

February 2020 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
						1
						9:30 Coffee Hour - V 10:00 Oak Crest Boys-V 2:00 Ground Hog Day Race Track Game – HCAT 3:00 Coffee Hr - Bistro 4:30 Antipasto - HC 5:00 Antipasto - 1 st Fl AT 7:00 Movie & Popcorn: “50 First Dates” - LT
2	3	4	5	6	7	8
10:00 Coffee Hour – PVA 2:00 Current Events-HE1 3:00 Coffee Hour- 1 st AT 3:30 Worship Service (Communion) Sycamore United Methodist Church- CH 5:30 Super Bowl Game -LT San Francisco 49ers vs Kansas City Chiefs 7:00 Movie: “Nearlyweds” – HCE1	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 “Spark!” Your Interest Group”: “Organic Farming” by Aaron Butler - V 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Recorded Concert “Andrea Bocelli: A Night in Tuscany”-LT	9:30 Hearing Help Plus- E146 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 - CYDR 10:30 Resource Bank 11:00 Happy Hearts*- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1st FL AT 1:00 1:1 Visits - HC 1:30 Chair Chi Exercise - LT 2:00 Manicures - AK 3:00 Coffee Hour - Bistro 3:30 Catholic Communion - CH 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st FL AT 7:00 Pinochle - GR 7:00 Bingo Game – LT	10:00 Coffee Hour- PVA 10:00 Fit-U Exercise w/NIU Students – LT 10:00 First Midwest Bank- CHA 10:30 Health Center Resident Council Meeting - GP 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 Bethlehem & First Lutheran Church Service- CH 2:00 Joy of Coloring – HCE1 3:00 Coffee Hour – Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Travelogue Film (See Weekly Highlights) 7:15 Table Top Bag Game - HCAT	10:00 Coffee Hour – Café 10:00 Mind & Body Exercise w/NIU-CYDR 10:00 Bible Study - PDR 10:00 Garden Club – HCE1 10:00 Bible Conversations - CHA 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 3:00 Coffee Hour - Bistro 4:30 Antipasto-HC E/W 5:00 Antipasto-1 st FL AT 7:00 Rhythm Band - 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 Club- HC1E 11:00 Antipasto- HC E/W 11:30 Antipasto - 1 st FL AT 1:30 - 3:00 “Knit Wits” Knit/Crochet Group - PVA 2:00 Potpourri Hearts –Craft - AK 3:00 Coffee Hour – Bistro 4:00 Social Hour - LT 5:00 Antipasto - 1 st FL AT 7:00 Vander Bleek Family Concert -V	9:30 Coffee Hour - V 10:00 Oak Crest Boys-V 2:00 Sing-Along - HCAT 3:00 Coffee Hr – Bistro 4:30 Antipasto - HC 5:00 Antipasto - 1 st Fl AT 7:00 Movie & Popcorn – “Michael”- LT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	VALENTINES DAY 14	15
10:00 Coffee Hour – PVA 2:00 Webster Family Hymn Sing & Recital - CH 3:00 Coffee Hour - Bistro 3:30 Worship Service w/ Rev. Jeremiah Thompson, Malta Methodist Church- CH 4:30 Antipasto - HC 5:00 Antipasto - 1st AT 7:00 Movie: “Be My Valentine” – HCE1 7:00 Hymn Reflections- 2 nd Floor Atrium	9:30 Monday Morning Discussion Group - GP 10:00 Coffee Hour – Café 10:00 Fit–U Exercise w/NIU Students – V 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 Handbell Choir – HCW1 2:30 Bunco Game – HCE1 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 “Floats and Notes” – Joe and Charlie “Easy Listening” - LT	10:00 D & D Jewelry-PVA 10:00 Coffee Hour - Café 10:00 Manicures - HCE/W 10:00 Crossword Puzzle - LT 10:00 Mind & Body Exercise With NIU- CYDR 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 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Pinochle - GR 7:00 Bingo - LT	10:00 First Midwest Bank – CHA 10:00 Coffee Hour- Cafe 10:00 Fit - U Exercise w/NIU Students - V 10:00 Chocolate Hearts Craft - AK 11:00 Antipasto - HCE/W 11:30 Antipasto - 1 st AT 1:00 Scrabble/Table Games- PVA 1:00 Craft Group – Craft Room 2:00 Red Hat Tea - HC Dining Rm 3:00 Coffee Hour & Sing Along – Bistro 4:30 Antipasto - HCE/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film (See Weekly Highlights) 7:15 Ring Toss - HCAT	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 – CYDR 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 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Valentines 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 Club- HC1E 11:00 Antipasto - HCE/W 11:30 Antipasto - 1 st FL AT 1:00 1:1 Visits - HC 1:30 - 3:00 “Knit Wits” Knit/Crochet – PVA 2:00-4:00 Sweetheart Buffet -LT 3:00 Apartment Visits – PC 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1 st AT 7:00 Table Games - HCAT	9:30 Coffee Hour - V 10:00 Oak Crest Boys –V 2:00 Knitting - HCAT 3:00 Coffee Hr – Bistro 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcorn: “Crossing Delancey” -LT
