



Independent Living Calendar

October Skies, Autumn Vibes

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Water Aerobics w/ Jen (Pool) 1 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Presentation “West Suburban Ortho W/ Dr. Lake (DR)” ★ 1:00 Phase 10 Card Games (AC) 2:00 Diamond Art (AC) 6:00 Documentary: “ Fall Wild Life” 1901) 6:30 Poker (AC) 6:30 Rosary (220) 	9:30 Mass (Chapel/1901) 2 10:15 Aerobic Exercise w/Jen (MPR) 10:30 Outing “It’s Fall at Cantigny & Lunch” ★  1:00 Bridge (DR) 1:30 Scrabble (AC) 2:30 Parkinson Support Grp(CR) 6:15 Rummikub (AC) 6:30 Outing: Lights Out, Everybody: Mystery and Horror During the Golden Age @ Bartlett Lib ★  7:00 Deep Healing Meditation (1901)	Nat’l German Unity Day  3 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Circuit w/ Jen (MPR) 10:30 Strudel & Coffee (Library) 1:00 5 Crowns Card Game(AC) 1:30 Oktober Fest Barrel Roll (OTP) 2:30 Money Bingo (CR)  3:30 Glogg & Pretzels (OTP) 6:00 Germany’s Frankfurt & Nurnberg(1901)  6:30 Poker (AC) 7:00 Deep Healing Meditation (1901)	World Smile Day: Wear Yellow 4  9:30 Mass (Chapel/1901) 10:30 Shopping Jewel ★  /Library 10:30 Skip-Bo (AC) 1:30 Pet Blessing (CCY) 1:30 Shopping Dollar Store /Old Second Bank ★ 2:00 Minds Matter (CR) 3:00 Gals & Gourds Happy Hr (OTP) 6:00 Movie: Falling for Vermont (1901) 	9:00 Chair Yoga (1901) 5 10:00 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 4:00 Video Exercise (1901) 6:00 Movie: “Fast Charlie” (CR) 
9:30 Mass (Chapel/ 1901) 6 11:00 Video Exercise 1901) 1:30 Bridge(OTP) 1:30 Movie; Roger & Hammerstein 80th Anniversary of Music Concert (CR)  2:30 5 Crowns Card Game (AC) 4:00 Video Exercise (1901) 6:00 Carol Burnett Funnies (1901)  7:00 Deep Healing Meditation (1901)	9:30 Mass (Chapel/1901) 7 ★ 10:30 Shopping Aldi/CVS ★  10:15 Stretch w/Jen (MPR) 10:30 Veterans Pinning (CMS)  11:00 Deacon Discussion (BR) 1:00 Skip-Bo (AC) 1:30 Close Knit Club(BR) 1:30 Shopping Marshall’s ★  1:30 Stroll w Jennifer (OTP) 6:15 Rummikub (AC) 6:30 Outing “ Love Above the Law: Bonnie & Clyde Story” (Bartlett Lib) ★	9-12pm Flu Clinic (CR) ★  8 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 12:15 Outing Lunch @ Moretti’s  1:00 Phase 10 Card Games (AC) 2:00 Diamond Art (AC) 2:00 Chair Volleyball (OTP) 6:00 “Autumn in Scotland” 1901)  6:30 Poker (AC) 6:30 Rosary (220)	9:30 Mass (Chapel/1901) 9 ★ 10:00 Shopping Target ★  10:15 Aerobic Exercise w/Jen (MPR) 12:15 Outing Drury Lane “Audience” ★  1:00 Bridge (DR) 1:30 Create & Make (AC) ★  1:30 Scrabble (OTP) 2:30 Caregivers Support Grp(CR) 6:15 Rummikub (AC) 7:00 Deep Healing Meditation (1901) 	9:30 Mass (Chapel/ 1901) 10  10:30 Fresh Fruit (OTP) 10:30 Video Exercise (1901) 10:30 Hand Massages w/ Jennifer (OTP) ★  1:00 5 Crowns Card Game(AC) 1:30 Bible