February 2025 DEKALB AREA RETIRMENT CENTER / OAKCREST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
BL	AK – CH – CHA CY – CYDF FC – GP -	CAI T – First Floor Atrium (Door 4) Activity Kitchen Chapel – Chapel Annex Courtyard R – Courtyard Dining Room (HC) Fitness Center Gathering Place Game Room 3rd Floor	ENDAR KEY GVDR – Garden View Dining LT – Little Theater PDR – Private Dining Room RL – Rattan Lounge 3rd Loun RR – Resource Room SP – Side Pocket TVDR-Terrace View Dining Ro V – Vista Room 3rd Floor *HCAT – Health Center Atrium	ge om (IND)		10:00am Oak Crest Boys-V 1:00pm Bridge Group–GR 5:00pm Antipasto – 1stAT
Groundhog Day 2	3	4	5	6	National Wear Red 7 Day for Heart Health	8
3:30pm Worship Service (Communion) with Rev. Molly Morris – Fisherkeller Westminster Presbyterian – CH 3:30pm Antipasto – 1stAT 3:30pm Movie: "The Help" - LT	9:00am D&D Jewelers - AK 9:30am Standing Exercise - LT 10:30am Seated Exercise - LT 11:00am Caregiver Support Group - RL 1:00pm Aquatic Exercise Program by YMCA - Pool 1:30pm Scrabble Group - RR 2:00pm Food for Thought "Prebiotics & Probiotics" - TVDR 4:30pm Antipasto - 1stAT 7:00pm Bingo Game - LT	1:30pm Card Club: Hearts Game - GR 2:00pm Resident Educational Program (R.E.P.) "Scams"-V 3:30pm Catholic Communion - CH 4:30pm Antipasto – 1stAT 7:00pm Monopoly Game -RR 7:00pm Jazz in Progress - V	 10:00am Hearing Help Plus-AK 10:00am Wednesday Discussion Grp- PVA 1:00pm Aquatic Exercise Program by YMCA – Pool 1:30pm Computer Tablet Help Group – PDR 3:00pm Brain Health "Booster Sessions" w/NIU- LT 4:30pm Antipasto – 1stAT 6:45pm Documentary: "The Immortal Life of Henrietta Lacks" - LT 	9:30am Standing Exercise – LT 10:30am Seated Exercise - LT 1:30pm Worship Service Lutheran Church w/Rev Marty Marks–CH 2:30pm Valentine's Day Wreath Project - LT 5:00pm Antipasto – 1stAT 7:00pm Tripoley – GR	10:00am Mind and Body with NIU Students - LT 1:00pm Aquatic Exercise Program by YMCA - Pool 1:00pm Knit Wits Group-PVA 1:30pm Cards: Hearts Game - GR 3:30pm Social Hour – V 5:00pm Antipasto – 1stAT 6:30pm Movie "The Help"– LT	10:00am DeKalb Church of Christ Youth Group (games/crafts) - CH 1:00pm Bridge Group - GR 2:00pm Documentary: "The Immortal Life of Henrietta Lacks" - L1 3:00pm Book Club – RL 4:30pm Antipasto – 1stAT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	Valentine's Day 14	15
1:30-4pm Marilyn Berg 90 th Birthday Celebration – Open House - V 4:30pm Antipasto – 1st AT 7:00pm Superbowl Party - LT	9:30am Standing Exercise - LT 10:30am Seated Exercise - LT 1:00pm Aquatic Exercise Program by YMCA – Pool 1:30pm Scrabble Group – RR 2:00pm Men's Group – GP 2:00pm Movie: The Chosen – "Promises" - LT 4:30pm Antipasto – 1stAT 7:00pm Bingo Game - LT	10:00am Blood Pressure Clinic & Pendant Check – AK 11:00 PC Council Meeting- LT 1:30pm Card Club: Hearts Game -GR 3:00pm "Improving Heart Health" Discussion -TVDR 3:30pm Catholic Communion - CH 4:30pm Antipasto – 1stAT 7:00pm Monopoly Game-RR	10:00am Wednesday Discussion Grp- PVA 1:00pm Aquatic Exercise Program by YMCA – Pool 1:30pm Computer Tablet Help Group – PDR 2:00pm Food for Thought - TVDR 4:30pm Antipasto – 1stAT 7:00pm Classical music with Victor Ryzhov on Violin and