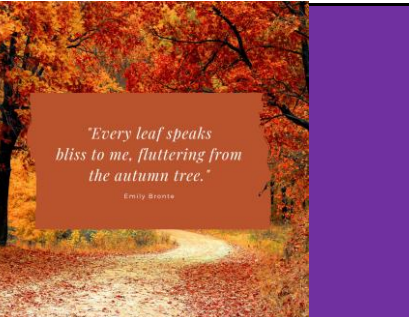


Calendar grid with 7 columns (SUNDAY to SATURDAY) and 5 rows of activities. Each cell contains a date, time, and activity details. Includes special events like Labor Day, Grandparent's Day, and various shopping and dining options.



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
(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
(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, 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.

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 room #226**. 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 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.

