

Independent Living Calendar *Oh, Hail No! April is Gonna Make a Path to Brighter Days* April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>1</p> <p>9:00 Vitals Clinic ER</p> <p>9:30 Mass (Chapel/1901)</p> <p>10:30 Shopping Target ★</p> <p>10:15 Stretch w/Jen (MPR)</p> <p>11:00 Deacon Discussions (CR)</p> <p>1:00 Skip-Bo (AC)</p> <p>1:00 Baseball Openers Cracker Jacks (OTP)</p> <p>1:15 Close Knit Club(BR)</p> <p>1:30 Shopping Jewel ★</p> <p>6:00 Jack Benny Radio Show (1901)</p> <p>6:15 Rummikub (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>2</p> <p><u>April Fool's Day</u></p> <p>9:00 Vitals Clinic ER</p> <p>9:30 Mass (Chapel/1901)</p> <p>10:30 Shopping Target ★</p> <p>10:15 Stretch w/Jen (MPR)</p> <p>11:00 Deacon Discussions (CR)</p> <p>1:00 Skip-Bo (AC)</p> <p>1:00 Baseball Openers Cracker Jacks (OTP)</p> <p>1:15 Close Knit Club(BR)</p> <p>1:30 Shopping Jewel ★</p> <p>6:00 Jack Benny Radio Show (1901)</p> <p>6:15 Rummikub (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>3</p> <p><u>National Take a Walk Day</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Aerobic Exercise w/Jen (MPR)</p> <p>10:30 Outing Walk About @ Cantigny ★</p> <p>1:00 Bridge (DR)</p> <p>1:30 Shopping Aldi/CVS ★</p> <p>1:30 Scrabble (AC)</p> <p>2:30 Parkinson Support Grp(CR)</p> <p>3:45 Outing Dinner @ Season 52 ★</p> <p>6:15 Rummikub (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>4</p> <p>9:00 Outing Breakfast @ Brunch Café ★</p> <p>9:30 Water Aerobics w/ Jen (Pool)</p> <p>9:30 Mass (Chapel/ 1901)</p> <p>10:15 Exercise w/ Jen (MPR)</p> <p>10:30 Fresh Fruit (OTP)</p> <p>1:00 Farkle (AC)</p> <p>1:30 Crafternoon w/Anna(AC)★</p> <p>2:00 Money Bingo (CR)</p> <p>6:30 Poker (AC)</p> <p>7:00 Qigong Exercise (1901)</p>	<p>5</p> <p><u>Wear Blue Oral Cancer</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Adoration (Chapel)</p> <p>10:30 Shopping Jewel ★</p> <p><u>Library</u></p> <p>10:30 Meet & Greet St. Isidore(CH)</p> <p>10:30 Meditation w/Vicky (MPR)</p> <p>1:30 Shopping Dollar Store /Old★</p> <p><u>Second Bank</u></p> <p>2:00 Minds Matter (CR)</p> <p>3:00 Eat, Drink & B Rosemary (OTP)</p> <p>6:00 Movie: "Afire"(CR)</p>	<p>6</p> <p>9:00 Chair Yoga (1901)</p> <p>10:30 Coffee & Chat (CR)</p> <p>1:00 Skip -Bo (AC)</p> <p>1:30 Scrabble (OTP)</p> <p>1:30 BEATS Exercise Class w/Helen (CR)</p> <p>4:00 Video Exercise (1901)</p> <p>6:00 Movie: "Waitress "The Musical" (CR)</p>		
