

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|--|
| <p>West Suburban Bank Tues & Thurs. 9am – 1pm</p> | <p>Mass Monday – Friday 9:30am Adoration Thursdays @ 10am</p> | <p>(CR) – Card Room (ML) - Maple Lane (BR) – Bartlett Dining Room (AC) – Arts & Crafts Room (GR) – Game Room (FC) – Fitness Center</p> | <p>(SP) – Swimming Pool (DR) – Main Dining Room (LR) – Living Room (CMPR)- Computer Room (MPR) – Multipurpose Room (GYM) – School Gym</p> | <p>(OTP) – Oak Tree Pub (CPL) – Chapel (CTV) – In House TV (CCY) – Courtyard (LIB) – Library (MLDR) – Maple Dining Room</p> | <p><i>Prostate Awareness- Wear Blue</i> 10:00 Shopping: Jewel ★ 10:15 Cardio Plus (MPR) 11:00 Skip-Bo (OTP) 11:15 Comm Life Mtg (CR) 1:00 Shopping: Aldi ★ 3:00 Minds Matter (CR) 6:00 Movie: “Tootsie” (CR) 6:30 Bingo for Bucks (Gym)</p> | <p>2 9:30 Water Exercise (SP) 10:00 Coffee & Events (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 1:30 TV Time Trivia Social (CR) 6:00 Movie: “The Last Word” (CR)</p> |
| <p>3 9:30 Mass (Cpl/CTV) 11:00 Video Exercise (CTV) 1:00 DVD: “The Best of Ed Sullivan” (CR) 2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 6:00 Movie: “The Truman Show” (CR)</p> | <p>4 <i>Labor Day</i> 10:15 Video Exercise (CTV) 11:00 DVD: “Ed Sullivan Show w/ The Beatles” (CR) 11 – 2 Labor Day Buffett (DR) 1:30 Resident Walk (OTP) 6:00 Movie: “Broadcast News” (CR) 6:15 Rummikub (AC)</p> | <p>5 <i>Flower Sale for Alzheimer’s</i> 10:15 Water Aerobics (SP) 10:15 Biking Buddies (FC) 11:00 DVD: “Father Knows Best” (CR) 1:30 Mahjongg (OTP) 2:00 Farkle Tourney (CR) 3:45 “Remote Control” Cocktails (OTP) 6:30 Men's Poker (AC) 6:30 Entertainment: “Barbara Walters” by Jenny Riddle (CR)</p> | <p>6 10:00 Shopping: Jewel ★ 10:15 Sit 'n' Fit (MPR) 11:00 Carl's Corner: “Fire Safety” (CR) 1:00 Bridge/Pinochle (OTP) 1:00 Tech Help (CMPR) ★ 1:00 Rivendell Alpaca Farm Tour ★ 2:00 DVD: TV Comedy Classics (CR) 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)</p> | <p>7 10:15 Water Aerobics w/ Jen (SP) 10:45 Bible Study (BR) 11:00 Stretch & Balance (CR) 1:30 Hand & Foot Game (AC) 1:30 Bartlett Library (LIB) 2:00 Choir Practice (CR) 4:30 Piano by Tracy (OTP) 6:30 Sizzle, Sequins, Murder & Mayhem: 1920's Chicago @ Library ★ 7:00 VFW Meeting (MLDR) 7:00 Rosary (CR)</p> | <p>8 <i>Leukemia/Lymphoma-Wear Orange</i> 10:00 Brew, View & Donuts Too @ Library ★ 10:15 Cardio Plus (MPR) 11:00 Skip-Bo (OTP) 1:00 Shopping: Dollar Store ★ 3:00 Minds Matter (CR) 6:00 Movie: “Good Night and Good Luck” (CR) 6:30 Bingo for Bucks (Gym)</p> | <p>9 9:30 Water Exercise (SP) 10:00 Coffee & Events (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 12:00 Lunch Bunch: Steak N' Shake ★ 6:00 Movie: “Pleasantville” (CR)</p> |
| <p>10 9:30 Mass (Cpl/CTV) 11:00 Video Exercise (CTV) 1:00 DVD: The Dick Van Dyke Show (CR) 2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 6:00 Movie: “The Quiz Show” (CR)</p> | <p>11 <i>Last Day- ALZ Walk Registration</i> 10:00 Shopping: Jewel ★ 10:15 Cardio Plus (MPR) 11:00 Finding God w/ Sue (CR) 11:00 Shopping: Jewel ★ 12:00 R U on Time Watch Repair (AC) 1:00 Chair Fitness (CR) ★ 2:00 We'll Be Back After These Messages Social (CR) 6:15 Rummikub (AC)</p> | <p>12 10:15 Bike Buddies (FC) 10:30 Food Forum (DR) 11:00 DVD: “I Love Lucy” (CR) 1:30 Mahjongg (OTP) 1:30 Book Club (CR) 3:00 Brain Puzzles (LIB) 4:00 Supper Club: “Manhattans” ★ 5:30 Tech Help (CMPR) 6:30 Men's Poker (AC)</p> | <p>13 10:15 Sit 'n' Fit (MPR) TBD Stratford Square Mall Movie or Shopping ★ 1:00 Bridge/Pinochle (OTP) 1:00 Tech Help (CMPR) ★ 2:30 Caregivers Supp Grp (CR) 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC) 6:30 Pianist & Vocalist – Richard Shep (GYM)</p> | <p>14 10:15 Water Aerobics w/ Jen (SP) 10:45 Bible Study (BR) 11:00 Stretch & Balance (CR) 1:30 Non-Denominational Service (CPL) 1:30 Hand & Foot Game (AC) 3:45 “High Definition” Happy Hour w/ Specialty Drink (OTP) 7:00 Video Exercise (CTV) 7:00 Auxiliary VFW (MLDR) 7:00 Rosary (CR)</p> | <p>15 <i>POW/MIA Day – Wear Black</i> 10:15 Cardio Plus (MPR) 11:00 Shopping: Target ★ 11:00 Skip-Bo (OTP) 1:00 Wheel of Fortune (CR) 3:00 Minds Matter (CR) 6:00 Movie: “Truth” (CR) 6:30 Bingo for Bucks (Gym)</p> | <p>16 9:30 Water Exercise (SP) 10:00 Coffee & Events (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 2:00 Create & Make (AC) ★ 6:00 Movie: “Slumdog Millionaire” (CR)</p> |
