



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	West Suburban Bank Tues & Thurs. 9am – 1pm	Mass Monday – Friday 9:30am Adoration Thursdays @ 10am		10:15 Water Aerobics (SP) 1 10:45 Bible Study (BR) 11:00 Stretch & Balance (CR) 1:30 Hand & Foot Game (AC) 1:30 Bartlett Library (LIB)  6:30 Men's Poker (AC) 6:30 Tech Class (CMPR) ★ 7:00 Relax & Unwind (CTV) 7:00 VFW Meeting (MLDR) 7:00 Rosary (CR)	Show Your Love Hearts for Sale - \$1.00 2 10:00 Shopping: Jewel ★ 10:15 Cardio Exercise (MP) ★ 11:15 Comm Life Mtg (CR) 11:00 Skip-Bo (OTP) 11:00 Shopping: Jewel ★ 1:30 T-Shirt Sale (OTP) 3:00 Minds Matter (CR) 6:30 Bingo for Bucks w/ Eastview School (Gym)	9:30 Water Exercise (SP) 3 10:00 Coffee & Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 12:00 Lunch Bunch: Fun Food!  Wee Dee's ★ 6:00 Movie: "Golden Years" (CR) 
9:30 Mass (Cpl/CTV) 4 11:00 Video Exercise-CTV 1:00 Bridge/Pinochle (OTP) 2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 5:00 Video Exercise (CTV) 6:00 Movie: "Cutting Edge" (CR) 	10:15 Cardio Exercise (MPR) 5 11:00 Shopping: Walmart ★ 11:00 Deacon Discussions (CR) 1:30 Walk & Explore (OTP) 3:00 T-Shirt Sale (OTP) 6:15 Rummikub (AC) 6:30 Entertainment: Magic & Comedy by Ken Mate (GYM) 	10:15 Water Aerobics (SP) 6 11:00 T-Shirt Sale (OTP) 1:00 Chair Fitness (CR) 1:30 Mahjongg (OTP) 2:30 Wine & Cheese Happy Hour (OTP)  6:30 Men's Poker (AC) 6:30 Movie: "Munich" (CR) 6:30 Tech Class (CMPR) ★ 7:00 Video Exercise (CTV)	10:15 Sit 'n' Fit (MPR) 7 10:30 Chicago Sports Museum & Lunch @ Harry Caray's  11:00 Carl's Corner (CR) 1:00 Bridge / Pinochle (OTP) 1:30 Movie: "Olympic Pride, American Prejudice"-CR  6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)	10:15 Water Aerobics (SP) 8 10:45 Bible Study (BR) 11:00 Stretch & Balance (CR) 1:30 Hand & Foot Game (AC) 1:30 Non-Denominational Service (CPL) 6:30 Men's Poker (AC) 7:00 Relax and Unwind (CTV) 7:00 Auxiliary VFW (MLDR) 7:00 Rosary (CR)	10:15 Cardio Exercise (MPR) 9 11:00 Shopping: Aldi ★ 11:00 Skip-Bo (OTP) 1:00 Movie: "Miracle" (CR) ★  1:30 Shopping: Dollar Store 3:00 Minds Matter (CR) 6:30 Bingo for Bucks (Gym) 6:45 Olympic Opening Ceremony w/ Refreshments (CR) 	9:30 Water Exercise (SP) 10 10:00 Coffee & Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 2:00 Create n Make (AC) ★ 6:00 Movie: "Ice Castles" (CR) 
9:30 Mass (Cpl/CTV) 11 11:00 Video Exercise-CTV 1:00 Bridge/Pinochle (OTP) 1:00 Matinee: "Mighty Ducks" (CR)  2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 5:00 Video Exercise (CTV) 6:00 Res Youth Grp Have a Heart Party (GYM) ★ 	10:15 Cardio Exercise (MPR) 12 11:00 Shopping: Target ★ 11:00 Finding God in the Ordinary (CR) 1:00 Polish Up (OTP) ★  1:30 Jewelry w/ Betsy (AC) 1:30 Walk & Explore (OTP) 4:00 Supper Club: "Bannerman's Sports Grill"  6:15 Rummikub (AC)	10:30 Food Forum (DR) 13 1:00 Chair Fitness (OTP) 1:30 Mahjongg (OTP) 1:45 Book Club (AC)  2:00 Guess the Bride & Groom (OTP)  2:30 Paczki & Hurricanes Happy Hour (OTP)  3:00 Brain Puzzles (LIB) 6:30 Men's Poker (AC) 7:00 Video Exercise (CTV) 	Birthday Dinner Ash Wednesday 14 10:15 Sit 'n' Fit (MPR) 10:30 Ash Distribution (LR) 1:00 Bridge / Pinochle (OTP) 2:30 Caregivers Supp Grp (AC) 3:30 Ash Distribution (OTP) 3:45 Dinner Seating (DR) & w/ Pianist Franco Campanella  6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)	10:15 Water Aerobics (SP) 15 10:45 Bible Study (BR) 11:00 Stretch & Balance (CR) TBD 10 Year Anniversary Celebration w/ Harpist Janelle Lake (GYM) ★  1:30 Hand & Foot Game (AC) 6:30 Men's Poker (AC) 7:00 Relax and Unwind (CTV) 7:00 Rosary (CR)	10:00 Shopping: Jewel ★ 16 10:15 Cardio Exercise (MPR) 11:00 Shopping: Jewel ★ 11:00 Skip-Bo (OTP) 1:00 Baggio Tournament (GYM)  3:00 Minds Matter (CR) 6:30 Stations of the Cross (CPL) 6:30 Movie: "Charlie Chan at the Olympics" (CR)	9:30 Water Exercise (SP) 17 10:00 Coffee & Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 2:00 Create n Make (AC) ★ 6:00 Movie: "Eddie the Eagle" (CR) 