<p>7</p> <p>9:30 Mass (Chapel/ 1901)</p> <p>11:00 Video Exercise 1901)</p> <p>1:30 Bridge (CR)</p> <p>3:00 Feast of Divine Mercy (Chapel/1901)</p> <p>5:00 Sunday Night Movie "Oppenheimer" (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>8</p> <p>9:00 Vitals Clinic ER</p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Stretch w/Jen (MPR)</p> <p>10:30 Shopping Goodwill/Dropoff★</p> <p>11:00 Finding God (CR)</p> <p>1:00 Skip-Bo (AC)</p> <p>1:15 Close Knit Club(BR)</p> <p>1:30 Shopping Trader Joe's★</p> <p>1:30 Stroll w/Shannon (OTP)</p> <p>6:00 Outing Iroquois Theater Fire by Jim Gibbons @ Bartlett Lib★</p> <p>6:15 Rummikub (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>9</p> <p>9:30 Water Aerobics w/ Jen (Pool)</p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Exercise w/ Jen (MPR)</p> <p>10:30 Meet Our Newer Residents Donut Social (CMS)</p> <p>1:00 Phase 10 Card Games (AC)</p> <p>1:30 Entertainment Marshall Brodien Magician (MPR)</p> <p>2:00 Diamond Art (AC)</p> <p>6:30 Poker (AC)</p> <p>6:30 Rosary (CR)</p> <p>7:00 Qigong Video Exercise (1901)</p>	<p>10</p> <p><u>National Sibling Day</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Aerobic Exercise w/Jen (MPR)</p> <p>10:30 Shopping Jewel★</p> <p>1:00 Bridge (DR)</p> <p>1:30 Scrabble (AC)</p> <p>1:45 Outing Feed My Starving Children Volunteer★</p> <p>2:30 Caregivers Support Grp(CR)</p> <p>6:15 Rummikub (CR)</p> <p>6:30 Outing " Barbie: America Most Famous Doll" @ Village Hall★</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>11</p> <p>9:30 Water Aerobics w/ Jen</p> <p>10:15 Exercise w/ Jen (MPR)</p> <p>10:30 Outing Springtime on the Farm Tour@ Klein Creek & Lunch★</p> <p>1:00 Farkle (AC)</p> <p>1:30 Bible Study (LIB)</p> <p>2:00 Money Bingo w/Pete (CR)</p> <p>3:00 Minds Matter (CR)</p> <p>6:00 Documentary "Healthy Soil, Healthv Life(1901)</p> <p>6:30 Poker (AC)</p> <p>7:00 Qigong Exercise (1901)</p>	<p>12</p> <p><u>Wear Green World Health Day</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>10:30 Shopping Meijer★</p> <p>10:30 Skip-Bo (AC)</p> <p>10:30 Chair Yoga w/Vicky (MPR)</p> <p>1:00 Quick Cards w/Corrine(AC)★</p> <p>1:30 Shopping Walmart★</p> <p>3:00 Eat, Drink & B Rosemary (OTP)</p> <p>6:00 Movie: "Next Goal Wins" (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>13</p> <p>9:00 Chair Yoga (1901)</p> <p>10:30 Coffee & Chat (CR)</p> <p>10:30 Mexican Train (AC)</p> <p>1:00 Skip -Bo (AC)</p> <p>1:30 Scrabble (OTP)</p> <p>1:30 Presentation World Health Day (CR)</p> <p>4:00 Video Exercise (1901)</p> <p>6:00 Movie: "42" Jackie Robinson Story(CR)</p>	
<p>14</p> <p>9:30 Mass (Chapel/ 1901)</p> <p>11:00 Video Exercise 1901)</p> <p>1:30 Bridge (CR)</p> <p>5:30 Documentary: Who Sank the Titanic?