| <p>17 9:30 Mass (Cpl/CTV) 11:00 Video Exercise (CTV) 1:00 DVD: “The Tonight Show w/ Johnny Carson” (CR) 2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 6:00 Movie: “Morning Glory” (CR)</p> | <p>18 10:15 Cardio Plus (MPR) 11:00 Shopping: Walmart ★ 11:00 Deacon Discussions (CR) 1:00 Chair Fitness (CR) ★ 1:30 Walk & Explore (OTP) 2:30 Ultimate Game Show Challenge (GYM) 6:15 Rummikub (AC) 6:30 Travelogue: “The Danube to the Black Sea” by Reneta (CR)</p> | <p>19 10:15 Water Aerobics (SP) 10:15 Biking Buddies (FC) 11:00 DVD: “Leave It To Beaver” (CR) 1:30 Low Vision Supp Group (LIB) 1:30 Mahjongg (OTP) 4:00 Supper Club: “Manhattans” ★ 6:30 Men's Poker (AC) 7:00 Video Exercise (CTV)</p> | <p>20 <i>Sept. B-day Dinner</i> 10:15 Sit 'n' Fit (MPR) 11:00 All About Flu Shots-CR 12:30 “Rock of Ages” @ Drury Lane ★ 1:00 Bridge/Pinochle (OTP) 1:00 Tech Help (CMPR) ★ 3:00 Parkinson Supp Grp (LIB) 3:45 Dinner Seating ★ 5:30 Dinner Seating ★ 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)</p> | <p>21 10:15 Water Aerobics w/ Jen (SP) 10:45 Bible Study (BR) 11:00 Stretch & Balance (CR) 11:00 Prayer Shawl Ministry (AC) 1:30 Lutheran Service (CPL) 1:30 Jewelry w/ Betsy (AC) 1:30 Hand & Foot Game (OTP) 3:45 “On The Air” Appetizers (OTP) 4:30 Piano by Tracy (OTP) 7:00 Video Exercise (CTV) 7:00 Rosary (CR)</p> | <p>22 <i>Autumn Begins Alzheimer's- Wear Purple</i> 10:00 Shopping: Meijer / Marianos ★ 10:15 Cardio Plus (MPR) 11:00 Skip-Bo (OTP) 1:00 Walk Across America Finale Celebration (GYM) 3:00 Minds Matter (CR) 6:00 Movie: “Money Monster” (CR) 6:30 Bingo for Bucks (Gym)</p> | <p>23 <i>Alzheimer's Walk</i> 9:30 Water Exercise (SP) 10:00 Coffee & Events (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 6:00 Movie: “The Zoo Keeper's Wife” (CR)</p> |
| <p>24 9:30 Mass (CPL/CTV) 11:00 Video Exercise (CTV) 1:00 DVD: “The Carol Burnett Show” (CR) 2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 5:00 Sunday Evening Gathering (OTP) 6:00 Movie: “The Circle” (CR)</p> | <p>25 10:00 Shopping: Jewel ★ 10:15 Cardio Plus (MPR) 11:00 Finding God w/ Sue (CR) 11:00 Shopping: Jewel ★ 12:00 TV Dinner Lunch Social (GYM) ★ 1:00 Chair Fitness (CR) ★ 2:30 Overview of the Bartlett Police Department (CR) 6:15 Rummikub (AC)</p> | <p>26 9:00 Breakfast @ Savoury ★ 11:00 Town Hall Mtg- MPR 1:30 Mahjongg (OTP) 1:30 Wellness Lecture (CR) 2:30 Praying The Gospel-CR 5:30 Tech Help (CMPR) ★ 6:00 Movie: “Network” (CR) 6:30 Men's Poker (AC) 7:00 Video Exercise (CTV)</p> | <p>27 10:15 Sit 'n' Fit (MPR) 10:15 Chicago Broadcasting Communication Museum Tour & Lunch ★ 11:00 DVD: “The Honeymooners” (CR) 1:00 Bridge/Pinochle (OTP) 1:00 Tech Help (CMPR) ★ 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)</p> | <p>28 10:15 Water Aerobics w/ Jen (SP) 10:30 Tracking the Journey (AC) 10:45 Bible Study (BR) 11:00 Stretch & Balance (CR) 1:30 Hand & Foot Game (AC) 2:00 Choir Practice (CPL) 6:15 “Remembering The War To End All Wars” @ Bartlett Village Hall ★ 7:00 Rosary (CR)</p> | <p>29 <i>World Heart Day – Wear Red</i> 10:15 Cardio Plus (MPR) 11:00 Shopping: Walgreens / Butera ★ 11:00 Skip-Bo (OTP) 2:00 Violinist: Daniel Ziesemer (GYM) 3:00 Minds Matter (CR) 6:00 Movie: “Hairspray” (CR) 6:30 Bingo for Bucks (Gym)</p> | <p>30 9:30 Water Exercise (SP) 10:00 Coffee & Events (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 2:00 Create & Make (AC) ★ 4:00 Mass (CPL/CTV) 6:00 Movie: “Going In Style” (CR)</p> |

