



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>5</b> <u>Cinco De Mayo</u> 9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901 1:30 Bridge (CR) <b>5:30 Documentary "Fight for Space" (1901)</b> 7:00 Deep Healing Meditation (1901) 	<b>6</b> <u>National Nurses Day</u> <b>9:30 Shopping Target</b> ★ 10:15 Stretch w/Jen (MPR) <b>10:45 Retired Nurses Photo (LR)</b> 11:00 Deacon Discussions (CR) 1:00 Skip-Bo (AC) 1:15 Close Knit Club(BR) 1:30 Stroll w/Anna (OTP) <b>2:00 Bubbles &amp; Popsicles (CCY)</b> <b>6:00 Documentary "Florence Nightingale" (1901)</b> 6:15 Rummikub (CR) 	<b>7</b> <u>National Teachers Day</u> 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/1901) 10:15 Exercise w/ Jen (MPR) <b>10:30 Create &amp; Make (AC)</b> ★ 1:00 Phase 10 Card Games (AC) <b>1:15 Retired Teachers Photo (LR)</b> <b>2:00 Diamond Art (AC)</b> 6:30 Poker (AC) 6:30 Rosary (CR) 7:00 Qigong Video Exercise (1901) 	<b>8</b> <u>May Day</u> 9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) <b>10:30 Shopping Target</b> ★ <b>12:15 Outing Chicago and the Home Front in WWII, with Jerome M. O'Connor @ Norris Cultural Center</b> ★ 1:00 Bridge (DR) 1:30 Scrabble (AC) <b>1:30 Outside Walk the Pond (OTP)</b> 2:30 Parkinson Support Grp(CR) 6:15 Rummikub (CR) 7:00 Deep Healing Meditation (1901) 	<b>9</b> 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Fresh Fruit (OTP) <b>10:30 Create &amp; Make (AC)</b> ★ 1:00 Farkle (AC) 1:30 Bible Study (Library) <b>2:00 Money Bingo (CR)</b> <b>5:45 Secret World of Sounds (1901)</b> 6:30 Poker (AC) 7:00 Qigong Video Exercise (1901) 	<b>10</b> <u>Wear Pink Celebrate Moms of all Kinds</u> 9:30 Mass (Chapel/1901) <b>10:30 Shopping Jewel</b> ★ <b>10:30 Mexican Train How To (CR)</b> 10:30 Skip-Bo (AC) <b>10:30 Chair Yoga w/Vicky (MPR)</b> <b>1:00 Cards w/ Corrine (AC)</b> ★ <b>1:30 Shopping Trader Joes</b> ★ 2:00 Minds Matter (CR) 3:00 Sip Back & Relax Happy Hr (OTP) <b>6:15 Movie: "Blended" (CR)</b>	<b>11</b> 9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (OTP) <b>1:30 Mexican Train (AC)</b> <b>6:00 Movie: "Mamma Mia" (CR)</b> 
<b>12</b> <u>Mother's Day</u> 9:30 Mass (Chapel/ 1901) <b>10:45 Mother's Day Seating (DR)</b> 11:00 Video Exercise 1901 <b>12:30 Mother's Day Seating (DR)</b> 1:30 Bridge (CR) <b>5:30 Documentary "Ocean Odyssey" (1901)</b> 7:00 Deep Healing Meditation (1901) 	<b>13</b> 9:00 Vitals Clinic (ER) 9:30 Mass (Chapel/1901) <b>10:30 Shopping Meijer</b> ★ 10:15 Stretch w/Jen (MPR) 11:00 Finding God (CR) 1:00 Skip-Bo (AC) <b>1:00 Outing Stroll w/Anna @ Lilia Park</b> ★ 1:15 Close Knit Club(BR) <b>1:30 Low Vision Support Grp (CR)</b> 6:15 Rummikub (CR) 	<b>14</b> 9:00 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/1901) <b>10:30 All Resident Meeting (MPR)</b> 1:00 Phase 10 Card Games (AC) <b>2:00 Diamond Art (AC)</b> <b>6:00 Documentary Hummingbirds: Jeweled Messengers (1901)</b> 6:30 Poker (AC) 6:30 Rosary (CR) 7:00 Qigong Video Exercise (1901) 	<b>15</b> <u>Birthday Dinner</u> 9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) <b>10:30 Outing Prestige Creative Market</b> ★ 1:00 Bridge (DR) <b>1:30 Outside Walk the Pond (OTP)</b> 2:30 Scrabble (AC) 6:15 Rummikub (CR) 	<b>16</b> 9-12 Covid Booster Clinic (CR) ★ 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) <b>10:30 Hand Massages (CCY)</b> ★ 1:00 Farkle (AC) <b>1:30 Hand Massages (CCY)</b> ★ 1:30 Lutheran Service (Chapel) <b>2:00 Money Bingo (CR)</b> <b>5:45 Tasmania (1901)</b> 6:30 Poker (AC) 7:00 Qigong Video Exercise (1901) 	<b>17</b> <u>Wear Purple/Blue Arthritis Awareness</u> 9:30 Mass (Chapel/1901) <b>10:30 Shopping Jewel</b> ★ 10:30 Skip-Bo (AC) <b>10:30 Meditation w/Vicky (MPR)</b> 2:00 Minds Matter (CR) 3:00 Sip Back & Relax Happy Hr (OTP) <b>6:15 Movie: "The Great Outdoors" (CR)</b>	<b>18</b> <u>Armed Forces Day</u> 9:00 Chair Yoga (1901) <b>10:00 Flag Raising Ceremony (Outside)</b> <b>10:30 Honoring Our Heroes Donut Social (LIB)</b> 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) <b>2:30 Mexican Train (OTP)</b> <b>6:00 Movie: "Maverick" (CR)</b> 
