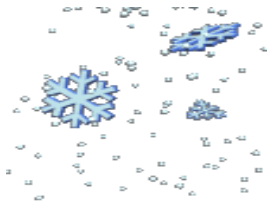



# January 2019 DeKalb Area Retirement Center - Oak Crest

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>NEW YEAR'S DAY 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p>Wishing you a Happy New Year!</p> <p>Welcome 2019</p> 		<p>10:00 Coffee Hour- PVA 10:00 Rose Bowl Parade- LT 3:30 Coffee Hour- 1st AT 3:00 Rose Bowl Game – LT</p> 	<p>10:00 - 11:30 B/P &amp; Weight Check- Office East 146 10:00 First National Bank-CHA 10:00 First Midwest Bank- 2nd FL 10:00 Coffee Hour- Café 10:00 Fit-U Exercise - V 10:00 Shopping Bus Departs E/W doors Destination: Rt. 23 Stores 1:00 Scrabble/ Table Games- PVA 2:00 First Lutheran &amp; Bethlehem Church Service- CH 3:30 Coffee Hour -1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 7:00 Nature: "The Wild Arctic: The Frozen Seas" – LT</p>	<p>10:00 Coffee Hour – Café 10:00 Bible Conversations- CHA 1:30 Chair Chi Exercise–LT 2:00 Worship Service - CH 3:30 Coffee Hour-1st AT 7:00 Euchre - PVA</p>	<p>10:00 Coffee Hour– Café 10:00 Fit-U Exercise - LT 10:00 Catholic Rosary and Communion – CH 1:30 "Knit-Wits" Knit/Crochet Group – PVA 3:30 Coffee Hour- 1st FI At 7:00 Table Games - LT</p>	<p>9:30 Coffee Hour - V 10:00 Oak Crest Boys – V 3:30 Coffee Hour–1stAT 7:00 Movie &amp; Popcorn: "A Shine of Rainbows" LT</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>10:00 Coffee Hour- PVA 3:30 WorshipService (Communion) with Rev. Blake Richter, Westminster Presbyterian Church- 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 1:00 Workshop "Taking Charge of Your Diabetes" by Voluntary Action Center- LT 2:00 WIG's: "One Room Schoolhouse" by Ken &amp; Jane Dargatz- V 3:30 Coffee Hour- 1stAT 7:00 Documentary "All the Queen's Horses" – LT</p>	<p>9:30 Hearing Help Plus- E146 9:30 Heartland Bank - CHA 10:00 Body &amp; Mind Exercise with NIU – V 10:00 Coffee Hour - Café 10:00 Crossword Puzzle - LT 10:15 Wal-Mart Bus Departs E &amp; W Entrances 10:30 Resource Bank 1:30 Woodcarving – V 1:30 Chair Chi Exercise– LT 2:00 Service of Remembrance - CH 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 &amp; Weight Check - Office East 146 10:00 Fit-U Exercise w/ NIU - V 10:00 First Midwest Bank-CHA 10:00 Coffee Hour- Café 10:00 Shopping Bus Departs E/W doors Destination: Rt. 23 Stores 1:00 Water Aerobics Class w/ YMCA-OakCrest Pool 1:00 Craft Group– Craft Rm 1:00 Scrabble/Table Games– PVA 3:30 Coffee Hour -1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 7:00 Documentary: "Connecticut" - LT</p>	<p>10:00 Coffee Hour – Café 10:00 Bible Conversation -CHA 10:00 Body &amp; Mind Exercise with NIU – V 12:00 Oak Crest Area Rotary Meeting- LT 1:30 Chair Chi Exercise – LT 2:00 Worship Service - CH 3:30 Coffee Hour - 1st AT 7:00 Euchre – PVA</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 10:00 Coffee Hour - Café 10:00 Fit-U with NIU Students - LT 10:00 Catholic Communion &amp; Rosary – CH 1:00 Water Aerobics Class w/ YMCA - Oak Crest Pool 1:30 "Knit-Wits" Knit/Crochet Group – PVA 2:00 Movie Matinee: "Carousel" - LT 3:30 Coffee Hour - 1st AT 7:00 Table Games- LT</p>	<p>9:30 Coffee Hour – V 10:00 Oak Crest Boys - V 3:30 Coffee Hour–1stAT 7:00 Movie &amp; Popcorn: "Clue"- LT</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>10:00 Coffee Hour – PVA 3:30 Worship Service with Rev. Noah Panlilio, Malta Methodist Church - 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 Coffee Hour - Café 10:00 Lots of Tots – LT 1:00 Water Aerobics Class w/ YMCA - OC Pool 1:00 Workshop “Taking Charge of Your Diabetes” by Voluntary Action Center- LT 3:30 Coffee Hour - 1st AT 7:00 Floats &amp; Notes featuring “Charlie &amp; Patty”- LT</p> <ul style="list-style-type: none"> <li>BIRTHDAY DINNER RESERVATIONS FOR GUESTS AND RESERVED TABLES ARE DUE TODAY</li> </ul>	<p>9:30 NIU Speech &amp; Hearing- – PVA 9:30 Heartland Bank - CHA 10:00 Coffee Hour - Café 10:00 Crossword Puzzle – LT 10:00 Body &amp; Mind Exercise with NIU – V 10:15 Wal-Mart Bus Departs E &amp;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 - GP 3:30 Coffee Hour - 1st AT 3:30 Catholic Communion- 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 &amp; 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 Dr. Fredrich Eye Glass Maintenance -1st AT 1:00 Craft Group – Craft Rm 1:00 Scrabble/Table Games- PVA 1:00 Water Aerobics Class w/ YMCA-OakCrest Pool 3:30 Coffee Hour -1st AT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 7:00 Nature: “National Parks: “The Everglades a Subtropical Paradise” - LT</p>	<p>10:00 Coffee Hour - Café 10:00 Bible Conversations - CHA 10:00 Body &amp; Mind Exercise with NIU – V 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 - 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 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–1stAT 7:00 Movie &amp; Popcorn: “Florence Foster Jenkins”-LT</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p>10:00 Coffee Hour – PVA 3:30 Worship Service with Rev. Kevin Spears, Fellowship Baptist Church - 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 Dishing Divas - AK 10:00 Coffee Hour- Café 1:00 Workshop “Taking Charge of Your Diabetes” by Voluntary Action Center- LT 1:00 Water Aerobics Class w/ YMCA - Oak Crest Pool 2:00 WIG’s: “Midwest Museum of Natural History” by Jessica Landau- V 3:30 Coffee Hour- 1stAT 7:00 Recorded Program</p>	<p>9:30 Heartland Bank - CH 10:00 Coffee Hour - Café 10:00 Crossword Puzzle – LT 10:00 Body &amp; Mind Exercise with NIU – V 10:15 Wal-Mart Bus Departs E &amp;W Entrances 10:30 Resource Bank 1:30 Woodcarving - V 1:30 Chair Chi Exercise – LT 3:00 Bereavement Support Group- RL 3:30 Coffee Hour - 1st AT 3:30 Catholic Mass - CH 7:00 Pinochle - GR 7:00 Performance: “Jazz in Progress”-V</p>	<p>8:45 Water Aerobics Class w/YMCA-Oak Crest Pool 10:00 – 11:30 B/P &amp; 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 Shopping Bus Departs E/W doors Destination: Rt. 23 Stores 1:00 Craft Group – Craft Rm 1:00 Water Aerobics Class w/ YMCA-OakCrest Pool 1:00 Scrabble &amp; Table Games – PVA 3:30 Coffee Hour - 1st AT 3:30 Learn about the weekly Resource Bank visit at Oak Crest- LT 4:00 Piano Program by Cody Marbutt, Volunteer- PVA 7:00 Documentary: “Rome Power and Glory: The Rise” - LT</p>	<p>10:00 Coffee Hour – Café 10:00 Bible Conversation -CHA 10:00 Body &amp; Mind Exercise with NIU – V 12:00 Oak Crest Area Rotary Meeting- LT 1:30 Chair Chi Exercise - LT 2:00 Worship Service - CH 3:30 Coffee Hour - 1st AT 5:30 Board of Trustees Dinner 7:00 Euchre – PVA</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: “The King’s Speech” - LT 3:30 Coffee Hour - 1st AT 7:00 Table Games - LT</p>	<p>9:30 Coffee Hour – V 10:00 Oak Crest Boys - V 3:30 Coffee Hour–1stAT 7:00 Movie &amp; Popcorn: “Fantasticks”-LT</p>