CALENDAR / DESCRIPTIONS KEY



Registration Required



Walking Required

RED Outing or Shopping Trip

GREEN Presentation/Entertainment

BOLD Special Program

BLUE Movie or DVD Series



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.

Description Guides

Descriptions of monthly activities & outings are available in the Arts & Crafts Room on the bulletin board as well as on the in-house TV system (Channel 950).

Regularly Scheduled Programs, Services, Groups & Meetings

Stretch & Balance Class - 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!

Cardio Plus / Sit n Fit - Offered every **Monday, Wednesday & Friday 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 10:15am.** 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 950 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.

Men's / Ladies Poker - Offered every week in the Arts and Crafts Room. Men's group meets on Tuesdays at 7pm and the Ladies on Wednesdays at 6:30pm. All are Welcome!!

Deacon Discussions - Join this group led by our Spiritual Life Coordinator as they discuss the dimensions of wellness and how each impacts our spiritual self. All are welcome!

Community Life Meeting - **Friday, September 1st at 11:15am in the Card Room**

Every month the Community Life Team meets with our residents to review the current month's calendar / programs. Then residents are asked for their opinions on the previous programs, outings and entertainment as well as asking for suggestions for future programming/outings. We need your input when planning the calendar! ALL are welcome and encouraged to come!!

Monthly Town Hall Meeting - **Tuesday, September 26th at 11:00am in the MPR.** 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.

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

VFW & Auxiliary Meetings - The VFW meets at Clare Oaks the first Thursday of the month at 6:30pm and the Auxiliary meets the second Thursday of the month at 7pm in the A&C.

Support Groups - See Calendar for Dates & Times. Low Vision, Caregiver's, Diabetes, Good Grief, Cancer and Parkinson's Groups are offered right here at Clare Oaks. Please feel free to join any of these groups at any time!

Dominoes - This resident run group meets on **Sundays at 2pm** in the A&C Room. No experience is necessary! All levels welcome. It is a great way to spend Sunday afternoon. Come join the fun!

Food Forum - This is your chance to meet with Dining to ask questions or offer suggestions regarding dining services. Coffee is served during this meeting. All are welcome to attend.

Rosary - **Every Thursday at 7pm in the Card Room and every Sunday at 3:00pm in the Chapel.** All are welcome to participate in the Rosary group. Join in anytime!

Walk & Explore - 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.**

Prayer Shawl Ministry - **Meets in the Arts & Crafts Room one day during the month. See Calendar for specific date.** All are welcome.

Choir - The choir practices throughout the month. Please see calendar for days and times. If interested in joining please contact Reneta Webb.

Book Club - The book club meets the 2nd Tuesday of the month. This group meets in the Bartlett Room. Please contact Joanne Neumann for information.

Bingo for Bucks - Join this resident run program **Fridays at 6:30pm in the School Gym.** 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!

