"Just Like That Summer Turns into Fall" SEPTEMBER 2024 **Independent Living Calendar SUNDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY MONDAY** Wear Blue: Prostate Awareness Labor Day/No Mail 9:30 Water Aerobics w/ Jen (Pool) 9:30 Water Aerobics w/ Jen (Pool) 3 6 9:30 Mass (Chapel/1901) 9:30 Mass (Chapel/1901) 10:15 Exercise w/ Jen (CH) 9:00 Chair Yoga (1901) 9:30 Mass (Chapel/1901) 9:30 Mass (Chapel/1901) 10:30 Shopping <u>Jewel/Library</u> 10:30 Video Exercise (1901) 😃 10:15 Aerobic Exercise w/Jen (MPR) 10:30 Funeral Service 10:30 Coffee & Chat (CR) 10:15 Exercise w/ Jen (MPR) 9:30 Mass (Chapel/ 1901) 10:30 Skip-Bo (AC) 1:00 Skip-Bo (AC) 10:30 Shopping Walmart 👉 1:00 Skip -Bo (AC) Non- Denominational (Chapel) 1:00 Phase 10 Card Games (AC) 11:00 Video Exercise 1901) 11:00 Hand Massages w/ Anna 1:30 Documentary "History of 1:00 Bridge (CR) 11:00 R U on Time (AC) :00 Scrabble (CR) 2:00 Diamond Art (AC) 1:30 Bridge(CR) 1:30 Shopping <u>Dollar S</u>tore/ Old abor Day" (1901) 1:00 Hand Massages w/ Anna 4:00 Video Exercise (1901) 6:00 Documentary "Great 2:30 5 Crowns card Game (AC) 2:30 Scrabble (AC) Second Bank OTP) 1:00 5 Crowns Card Game(AC) 6:00 Movie: "The War with 📷 omposer: Mozart"(1901) 4:00 Video Exercise (1901) 4:00 Video Exercise (1901) 2:00 Minds Matter (CR) 1:30 Scrabble (AC) 2:00 Money Bingo (CR) Grandpa" (CR) 6:30 Poker (AC) :00 Documentary "Discovery of the 5:30 Movie "Presley & Cash: 3:00 Summer 2 Fall Happy Hr 3:30 Outing Dinner @ Schnitzel 6:30 Rosary for Peace (Apt 226) 6:00 Great Composer: Wagner <u>Γitani</u>c" (1901) The Road Show" (CR) (OTP) 7:00 Qigong Video Exercise 2:00 Deep Healing Meditation (1901) 6:15 Rummikub (CR) 6:00 Movie: "Parental Guidance" 6:30 Poker (AC) 6:15 Rummikub (CR) (1901)7:00 Deep Healing Meditation (1901) 7:00 Qigong Video Exercise (1901 (CR) 7:00 Deep Healing Meditation 12 Wear Orange Leukemia/Lymphoma 13 9:30 Mass (Chapel/1901) 9:30 Water Aerobics w/ Jen (Pool) Grandparent's Day Patriot Day 9 10 14 10:15 Exercise w/ Jen (MPR) 9:30 Water Aerobics w/ Jen (Pool) 9:00 Chair Yoga (1901) 9:30 Mass (Chapel/1901) 9:30 Mass (Chapel/1901) 10:30 Shopping Target Pizzo 9:30 Mass (Chapel/ 1901) 0:30 Coffee & Chat (CR) 9:30 Mass (Chapel/1901) 10:00 Presentation "Pizzo 9:30 Quting Lake Geneva Lunch 9:30 Mass (Chapel/ 1901) 11:00 Finding God (CR) :00 Skip -Bo (AC) Preservation Wetlands" (DR) 10:15 Exercise w/ Jen (MPR) 10:30 Shopping Jewel 🫣 11:00 Video Exercise 1901) <u>ruise</u> 🬟 1:00 Skip-Bo (AC) 10:15 Outing Family Pharmacy 10:30 Skip-Bo (AC) 1:00 Scrabble (CR) 10:15 Exercise w/ Jen (MPR) 0:15 Aerobic Exercise w/Jen (MPR) 1:30 Bridge(AC) 1:30 Stroll w/ Anna(OTP) 1:00 Phase 10 Card Games (AC) 1:00 5 Crowns Card Game(AC) 10:30 Meditation w/Anna (CR) 4:00 Video Exercise (1901) 1:00 Bridge (CR) 2:30 5 Crowns Card Game (AC) 1:00 Cards w/ Corrine (AÇ)🂢 6:00 Movie: "Murder on the 1:30 Shopping Trader Joe's 1:30 Goodwill Dropoff (AC) 1:30 Create & Make (AC) 1:30 Bible Study(Library)

