

October 2022 DeKalb Area Retirement Center/Oak Crest

Duplex & Apartment Calendar Call for more details (815) 756-8461

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						10:00am Oak Crest Boys - V 1:00pm Bridge Game- LT 2:00pm Movie "Marilyn Hotchkiss Ballroom Dancing & Charm School" -LT
2	3	4	5	6	7	8
7:00pm Movie- "The Harvey Girls"-LT	9:30am Standing Fit-U Exercise-LT 10:45am Seated Fit-U Exercise- LT 2:00pm Scrabble Group – Resource Room 7:00pm Bingo Game - LT	1:30pm Card Club: Hearts Game -Game Room 2:00pm Documentary: "Wired " -LT 3:30pm Catholic Communion- CH	Shopping Bus to Wal-Mart Riders should register Depart Door 4 10:00am Hearing Help Plus -LT 1:30pm Tripoley Game - GR 2:00pm Men's Billiard Game-Side Pocket 2:00pm Worship with Bethlehem & First Lutheran Church- CH 7:00pm Movie "Fly Away Home" -LT	9:30am Standing Fit-U Exercise -LT 10:45am Seated Fit-U Exercise- LT 1:30pm Worship Service W/ Rev. Marty Marks, Immanuel Lutheran- CH <i>No Chair Chi Exercise-</i> 7:00pm Movie "The Harvey Girls" -LT	10:30am Prayer Group- CH 2:00pm "Food For Thought" "Hydration"- NIU Dietetic Intern-Dining Room 3:30pm Social Hour- V 7:00pm Documentary "Wired"-LT	9:00am Bridge Group – Game Room 2:00pm Movie "Fly Away Home"- LT
9	10	11	12	13	14	15
3:30pm Worship with Malta Methodist, Rev. Jeremiah Thompson - CH 7:00pm Movie "The Wizard of Oz"- LT	9:30am Standing Fit-U Exercise-LT 10:45am Seated Fit-U Exercise- LT 2:00pm Scrabble Group – Resource Room 7:00pm Bingo Game - LT	1:30pm Card Club: Hearts Game -Game Room 2:00pm "Medicare Open Enrollment" by Carol Cherry of Carol Cherry Insurance 3:30pm Catholic Communion- CH	Shopping Bus to Wal-Mart Riders should register/Depart Door 4 11:00am Personal Care Resident Council Meeting-LT 1:30pm Tripoley Game - GR 2:00pm Men's Billiard Game-Side Pocket 2:00pm Documentary "Niagara Falls"-LT 7:00pm Movie "Downton Abby: New Era" – LT	9:30am Standing Fit-U Exercise -LT 10:45am Seated Fit-U Exercise- LT 1:30pm Chair Chi Exercise- LT 7:00pm Documentary "Niagara Falls" -LT	10:30am Prayer Group- CH 2:00pm Movie "Wizard of Oz" – LT	10:00am Oak Crest Boys - V 1:00pm Bridge Game- LT 2:00pm Movie "Downton Abby: New Era" -LT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
7:00pm Movie "Heidi" -LT	9:30am Standing Fit-U Exercise-LT 10:45am Seated Fit-U Exercise- LT 11:00am Heart Healthy Program Dr. Nguyen- V 2:00pm Scrabble Group – Resource Room 2:00pm Food For Thought "Proteins" by NIU Dietetic Intern - Terrace View Dining 7:00pm Bingo Game - LT	1:30pm Card Club: Hearts Game -Game Room 3:00pm Independent/Duplex Resident Council- V 3:30pm Catholic Communion – Ch	Shopping Bus to Wal-Mart Riders should register/Depart Door 4 1:30pm Tripoley Game - GR 2:00pm Men's Billiard Game- Side Pocket 2:00pm Movie "Heidi" -LT	9:30am Standing Fit-U Exercise -LT 10:00am NIU Speech & Hearing Clinic- GP 10:45am Seated Fit-U Exercise- LT 1:30pm Chair Chi Exercise- LT 7:00pm Birthday Entertainment- V	10:30am Prayer Group- CH 7:00pm Movie "Dolly Parton: Here I Am"-LT	9:00 am Bridge Group – Game Room 2:00pm Movie "Dolly Parton; Here I Am" – LT
23	24	25	26	27	28	29
7:00pm Movie "An American in Paris"-LT	9:30am Standing Fit-U Exercise-LT 10:30am Seated Fit-U Exercise- LT 2:00pm Scrabble Group – Resource Room 7:00pm Bingo Game - LT	1:30pm Card Club: Hearts Game -Game Room 3:30pm Catholic Mass- CH	Shopping Bus to Wal-Mart Riders should register Depart Door 4 1:30pm Tripoley Game - GR 2:00pm Men's Billiard Game- Side Pocket 2:00pm Movie "An American in Paris" -LT 7:00pm Movie "Hocus Pocus" – LT	9:30am Standing Fit-U Exercise -LT 10:45am Seated Fit-U Exercise- LT 2:00pm Worship w. Rev. Barbara Wilson, Episcopal Church- CH 7:00pm Documentary "One Woman, One Vote" -LT	10:30am Prayer Group- CH 2:00pm Documentary "One Woman, One Vote"-LT	9:00am Bridge Group – Game Room 2:00pm Movie "Hocus Pocus" – LT
30	HALLOWEEN 31					
6:30pm Movie "Guys and Dolls"-LT	9:30am Standing Fit-U Exercise-LT 10:30am Seated Fit-U Exercise- LT 11:00am Heart Healthy Program Dr. Nguyen- V 2:00pm Scrabble Group – Resource Room 7:00pm Bingo Game - LT				<div data-bbox="2054 1409 2725 1780" style="border: 1px solid black; padding: 10px;"> <p><i>Resident Services staff can supply residents with word searches, crossword puzzles, adult coloring, or other individual activities. Please let us know what you like.</i></p> <p><i>Programs are offered to a few residents at a time to help minimize gatherings.</i></p> </div>	