<b>19</b> 9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901 1:30 Bridge (CR) <b>5:00 Sunday Evening Gathering (CR)</b> <b>5:30 Movie "Wee Willie Winkie" (1901)</b> 7:00 Deep Healing Meditation (1901)	<b>20</b> 9:00 Vitals Clinic (ER) 9:30 Mass (Chapel/1901) <b>9:30 Outing Fermi Lab Tour</b> ★ 10:15 Stretch w/Jen (MPR) 11:00 Deacon Discussions (CR) <b>12:45 Shopping Jewel</b> ★ <b>12:45 Outing Luxury Nails</b> ★ 1:00 Skip-Bo (AC) 1:15 Close Knit Club(BR) <b>2:00 Money Bingo (CR)</b> <b>5:30 Smore's (CCY)</b> 6:15 Rummikub (CR) 	<b>21</b> <b>9:00 Outing Breakfast @ Mapleberry</b> ★ 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/1901) 10:15 Exercise w/ Jen (MPR) <b>1:00 Book Club (BR)</b> 1:00 Phase 10 Card Games (AC) <b>2:00 Diamond Art (AC)</b> <b>5:45 The Great Animal Migration(1901)</b> 6:30 Rosary (CR) 7:00 Qigong Video Exercise (1901) 	<b>22</b> 9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) <b>12:00 Outing USO Salute Encore @ Metropolis Performing Arts</b> ★ 1:00 Bridge (CR) <b>1:30 Outside Walk the Pond (OTP)</b> <b>2:30 Lemonade &amp; Kerplunk/ Jenga Games (CCY)</b> 2:30 Scrabble (AC) 6:15 Rummikub (CR) 	<b>23</b> 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) <b>11-2 May is Bar-B-Cutie Time</b> ★ Cookout (FC Parking Lot) 1:00 Farkle (AC) 2:00 Non-Denominational (Chapel) 3:00 Minds Matter (CR) 6:30 Poker (AC) 7:00 Qigong Video Exercise (1901) 	<b>24</b> <u>Wear Red, White &amp; Blue</u> 9:30 Mass (Chapel/1901) <b>10:30 Shopping Jewel</b> ★ 10:30 Skip-Bo (AC) <b>10:30 Chair Yoga w/Vicky (MPR)</b> <b>1:30 Shopping Walmart</b> ★ <b>1:30 Presentation "No Place to Hide" by Bill Sly (CR)</b> 3:00 Sip Back & Relax Happy Hr (OTP) <b>6:15 Movie: "Few Good Men" (CR)</b> 	<b>25</b> 9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (OTP) <b>1:30 BEATS Exercise Class w/Helen (CR)</b> <b>6:00 Movie: "Anyone but You" (CR)</b> 
<b>26</b> 9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901 1:30 Bridge (CR) <b>5:30 Documentary "The Secrets of Lincoln Tomb (1901)</b> 7:00 Deep Healing Meditation (1901) 	<b>27</b> <u>Memorial Day</u> 11 - 2 Memorial Day Buffet (DR) <b>1:00 Movie: "Mr. Deeds Goes to Town" (1901)</b> 1:00 Skip -Bo (AC) 2:30 Scrabble (AC) <b>5:30 Documentary: Voices from the Tomb (1901)</b> 6:15 Rummikub (AC) 	<b>28</b> 9:00 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/1901) <b>10:30 Town Hall (CH)</b> 1:00 Phase 10 Card Games (AC) <b>1:15 Just Poppin (OTP)</b> <b>2:00 Presentation "Hearing Loss" (CR)</b> <b>2:00 Diamond Art (AC)</b> 6:30 Poker (AC) 6:30 Rosary (CR) 7:00 Qigong Video Exercise (1901) 	<b>29</b> <u>Nat'l Senior Health &amp; Fitness Day</u> 9:30 Mass (Chapel/1901) 10:15 Exercise w/Jen (Cpl Circle) <b>10:30 Shopping Aldi/CVS</b> ★ <b>10:30 Walk n Roll (825) Tour</b> 1:00 Bridge (CR) <b>1:30 Outside Walk the Pond (OTP)</b> 2:30 Grief Support Grp (CR) 2:30 Scrabble (AC) 6:15 Rummikub (CR) 	<b>30</b> 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) <b>10:30 Presentation "Virtual Museum Tour" (CR)</b> 1:00 Farkle (AC) <b>1:00 Sunkist Dream Floats &amp; Baggos (CCY)</b> <b>2:00 Money Bingo (CR)</b> 6:30 Poker (AC) 7:00 Qigong Video Exercise (1901)	<b>31</b> <u>Wear Black Skin Cancer Awareness</u> 9:30 Mass (Chapel/1901) <b>9:30 Shopping Jewel</b> ★ 10:30 Skip-Bo (AC) <b>10:30 Meditation w/Vicky (MPR)</b> <b>11:00 Outing Lunch @ Pilot Pete's</b> ★ 2:00 Minds Matter (CR) 3:00 Sip Back & Relax Happy Hr (OTP) <b>6:15 Movie: "My Sailor My Love" (CR)</b>	 goodbye, may

## 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.

**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 28<sup>th</sup> 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 discusses 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/ Anna** – 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 3<sup>rd</sup> 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.