9:30 Mass (Cpl /CTV) 18 11:00 Video Exercise-CTV 1:00 Bridge/Pinochle (OTP) 2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 5:00 Video Exercise (CTV) 6:00 Movie: "Cool Runnings" (CR) 	10:00 Shopping: Jewel ★ 19 10:15 Cardio Exercise (MPR) 11:00 Shopping: Jewel ★ 11:00 Deacon Discussions (CR) 1:00 Wacky Winter Game Social (GYM)  1:30 Walk & Explore (OTP) 6:00 Movie: "Greatest Game Ever Played" (CR)  6:15 Rummikub (AC)	10:15 Water Aerobics (SP) 20 1:00 Chair Fitness (CR) 1:30 Low Vision Supp Grp-LIB 1:30 Mahjongg (OTP) 3:00 Brain Puzzles (LIB) 4:00 Supper Club: "Bannerman's Sports Grill"  6:30 Men's Poker (AC) 6:30 Bingo for Bucks (Gym) 7:00 Video Exercise (CTV)	10:15 Sit 'n' Fit (MPR) 21 12:15 "Cabaret" @ Paramount Theater ★  1:00 Bridge / Pinochle (OTP) 3:00 Parkinson Supp Grp (LIB) 4:30 Entertainment: Pianist Al Schubert (OTP) 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)	10:15 Water Aerobics (SP) 22 10:45 Bible Study (BR) 11:00 Prayer Shawl Mnstry (AC) 11:00 Stretch & Balance (CR) 1:00 Documentary: "Jim Thorpe - All American" (CR)  1:30 Hand & Foot Game (AC) 1:30 Lutheran Service (CPL) 6:30 Men's Poker (AC) 7:00 Rosary (CR)	10:15 Cardio Exercise (MPR) 23 11:00 Skip-Bo (OTP) 12:00 Thrill of Victory Olympic Lunch Social w/ Entertainment by Liz Goss  3:00 Minds Matter (CR) 6:30 Stations of the Cross (CPL) 6:30 Movie: "Red Army" (CR) 	9:30 Water Exercise (SP) 24 10:00 Coffee & Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) 12:00 Lunch Bunch: "Silverlake" ★ 4:00 Mass (Cpl / CTV) 6:00 Movie: "Slap Shot" (CR) 
11:00 Video Exercise-CTV 25 1:00 Bridge/Pinochle (OTP) 2:00 Dominoes (AC) 3:00 Rosary (CPL) 3:00 Wii Bowling (CR) 5:00 Video Exercise (CTV) TBD Sunday Evening Gathering w/ Closing Ceremony of Winter Olympics (OTP) 	9:00 Breakfast @ Savoury ★ 26 10:15 Cardio Exercise (MPR) 11:00 Shopping: Meijer / Marianos ★  11:00 Finding God in the Ordinary (CR) 1:30 Walk & Explore (OTP) 2:00 Farkle Tournament- CR 6:00 Movie: "Game Plan"-CR  6:15 Rummikub (AC)	10:00 Chicago Steel Hockey Game ★ 27  11:00 Town Hall Mtg (MPR) 1:00 Chair Fitness (CR) 1:30 Mahjongg (OTP) 2:30 Praying the Gospel (CR) 6:30 Men's Poker (AC) 6:30 Bingo for Bucks (Gym) 6:30 Tech Class (CMPR) ★ 7:00 Video Exercise (CTV)	10:15 Sit 'n' Fit (MPR) 28 TBD Stratford Square Movie or Shopping  1:00 Bridge / Pinochle (OTP) 1:00 Sports Trivia Social (CR)  3:00 Puzzle Time (AC) 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)	(SP) – Swimming Pool (DR) – Main Dining Room (LR) – Living Room (CMPR)- Computer Room (MPR) – Multipurpose Room (GYM) – School Gym (LIB) – Library (MLDR) – Maple Dining Room (CCY) – Courtyard		(CR) – Card Room (ML) - Maple Lane (BR) – Bartlett Dining Room (AC) – Arts & Crafts Room (GR) – Game Room (FC) – Fitness Center (OTP) – Oak Tree Pub (CPL) – Chapel (CTV) – In House TV



CALENDAR / DESCRIPTIONS KEY



Registration Required



Walking Required

RED Outing or Shopping Trip

GREEN Presentation/Entertainment

BOLD Special Program

BLUE Movie or DVD Series

Description Guides

Descriptions of monthly activities & outings are available in the Mail Room. If you would like one, please pick one up at your convenience.



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

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 with Anna★ - **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, February 2nd 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, Feb. 27th 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!

Bocce Ball - All are welcome!! The group meets in the MPR every other **Thursday at 10:15am.** No experience necessary & you may even play seated! Don't miss the fun!

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!

Resident Walk Club - 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 Monday 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!