2:00 Bingo for Dementia for 1:30 Bible Study(Library) 4:00 Video Exercise (1901) 1:30 Close Knit Club(BP)
6:15 Rummikub (CR)

BARTLETT
Dublic library District Orient Express" (CR) 1:30-Shopping Aldi/CVS 🬟 2:00 Diamond Art (AC) 1:30 Scrabble (OTP) 6:00 Documentary: Candy Prizes (CR) 2:00 Minds Matter (CR) 6:00 Great Composer: Capital- Chicago Story" (1901) 2:30 Caregivers Support Grp (CR) 5:30 Outing "Death Defying Acts: 3:00 Summer 2 Fall Happy Hr 6:00 Great Composer Bach"(1901) 6:00 Frontline "The Man that 7:00 Deep Healing Meditation Tchaikovsky": (1901) History of Circus (Bartlett Lib) (OTP) 6:30 Poker (AC) Knew" (1901) 1901) 7:00 Deep Healing Meditation 6:30 Poker (AC) 5:00 Movie: "Unsung Hero" 6:30 Rosary for Peace (Apt 226) 6:15 Rummikub (CR) 7:00 Oigong Video Exercise (1901 1901) 7:00 Qigong Video Exercise 1901 Wear Black - Nat'l POW/MIA 9:00 Vitals Clinic (ER) 9:30 Water Aerobics w/ Jen (Pool) Birthday Dinner 9:30 Water Aerobics w/ Jen (Pool) 15 9:30 Mass (Chapel/ 1901) 9:30 Mass (Chapel/1901) 9:00 Chair Yoga (1901) 9:30 Mass (Chapel/1901) 9:30 Mass (Chapel/1901) 9:30 Mass (Chapel/ 1901 11:00 Video Exercise 1901) 9:30 Shopping Target 💢 9:30 Mass (Chapel/1901 0:30 Coffee & Chat (CR) 10:15 Exercise w/ Jen (CH) 10:15 Aerobic Exercise w/Jen (MPR) 10:15 Exercise w/ Jen (MPR) 1:30 Bridge(AC) 0:15 Exercise w/ Jen (MPR) 10:30 Fresh Fruit (OTP) 10:30 Shopping Aldi/CVS :00 Skip -Bo (AC) 11:00 Entertainment Rick Pickren 10:30 Shopping "The Rustic Fox 2:30 5 Crowns Card Game (AC) 0:30 Decorate Luminary Bags 🥈 10:30 Skip-Bo (AC) :00 Scrabble (CR) 11:00 Parkinson Support Grp (CR) Half Way to St Patty's Day (MPR) **Boutique**" 0:30 Decorate Luminary Bags (OTP) 4:00 Video Exercise (1901) (OTP) 1:00 5 Crowns Card Game(AC) 1:30 Presentation Fall Prevention 4:00 Video Exercise (1901) 12:15 Outing Lunch @ O'Hare's 5:30 Documentary: Rick 1:00 Phase 10 Card Games (AC) OHARS PUR 1:30 Lutheran Service (Chapel) w/ Symbria (CR) 1:00 Deacon Discussions (CR) 6:00 Movie: "One Hundred 1:00 Bridge (CR) Steves "European Festivals" 1:30-Outing Goebbert's 💢 1:00 Skip-Bo (AC) 2:00 Money Bingo (CR) 1:00 Book Club (BR) 1:30 Create & Make (AC) 🬟 Foot Journey" (CR) 1901) 6:00 Light the Night Luminaries 1:30 Stroll w/ Anna(OTP) 1:00 Decorate Luminary Bags 🐼 2:00 Minds Matter (CR) 1:30 Scrabble (OTP) 7:00 Deep Healing Meditation 2:30 Shopping Jewel 💢 3:00 Summer 2 Fall Happy Hr (CCY) 1:30 Shopping Walmart 🚖 (OTP) 1901) 1:30 Close Knit Club(BR) 6:00 Great Composer : Puccini (OTP) 2:00 Diamond Art (AC) :15 Rummikub (CR) 3:00 Margarita Monday (OTP) (1901)6:00 Movie: "Knives Out" (CR)) 3:00 It's a Paddy in the Pub OTP) 7:00 Deep Healing Meditation 6:15 Rummikub (CR) 6:30 Poker (AC) 6:30 Rosary for Peace (Apt 226) 9:00 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/1901) 9:00 Outing Breakfast @ Brunch lutumn Begins Wear Purple: Alzheimer's Walk Alzheimer's Walk 22 26 27 28 9:30 Mass (Chapel/ 1901) 10:15 Aerobic Exercise w/Jen (MPR) 9:30 Mass (Chapel/1901) 9:30 Mass (Chapel/1901) Café 💢 9:00 Vitals Clinic (ER) 10:30 Shopping <u>Meijer</u> 🬟 11:00 Video Exercise 1901) 10:30 Town Hall Meeting (CH) 11:00 Outing Anderson Japanese 9:30 Water Aerobics w/ Jen (Pool) 9:00 Chair Yoga (1901) 9:30 Mass (Chapel/1901) :00 Phase 10 Card Games (AC)
:00 Bake the World a Better 9:30 Mass (Chapel/ 1901) 10:30 Skip-Bo (AC) 1:30 Bridge(AC) arden Tour & Lunch 10:30 Coffee & Chat (CR) 10:15 Exercise w/ Jen (MPR) 2:30 5 Crowns Card Game (AC) 10:15 Exercise w/ Jen (MPR) 10:30 Presentation Fitness Apps 10:30 Shopping Marshalls/Target 1:00 Bridge (CR) 1:00 Skip -Bo (AC) 4:00 Video Exercise (1901) 1:30 Scrabble (AC) 1:00 5 Crowns Card Game(AC) :00 Scrabble (CR) Place Bake Sale (OTP) 11:00 Finding God (CR) 1:30-Shopping POpshelf