Piano – 2 nd AT 7:00pm Pub Trivia Night – Pub	9:30am Standing Exercise – LT 10:30am Seated Exercise - LT 12:00pm Rotary Meeting – LT 1:30pm Lutheran Church Service w/Pastor Ray Krueger – CH 4:30pm Antipasto – 1stAT 7:00pm Tripoley – GR	10:00am Mind and Body with NIU - LT 1:00pm Aquatic Exercise Program by YMCA – Pool 1:00pm Knit Wits Group-PVA 1:30pm Cards: Hearts Game GR 2:00pm Valentine's Party - LT 4:30pm Antipasto – 1stAT 4:30pm Music in the Pub w/Roger Hintzsche 6:30pm Movie: "Sense and Sensibility" - LT	10:00am Oak Crest Boys– V 1:00pm Bridge Group-GR 4:30pm Antipasto – 1stAT
16	Presidents' Day 17	18	19	20	21	22
3:30pm Worship Service w/Malta Methodist, Rev. Jeremiah 4:30pm Antipasto – 1stAT 6:30pm Movie: "Simon Birch" – LT	9:30am Standing Exercise - LT 10:30am Seated Exercise - LT 11:00am Heart Healthy Program w/Dr. Nguyen - V 1:00pm Aquatic Exercise Program by YMCA - Pool 1:30pm Scrabble Group - RR 2:00pm The Chosen Series - "Confession" - LT 4:30pm Antipasto - 1stAT 7:00pm Bingo Game - LT	1:30pm Card Club: Hearts Game - GR 3:00pm Independent Resident Council - V 4:30pm Antipasto – 1stAT 7:00pm Monopoly Game- RR No Catholic Service	10:00am Wednesday Discussion Grp- PVA 10:00am Canines for Christ-LT 1:00pm Aquatic Exercise Program by YMCA- Pool 1:30pm Computer Tablet Help Group – PDR 2:00pm DeKalb Library Presentation - LT 4:30pm Antipasto – 1stAT 7:00pm Documentary "Ella Fitzgerald" - LT	9:30am Standing Exercise – LT 10:00am NIU Speech & Hearing - AK 10:30am Seated Exercise - LT 3:00pm Sing Along with Ron Lofton - LT 4:30pm Antipasto – 1stAT 7:00pm Tripoley – GR 7:00pm Birthday Entertainment–NIU Jazztet - Vista	10:00am Mind and Body with NIU – LT 1:00pm Aquatic Exercise Program by YMCA- Pool 1:00pm Knit Wits Group-PVA 3:00pm Centenarian Birthday Celebration - V 4:30pm Antipasto – 1stAT 6:30pm Movie: "Simon Birch" - LT	1:00pm Bridge Group – GR 2:00pm Documentary"Ella Fitzgerald" - LT 4:30pm Antipasto – 1stAT
23	24	25	26	27	28	
4:30pm Antipasto – 1stAT 6:30pm Movie: "Hidden Figures" - LT	9:30am Standing Exercise – LT 10:30am Seated Exercise – LT 1:00pm Aquatic Exercise Program by YMCA – Pool 1:30pm Scrabble Group – RR 2:00pm The Chosen Series – "Moon to Blood" - LT 4:30pm Antipasto – 1stAT 7:00pm Bingo Game - LT	10:00am Blood Pressure Clinic & Pendant Check – AK 11:00am "Emergency Preparedness" DeKalb Fire DeptLT 1:30pm Card Club: Hearts Game - GR 2:00 Resident Educational Program (R.E.P.) "Underground Railroad"- V 3:30pm Catholic Mass - CH 4:30pm Antipasto – 1stAT 7:00pm Monopoly Game-RR	10:00am Wednesday Discussion Grp- PVA 1:00pm Aquatic Exercise Program by YMCA- Pool 1:30pm Computer Tablet Help Group - PDR 2:30pm NIU Huskie Food Pantry Presentation- LT 4:30pm Antipasto – 1stAT 6:30pm Movie: "Hidden Figures" - LT 7:00pm Pub Trivia Night – Pub	9:30am Standing Exercise – LT 10:30am Seated Exercise– LT 12:00pm Rotary Meeting– LT 1:30pm Lutheran Church Service w/Pastor Ray Krueger – CH 4:30pm Antipasto – 1stAT 7:00pm Tripoley – GR	10:00am Mind and Body with NIU - LT 1:00pm Aquatic Exercise Program by YMCA – Pool 1:00pm Knit Wits Group-PVA 1:30pm Cards: Hearts Game - GR 4:30pm Antipasto – 1stAT 7:00pm Music Entertainment "Joe & Charlie" - V	