Sunday	Monday	Tuesday	Wednesday	Thursday		
27	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 <sup>st</sup> 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 Lots of Tots- LT 10:00 Coffee Hour - Café 1:00 Workshop “Taking Charge of Your Diabetes” by Voluntary Action Center- LT 1:00 Water Aerobics Class w/ YMCA - OC Pool 3:30 Coffee Hour - 1 <sup>st</sup> AT 7:00 Floats & Notes featuring Reilly Farrell, Piano - LT	9:30 Heartland Bank - CH 10:00 Coffee Hour - Café 10:00 Crossword Puzzle – LT 10:00 Body & Mind Exercise with NIU – V 10:15 Wal-Mart Bus Departs E & W Entrances 10:30 Resource Bank 1:30 Woodcarving - V 1:30 Chair Chi Exercise – GP 2:00 Art Institue- Art Insights Program- LT 3:30 Coffee Hour - 1 <sup>st</sup> 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 Exercise - LT 10:00 Veterans Meet & Greet-V 1:00 Craft Group – Craft Rm 1:00 Water Aerobics Class w/ YMCA-Oak Crest Pool 1:00 Scrabble & Table Games - PVA 3:30 Coffee Hour - 1st AT 4:00 Piano Program by Cody Marbutt - LT 7:00 Documentary: National Geographic 125 Years: Search for the Afghan Girl” - LT	10:00 Coffee Hour – Café 10:00 Bible Conversation -CHA 10:00 Body & Mind Exercise with NIU – V 1:30 Chair Chi Exercise - LT 2:00 Worship Service - CH 3:30 Coffee Hour - 1st AT 7:00 Euchre – PVA		

### Calendar Key

1stAT - First Floor Atrium  
 AK - Activity Kitchen  
 CHA - Chapel Annex  
 CH - Chapel  
 CY – Courtyard  
 CYDR - Courtyard Dining Room  
 FC - Fitness Center  
 GVDR - Garden View Dining Room  
 GP - Gathering Place  
 GR - Game Room 3<sup>rd</sup> Floor  
 HCW – Health Center West  
 HCE – Health Center East  
 HCAT – Health Center Atrium  
 LT - Little Theater  
 PDR - Private Dining Room  
 PVA – Prairie View Atrium  
 RL - Rattan Lounge  
 SP - Side 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 (3<sup>rd</sup> Floor)  
**Door #26** (The Oaks) – Bistro & Fitness Center