(1901)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>15</p> <p>9:00 Vitals Clinic ER</p> <p>9:30 Mass (Chapel/1901)</p> <p>9:30 Outing Fermi Lab Public Tour★</p> <p>10:15 Stretch w/Jen (MPR)</p> <p>11:00 Deacon Discussions (CR)</p> <p>1:00 Skip-Bo (AC)</p> <p>1:00 Stroll w/Shannon (OTP)</p> <p>1:15 Close Knit Club(BR)</p> <p>1:30 Shopping Jewel★</p> <p>1:30 Left, Right, Center(OTP)</p> <p>6:15 Rummikub (CR)</p>	<p>16</p> <p>9:30 Water Aerobics w/ Jen (Pool)</p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Exercise w/ Jen (MPR)</p> <p>11:00 Create & Make w/Anna (AC)★</p> <p>1:00 Phase 10 Card Games (AC)</p> <p>1:30 Tech Help w/Shannon (CMPR)★</p> <p>2:00 Diamond Art (AC)</p> <p>6:00 Timeline "Oppenheimer: Nuclear Arms Race" (1901)</p> <p>6:30 Poker (AC)</p> <p>6:30 Rosary (CR)</p> <p>7:00 Qigong Video Exercise (1901)</p>	<p>17</p> <p><u>April Birthday Dinner</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Aerobic Exercise w/Jen (MPR)</p> <p>10:30 Outing "Painted Tree Boutique"★</p> <p>1:30 Scrabble (AC)</p> <p>2:00 Shopping Aldi/CVS★</p> <p>4:00 Here Comes the Sun w/ Bday Dinner w/Jennifer Hall (MPR)★</p> <p>6:15 Rummikub (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>18</p> <p>9:30 Water Aerobics w/ Jen</p> <p>9:30 Mass (Chapel/ 1901)</p> <p>10:15 Exercise w/ Jen (MPR)</p> <p>10:30 Spring Flower Planting (CR)</p> <p>1:00 Farkle (AC)</p> <p>1:30 Create & Make w/Anna (AC)</p> <p>2:00 Money Bingo (CR)</p> <p>7:00 Qigong Exercise (1901)</p>	<p>19</p> <p><u>Wear Purple Parkinson</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>9:30 Shopping Target★</p> <p>10:30 Skip-Bo (AC)</p> <p>10:30 Meditation w/Vicky (MPR)</p> <p>11:15 Outing Lunch @ Culver's★</p> <p>1:30 Shopping Marianos★</p> <p>2:00 Minds Matter (CR)</p> <p>3:00 Eat, Drink & B Rosemary (OTP)</p> <p>6:00 Movie: "The Road to Bali" 1901</p>	<p>20</p> <p>9:00 Chair Yoga (1901)</p> <p>10:30 Coffee & Chat (CR)</p> <p>10:30 Craft w/Shannon (AC)★</p> <p>1:00 Skip -Bo (AC)</p> <p>1:30 Scrabble (AC)</p> <p>1:30 Life is Better in Full Color Social (CR)</p> <p>4:00 Video Exercise (1901)</p> <p>6:00 Movie:" Ford vs Ferrari" (CR)</p>	
<p>21</p> <p>9:30 Mass (Chapel/ 1901)</p> <p>11:00 Video Exercise 1901)</p> <p>1:30 Bridge (CR)</p> <p>5:00 Sunday Evening Gathering (CR)</p> <p>5:30 Documentary "Inside the Ring of Fire: How the Earth was Made (1901)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>22</p> <p><u>Wear Blue Earth Day</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>10:30 Shopping Caputos★</p> <p>10:15 Stretch w/Jen (MPR)</p> <p>11:00 Finding God (CR)</p> <p>12:45 Shopping Jewel★</p> <p>12:45 Outing Luxury Nails★</p> <p>1:00 Skip-Bo (AC)</p> <p>1:15 Close Knit Club(BR)</p> <p>6:00 Prehistoric Earth (1901)</p> <p>6:15 Rummikub (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>23</p> <p><u>Shirley Temple Birthday</u></p> <p>9:00 Water Aerobics w/ Jen (Pool)</p> <p>9:30 Mass (Chapel/1901)</p> <p>10:30 Town Hall Meeting (CH)</p> <p>1:00 