glass Maintenance-1 st AT 10:30 Hymn Sing - HC/EW 11:30 Antipasto - 1 st AT 1:00 Scrabble/ Table Games PVA 1:00 Craft Group - Craft Room 2:30 Sweet Joy of Coloring – Snowflakes - HCAT 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) 7:15 “Lawn Dice” – HCAT	10:00 Coffee Hour - Café 10:00 Garden Club – HC 10:00 Bible Study – LT 10:00 Bible Conversations - CHA 10:00 Mind & Body Exercise w/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 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 - LT 11:00 Happy Hearts Club*- HCE 11:00 Antipasto - HC E/W 11:30 Antipasto 1 st FI AT 1:00 1:1 Visits- HC 1:30 – 3:00 “Knit Wits” Knit/Crochet Group – PVA 2:00 Instant Theater - LT 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 Scrapbooking – HCAT 3:30 Chit Chat - HCAT 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn: “Florence Foster Jenkins”-LT
20	21	22	23	24	25	26
10:00 Coffee Hour- PVA 2:00 Current Events- HC 3:30 Worship Service w/ Rev. Kevin Spears, Fellowship Baptist Church - CH 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie: “Shirley Temple: Captain January”- HCE 7:15 Balloon Volley Ball -HCAT	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 11:00 Antipasto - HC E/W 11:30 Antipasto - 1 st AT 1:00 Workshop “Taking Charge of Your Diabetes” by Voluntary Action Center- LT 2:00 WIG’s: “Midwest Museum of Natural History” by Jessica Landau-V 2:30 Bunco/Card Game - HC 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Recorded Program	9:30 Heartland Bank - CHA 10:00 Coffee Hour-Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:30 Resource Bank 10:00 Mind & Body Exercise w/NIU- V 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 3:00 Bereavement Support Group- RL 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 Performance: “Jazz in Progress” -V	10:00 Fit – U Exercise with NIU Students - LT 10:00 First Midwest Bank - CHA 10:00 Coffee Hour- Café 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 Card Game - HCAT 3:30 Coffee Hour - 1 st AT 3:30 Program: “Learn about the weekly Resource Bank visit at Oak Crest”- LT 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 for feature.) 7:15 “Ring Toss” - HCAT	10:00 Coffee Hour – Café 10:00 Garden Club – HCAT 10:00 Music of the Masters – PDR 10:00 Bible Conversations- CH 10:00 Mind & Body Exercise w/NIU- V 11:00 Antipasto- HC E/W 11:30 Antipasto- 1 st FL AT 12:00 Oak Crest Area Rotary Meeting-LT 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 - 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: “The King’s Speech” - LT 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 Table Game - HCAT	9:30 Coffee Hour - V 10:00 Oakcrest Boys - V 2:00 Sing Along – HCAT 3:00 Chit Chat - HCAT 3:30 Coffee Hour - 1 st AT 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn: “Fantasticks”-LT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	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: "A Walk in the Clouds"- HCE 7:15 Chair Yatzee -HCAT	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 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 1:00 Workshop "Taking Charge of Your Diabetes" by Voluntary Action Center- LT 2:00 Handbell Choir – HCW1 2:30 Card Game/Bunco - HC 3:30 Coffee Hour - 1st AT 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Floats & Notes featuring Reilly Ferrel, Piano - LT	9:30 Heartland Bank - CHA 10:00 Coffee Hour-Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle – LT 10:00 Mind & Body Exercise w/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 – GP 2:00 Art Institute- Art Insights Program- LT 3:00 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 Veterans Meet & Greet- V 10:00 Outing 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st AT 1:00 Scrabble & Table Games– PVA 1:00 Craft Group - Craft Room 2:30 Men's Group - Bistro 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 for feature.) 7:15 "Bags" – HCAT	10:00 Coffee Hour - PVA 10:00 Garden Club – HCAT 10:00 TBA 10:00 Bible Conversations- CH 10:00 Mind & Body Exercise w/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- HCE/W 5:00 Antipasto - 1st AT 7:00 Rhythm Band - HCAT		

Calendar Key

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