Study (LIB) 2:00 Money Bingo (CR) 6:30 Poker (AC) 7:00 Deep Healing Meditation (1901) 	Fire Week: Wear Red& Blue 11 ★ 10:30 Shopping Jewel ★  10:30 Funeral Service Non- Denominational (Chapel) 11:00 Skip-Bo (AC) 1:30 Shopping Fisher Nut Store ★  2:00 Minds Matter (CR) 3:00 Gals & Gourds Happy Hr (OTP) 6:00 Movie: Fall, Love & Order 2(1901) 	9:00 Chair Yoga (1901) 12 10:00 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 4:00 Video Exercise (1901) 6:00 Movie: “Cabrini” (CR) 
9:30 Mass (Chapel/ 1901) 13 11:00 Video Exercise 1901) 1:30 Bridge(CR) 2:30 5 Crowns Card Game (AC) 4:00 Video Exercise (1901) 6:00 Documentary: “ How Native Americans Learned to Master their Environment ” (1901)  7:00 Deep Healing Meditation (1901)	Indigenous Peoples Day/NO Mail 14  9:00 Vitals Clinic ER) 9:30 Mass (Chapel/1901) ★ 10:30 Shopping Meijer ★  10:30 Video Exercise (1901) 11:00 Finding God (CR) 1:00 Skip-Bo (AC) 1:30 Close Knit Club(BR) 1:30 Shopping Trader Joe’s ★  6:15 Rummikub (AC)	9:30 Water Aerobics w/ Jen (Pool) 15  9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Presentation “YouTube” (CR)  1:00 Phase 10 Card Games (AC) 1:00 Book Club (BR)  1:15 Pumpkin Pie Day (OTP)  2:00 Diamond Art (AC) 6:00 “ Autumn in Wales” (1901) 6:30 Poker (AC) 6:30 Rosary (220)	Birthday Lunch/ Dinner  9:30 Mass (Chapel/1901) 16 10:15 Aerobic Exercise w/Jen (MPR) 10:30 Shopping Painted Tree ★  Boutique 1:00 Bridge (DR) 1:30 Scrabble (AC) 1:30 Shopping Aldi/CVS ★  4:00 Hunka, Hunka Birthday Love w/ Elvis (MPR) ★  6:15 Rummikub (AC)	9:30 Water Aerobics w/ Jen (Pool) 17 9:30 Mass (Chapel/ 1901) 10:15 Circuit w/ Jen (MPR) 11:00 Minds Matter (CR) 1:00 5 Crowns Card Game(AC) 1:30 Lutheran Service (Cpl) 2:30 Money Bingo (CR) 6:00 Autumn in Yellowstone (1901)  6:30 Poker (AC) 7:00 Deep Healing Meditation (1901) 	Breast Cancer: Wear Pink  18 9:30 Mass (Chapel/1901) 10-12:00 Resource Fair (CH) 11:00 Skip-Bo (AC) 1:00 Cards w/ Corrine (AC) ★  1:30 Shopping Jewel ★  2:00 Jenga (OTP) 3:00 Gals & Gourds Happy Hr (OTP) 6:00 Movie	9:00 Chair Yoga (1901) 19 ★ 10:00 Coffee & Chat (CR) 11:00 Crafting w/ Jennifer (AC) ★  1:00 Skip -Bo (AC) 1:00 Scrabble (OTP) 1:30 Jeopardy w/ Jennifer (CR) 4:00 Video Exercise (1901) 6:00 Movie: “October Sky” (CR) 
9:30 Mass (Chapel/ 1901) 20 11:00 Video Exercise 1901) 1:30 Bridge(CR) 2:30 5 Crowns Card Game (AC) 4:00 Video Exercise (1901) 6:00 Documentary: Neiman Marcus: Last of the Merchant Kings” (1901)  7:00 Deep Healing Meditation (1901) 	9:30 Mass (Chapel/1901) 21 ★ 9:30 Shopping Target ★  10:15 Stretch w/Jen (MPR) 11:00 Deacon Discussions (CR) 1:00 Skip-Bo (AC) 1:00 Presentation “Lighthouse for the Blind (DR) 1:30 Close Knit Club(BR) 1:30 Stroll w/ Jennifer(OTP) 2:30 Shopping Jewel ★  6:15 Rummikub (AC) 	9:00 Water Aerobics w/ Jen (Pool) 22  9:30 Mass (Chapel/ 1901) 10:30 Town Hall (CH) 10:30 Staff Pumpkin Contest Voting (CH)  1:00 Phase 10 Card Games (AC) 1:15 Just Poppin’ Popcorn (OTP) 2:00 Diamond Art (AC) 6:00 Autumn- World of Colors (1901)  6:30 Poker (AC) 6:30 Rosary (220)	9:30 Mass (Chapel/1901) 23 10:15 Aerobic Exercise w/Jen (MPR) 10:30 Shopping Walmart ★  1:00 Bridge (DR) 1:00 Decorate Pumpkins (CR) ★  1:30 Scrabble (AC) 2:30 Grief Support Grp(CR) 3:45 Outing Rocco Vino ★  6:15 Rummikub (AC) 7:00 Deep Healing Meditation (1901)	9:00 Outing Breakfast @ Sweet Basil Café 24  9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Circuit w/ Jen (MPR) 10:30 Presentation “ Age Well w/ Sharp Brain & Meditation (CR) 10:30 Outing Early Voting ★  1:00 5 Crowns Card Game(AC) 1:30 Create & Make (AC) ★  2:00 Non-Denominational Svc (Cpl) 2:30 Money Bingo (CR) 6:30 Poker (AC)	Wear Nat’l Colors Day  25 ★ 9:30 Mass (Chapel/1901) 10:30 Shopping Caputos ★  11:00 Skip-Bo (AC) 1:30 Shopping Aldi/CVS ★  2:00 Minds Matter (CR) 3:00 Gals & Gourds Happy Hr (OTP) 6:00 Movie: Autumn in the Vineyards (1901) 	9:00 Chair Yoga (1901) 26 10:00 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 4:00 Video Exercise (1901) 6:00 Movie: “Hocus Pocus” (CR) 
9:30 Mass (Chapel/ 1901) 27 11:00 Video Exercise 1901) 1:30 Bridge(CR) 2:30 5 Crowns Card Game (AC) 4:00 Video Exercise (1901) 5:00 Sunday Evening Gathering (OTP) 6:00 “Chicago Mysteries w/ Geoffrey Baer ” (1901)  7:00 Deep Healing Meditation (1901) 	9:00 Vitals Clinic ER) 28 ★ 9:30 Mass (Chapel/1901) 10:30 Shopping POPshelf ★  10:15 Stretch w/Jen (MPR) 12:45 Shopping Jewel ★  12:45 Outing Luxury Nails ★  1:00 Skip-Bo (AC) 1:30 Close Knit Club(BR) 1:30 Entertainment “Blue Moon” w/ Heather (MPR)  1:30 Stroll w/Jennifer(OTP) 6:15 Rummikub (AC)	9:30 Water Aerobics w/ Jen (Pool) 29 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Halloween Family Feud (CR)  1:00 Phase 10 Card Games (AC) 1:15 Caramel Apple Bar (OTP) 2:00 Diamond Art (AC) 6:00 Timeline: When British were Terrified of Witches (1901)  6:30 Poker (AC) 6:30 Rosary (220)	9:30 Mass (Chapel/1901) 30 ★ 10:15 Aerobic Exercise w/Jen (MPR) 10:00 Outing Tour Long Grove Confectionary & Lunch @ Buffalo Restaurant  1:00 Bridge (DR) 1:30 Scrabble (AC) 2:30 Shopping Target ★  6:00 Movie Haunted Mansion (CR)  6:15 Rummikub (AC) 7:00 Deep Healing Meditation (1901)	Halloween Dress Up  31 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Circuit w/ Jen (MPR) 10:30 Witches Brew & Eyeballs T (Lib) 12:00 Costume Parade(DR) 1:00 5 Crowns Card Game(AC) 1:00 Halloween Left/Right Story (CR) 2:00 Mummy Bingham (CR)  3:30 Trick or Treat (CMS) 6:30 Poker (AC) 	 	

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, October 22 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.