Phase 10 Card Games (AC)</p> <p>1:00 Book Club (BR)</p> <p>1:15 Just Poppin & Shirley Temples(OTP)</p> <p>2:00 Diamond Art (AC)</p> <p>2:00 Movie "Wee Willie Winkie" (1901)</p> <p>6:30 Rosary (CR)</p> <p>7:00 Qigong Video Exercise (1901)</p>	<p>24</p> <p>9:30 Mass (Chapel/1901)</p> <p>10:15 Aerobic Exercise w/Jen (MPR)</p> <p>10:15 Outing Two Boys from Brooklyn @ White Fence Farm★</p> <p>1:00 Bridge (CR)</p> <p>1:30 Scrabble (AC)</p> <p>1:30 "31" Card Game (OTP)</p> <p>2:30 Grief Support Grp (CR)</p> <p>6:00 Documentary "Bring it on Mother Nature" (1901)</p> <p>6:15 Rummikub (CR)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>25</p> <p>9:30 Water Aerobics w/ Jen</p> <p>9:30 Mass (Chapel/ 1901)</p> <p>10:15 Exercise w/ Jen (MPR)</p> <p>10:30 Presentation "Is that AI" (CR)</p> <p>12:00 Fries & Shine Resident Lunchtime (CH)</p> <p>1:00 Farkle (AC)</p> <p>2:00 Non-Denominational (Cpl)</p> <p>2:00 Money Bingo (CR)</p> <p>3:00 Minds Matter (CR)</p> <p>7:00 Qigong Exercise (1901)</p>	<p>26</p> <p><u>Wear Green/ Arbor Day</u></p> <p>9:30 Mass (Chapel/1901)</p> <p>10:30 Shopping Fisher Nut Store★</p> <p>10:30 Skip-Bo (AC)</p> <p>10:30 Chair Yoga w/Vicky (MPR)</p> <p>1:30 Crafternoon w/Anna (AC)</p> <p>1:30 Shopping Jewel★</p> <p>3:00 Eat, Drink & B Rosemary (OTP)</p> <p>6:00 The Oak Tree: "The Tree of Trees" (1901)</p>	<p>27</p> <p>9:00 Chair Yoga (1901)</p> <p>10:30 Coffee & Chat (CR)</p> <p>11:15 Outing "Little Women" @ Bartlett HS★</p> <p>1:00 Skip -Bo (AC)</p> <p>1:30 Scrabble (OTP)</p> <p>1:30 BEATS Exercise Class w/Helen (CR)</p> <p>4:00 Video Exercise (1901)</p> <p>6:00 Movie: "The Odd Life of Timothy Green (CR)</p>	
<p>28</p> <p>9:30 Mass (Chapel/ 1901)</p> <p>11:00 Video Exercise 1901)</p> <p>1:30 Bridge (CR)</p> <p>5:30 Documentary " The Wonderful World of Birds" (1901)</p> <p>7:00 Deep Healing Meditation (1901)</p>	<p>29</p> <p>9:00 Vitals Clinic (ER)</p> <p>9:30 Mass (Chapel/1901)</p> <p>9:30 Shopping Aldi/CVS★</p> <p>10:15 Stretch w/Jen (MPR)</p> <p>10:30 Tech Help w/Shannon (CMPR)★</p> <p>11:00 Deacon Discussions (CR)</p> <p>1:00 Skip-Bo (AC)</p> <p>1:15 Close Knit Club(BR)</p> <p>1:30 You're the Raisin I Smile Cookie Decorating (CR)</p>	<p>30</p> <p>9:00 Water Aerobics w/ Jen (Pool)</p> <p>9:30 Mass (Chapel/1901)</p> <p>1:00 Phase 10 Card Games (AC)</p> <p>1:30 Presentation "Bozeum" History& Collection of Bozo (MPR)</p> <p>2:00 Diamond Art (AC)</p> <p>6:00 Jack Benny Radio Show (1901)</p> <p>6:30 Poker (AC)</p> <p>6:30 Rosary (CR)</p>	<p>There is nothing more beautiful than a rainbow but it takes both rain and sunshine to make a rainbow.</p> <p>Anonymous</p>			<p>If you want to see the sunshine, you have to weather the storm.</p> <p>Frank Lane</p>	