16	17	18	19	20	21	22
10:00 Coffee Hour- PVA 2:00 Current Events– HCE1 3:30 Worship Service w/ Rev. Kevin Spears, Fellowship Baptist Church - CH 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC 5:00 Antipasto - 1st AT 7:00 Feature Film (See weekly highlights)-LT 7:15 Horse Shoe Game – 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 - 1st AT 2:00 Spark! “Bones in our body” by Terry Martin – V 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Recorded Concert: “Tony Bennett & Lady Gaga”-LT	9:30 NIU Speech & Hearing-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- CYDR 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 1:00 NIU Chamber Choir – LT NO Chair Chi 2:00 Manicures- AK 3:00 Coffee Hour - Bistro 3:30 Catholic Communion - CH 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 10:30 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 w/ St. Paul’s Episcopal Church - CH 2:00 Card Game – HCE1 3:00 Coffee Hour - Bistro 4:30 Antipasto – HCE/W 5:00 Antipasto - 1 st AT 7:00 Travelogue Film (See Weekly Highlights) 7:15 “Bags Game” – HCAT	10:00 Coffee Hour - Café 10:00 Garden Club – HC 10:00 Bible Study – PDR 10:00 Bible Conversations- CHA 10:00 Mind & Body Exercise w/NIU – CYDR 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 3:00 Coffee Hour - Bistro 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 Students - LT 11:00 Happy Hearts Club- HC1E 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 Movie Matinee: “An Affair to Remember” – LT 2:00 Apartment Visit - PC 3:00 Coffee Hour - Bistro 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 Oak Crest Boys – V 2:00 Sing-Along -HCAT 3:00 Chit Chat - HCAT 3:00 Coffee Hr –Bistro 4:30 Antipasto - HC 5:00 Antipasto - 1 st AT 7:00 Movie & Popcon: “Hidden Figures”- LT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	FAT TUESDAY 25	Ash Wednesday 26	27	28	29
10:00 Coffee Hour- PVA 2:00 Centennarian Tea - V 3:30 Worship Service with Rev. Steve Persson, First Baptist Church – CH 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC 5:00 Antipasto - 1st AT 7:00 Feature Film (See weekly highlights)-LT 7:15 Balloon Volleyball- HCAT	9:30 Monday Morning Discussion Group - GP 10:00 Fit-U Exercise w/NIU Students – V 10:00 Coffee Hour- Café 11:00 Antipasto - HC E/W 11:30 Antipasto - 1st AT 2:00 Handbells Choir-HCW 2:15 Card Game - HCE 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 “Floats and Notes” TBA - LT	10:00 Coffee Hour-Café 10:00 Manicures - HCE/W 10:00 “Fat Tuesday Party” Packzi & Coffee-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 3:00 Manicures - AK 3:30 Catholic Mass - 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 11:00 Lunch Bunch - AK 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 3:00 Coffee Hour - Bistro 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 Garden Club – HCE1 10:00 Music of the Master- PDR 10:00 Coffee Hour – Café 10:00 Mind & Body Exercise w/NIU – CYDR 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 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Hawaiian 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 Club- HC1E 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 - PVA 2:00 Movie Matinee: “12 Years A Slave” - LT 3:00 Apartment Visit - PC 3:00 Coffee Hour - Bistro 4:30 Antipasto - HC E/W 5:00 Antipasto - 1st AT 7:00 Table Games - HCAT	9:30 Coffee Hour - V 10:00 Oak Crest Boys – V 2:00 Leap Year - HCAT 3:00 Chit Chat - HCAT 3:00 Coffee Hr –Bistro 4:30 Antipasto - HC 5:00 Antipasto - 1stAT 7:00 Movie & Popcorn: “Mardi Gras”-LT



Calendar Key

1st AT - First Floor Atrium	GR - Game Room 3rd 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	