2:00 Minds Matter (CR) 1:30 Entertainment "Cello Music 5:00 Sunday Evening 1:15 Just Poppin'(OTP) 1:30 Ice Cream Sandwich (CCY) 4:00 Video Exercise (1901) 1:00 Skip-Bo (AC) 12:45 Shopping <u>Jewel</u> 2:00 Minds Matter (CR) Gathering (CR) by Jake Muzzy (MPR) 2:00 Non-Denominational Service 5:00 Movie: "I'll Be Me: Glen 2:00 Diamond Art (AC) 12:45 Outing Luxury Nails 6:00 Documentary "Chicago 6:30 Outing Chicago's Newest 2:30 Grief Support Grp (CR) Chapel) 3:00 Summer 2 Fall Happy Hr Campbell Story" Disasters (1901) 2:00 Money Bingo (CR) **Aurals (Bartlett Library)** 6:15 Rummikub (CR) 1:30 Close Knit Club(BR) 6:00 Great Composer: World 6:00 Movie: "50 First Dates" (CR) 7:00 Deep Healing Meditation 6:30 Rosary for Peace (Apt 226) 7:00 Deep Healing Meditation 6:15 Rummikub (CR Vithout Beethoven (1901) (1901)BARTLETT 6:30 Poker (AC) 9:30 Mass (Chapel/ 1901) 9:00 Vitals Clinic (ER) 11:00 Video Exercise 1901) 9:30 Mass (Chapel/1901) Make it a 1:30 Bridge(AC) 10:15 Exercise w/ Jen (MPR) SEPTEMBER IS 10:30 Shopping Aldi/CVS 2:30 5 Crowns Card Game (AC) September September's 4:00 Video Exercise (1901) 1:00 Skip-Bo (AC) September tries its WORLD whispers remind 6:00 Documentary "Rise and 1:00 Outing Stroll @ Lords Park 🤺 best to have us forget us that change is all on Mail Order Giant; 1:30 Close Knit Club(BR) ALZHEIMER'S summer. constant. remember ears" (1901) 1:30 Low Vision Support Grp 7:00 Deep Healing Meditation MONTH (1901)6:15 Rummikub (CR) 7:00 Deep Healing Meditation (1901

## 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

ı		
	(CPL) – Chapel	(CTV) – In House TV
	(HR) – History Room	(CCY) - Courtyard
	(MPR) – Multipurpose Room	(CH) – Clare Hall / Gym
	(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
ı		

## Registration Reminders.....

(AC) - Arts & Crafts Room

If you are registering for a program, outing or special event, <u>please check the "register</u> by" date.

(CMPR) - Computer Room

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 "<u>minimum number</u>" registered for a program, event, or outing, <u>it</u> 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!

<u>Aerobics w/ Jen</u>- 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, September 24 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.

<u>Support Groups - See Calendar for Dates & Times.</u> 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 room #226. All are welcome to participate in the Rosary group. Join in anytime!

<u>Stroll w/ Anna</u> – 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.

<u>Diamond Art-It's a fantastic therapeutic hobby that promotes mindfulness and relaxation</u>, 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.