CALENDAR / DESCRIPTIONS KEY



Registration Required



Walking Required

RED Outing or Shopping Trip

GREEN Presentation/Entertainment

BOLD Special Program

BLUE Movie or DVD Series

Room Abbreviation Key

(CPL) – Chapel	(CTV) – In House TV/1901
(HR) – History Room	(CCY) - Courtyard
(MPR) – Multipurpose Room	(CH) – Clare Hall
(MLDR) – Maple Dining Room	(LIB) – Library
(CR) – Card Room	(ML) - Maple Lane
(GR) – Game Room	(FC) – Fitness Center
(SP) – Swimming Pool	(DR) – Main Dining Room
(BR) – Bartlett Dining Room	(OTP) – Oak Tree Pub
(AC) – Arts & Crafts Room	(CMPR) - Computer Room



Registration Reminders.....

If you are registering for a program, outing or special event, please check the “register by” date.

If you are not signed-up by this “register by” date, we cannot guarantee you a spot or ticket.

We are not able to issue refunds after the “register by” date listed. Please make sure if you are not able to attend that you cancel prior to the date listed or your account will be charged.

If we do not have the “minimum number” registered for a program, event, or outing, **it will be canceled** on the “register by” date.

Regularly Scheduled Programs, Services, Groups & Meetings

Stretch & Exercise Class w/ Jen - Are you afraid of falling or feel off balance? Then this class is for you! We will be working on fall prevention techniques and exercises to help strengthen your muscles to keep up upright. All levels welcome!

Aerobics w/ Jen- Offered every **Wednesday in the MPR at 10:15am**. These classes offer something for everyone!! Cardiovascular exercise, strength training, flexibility, balance and fun all in one class! All levels welcome!

Water Aerobics – Located in the swimming pool every **Tuesday & Thursday at 9:30am**. No swimming experience needed. All exercise done in shallow water. Great for those with arthritis or balance issues.

Exercise on CTV – Exercise classes are offered on our own in-house CTV!! Tune into channel 1901 and exercise in the comfort of your own home. Check the calendar for days and times that video classes will be offered.

Technology Help★ - **Registration required!** Sign-up for any of our technology help days. These sessions offer you the opportunity to ask specific questions one-on-one about your computer, I-Pad, Nook or other technology. See the calendar for specific dates and times. All classes are located in the Computer Room unless otherwise specified by the instructor.

Create & Make★ - **Registration required!** Craft classes will be held in the A&C. Please check the sign-up book for a list of the dates & projects. Please register for 1 class as they are the same project.

Poker - Offered every week in the Arts and Crafts Room. Meets on Tuesdays & Thursday’s at 6:30pm All are Welcome!!

Monthly Town Hall Meeting – **Tuesday, May 28th at 10:30 in Clare Hall.** The Clare Oaks Directors meet every fourth Tuesday of the month with the residents to discuss all that is happening in their respective departments. This is a great overview of everything happening in the community. There is also an opportunity for you to ask questions.

Deacon Discussions - Join this group led by Deacon Dave as he discuss the dimensions of wellness and how each impacts our spiritual self. Meets every other Monday. All are welcome!

Lutheran Service – Lutheran services are held once a month. Please check the calendar and CTV for exact dates, times and locations.

Non-Denominational Service – Non-Denominational services are held once a month. Please check the calendar and CTV for exact dates, times and locations.

Mass- Sunday – Friday at 9:30am in the Chapel.

Support Groups - See Calendar for Dates & Times. Parkinson’s, Caregiver’s, Grief Support, Groups are offered right here at The Oaks. Please feel free to join any of these groups at any time!

Rosary – **Every Tuesday at 6:30pm in the Card Room.** All are welcome to participate in the Rosary group. Join in anytime!

Stroll w/ Shannon – This group meets in the Pub and takes a walk together throughout the community. When the weather is nice, the group will walk outdoors; otherwise, the walks take place inside the community. All levels are welcome. **Please see the calendar for scheduled days and times.**

Close Knit Club- Whether you like to knit, crochet or embroidery, it’s a chance to meet people enjoying the same hobby. Everyone is Welcome! Join anytime. **Meets every Monday @ 1:15pm in the Bartlett Room.**

Book Club – The book club meets the 3rd Tuesday of the month. This group meets in the Bartlett Room.

Money Bingo –**Thursday at 2:00pm in the Card Room.** All are welcome!!!

Mind Matters – Are you looking for some great brain exercises? Then this is the perfect program for you. Check the calendar for dates and times then join us for a fun mind workout! All are welcome and you can join in anytime!

Crafternoon w/ Anna-★ - **Registration required!** Enjoy crafting? These classes are for you. Different craft each time. Please check the calendar for times and dates.

Diamond Art-It's a fantastic therapeutic hobby that promotes mindfulness and relaxation, as well as being fun and a great way to develop art skills. Please see Anna to purchase or order a kit on your own.

