



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Mass</b> Mon – Fri @ 9:30am</p>	<p><b>Adoration</b> Thursdays @ 10am</p>		<p>(CPL) – Chapel (CTV) – In House TV (LR) – Living Room (CMPR) – Computer Room (MPR) – Multipurpose Room (GYM) – Old School Gym (MLDR) – Maple Dining Room (LIB) – Library (CCY) – Courtyard</p>	<p>(CR) – Card Room (ML) – Maple Lane (GR) – Game Room (FC) – Fitness Center (SP) – Swimming Pool (DR) – Main Dining Room (BR) – Bartlett Dining Room (AC) – Arts &amp; Crafts Room (OTP) – Oak Tree Pub</p>	<p><u>Wear Superbowl Colors</u></p> <p>10:15 Cardio Exercise (MPR) <b>1</b> 11:00 Skip-Bo (AC) <b>11:00 Shopping: Target</b> ★ <b>11:15 Calendar Review (CR)</b> 3:00 Minds Matter (CR) <b>5:30 Movie: "Where The Heart Is" (CR)</b> 6:30 Bingo for Bucks (Gym)</p>	<p><b>Groundhog Day</b> <b>2</b></p> <p>9:30 Water Exercise (SP) 10:00 Coffee &amp; Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) <b>1:00 Bartlett NHS Ensemble Concert (GYM)</b> <b>6:00 Movie: "Places In The Heart" (CR)</b></p>
<p><u>SuperBowl</u> <b>3</b></p> <p>9:30 Mass (Cpl / CTV) 11:00 Video Exercise (CTV) <b>1:00 Matinee: "All of My Heart" (CR)</b> 1:00 Bridge/Pinocle (OTP) 2:00 Dominoes (AC) 3:00 Rosary (BR) 3:00 Wii Bowling (CR) 5:00 Video Exercise-CTV <b>5:30 SuperBowl Watch Party (CR)</b></p>	<p><b>10:00 Shopping: Jewel</b> ★ <b>4</b> 10:15 Cardio Exercise (MPR) <b>11:00 Shopping: Jewel</b> ★ 11:00 Deacon Discussions (CR) <b>1:30 Matinee: "None But The Lonely Heart" (CR)</b> 1:30 Walk &amp; Explore (OTP) 6:15 Rummikub (AC)</p>	<p><u>Chinese New Year Begins</u> <b>5</b></p> <p>9:00 Resident Open Swim (SP) 1:00 Chair Fitness (CR) <b>1:30 Movie: "The 12th Man" (CR)</b> 1:30 Mahjongg (AC) <b>2:30 Chinese New Year Happy Hour (OTP)</b> 6:00 Tech Help (CMPR) ★ 6:30 Men's Poker (AC) 7:00 Video Exercise (CTV)</p>	<p><b>10:15 Sit 'n' Fit (MPR)</b> <b>6</b> <b>11:00 Carl's Corner (CR)</b> <b>12:15 "The Producers" @ Paramount Theater</b> ★ 1:00 Bridge (CR) <b>2:00 Farkle Tournament (AC)</b> 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)</p>	<p><b>10:15 Water Aerobics (SP)</b> <b>7</b> 10:45 Bible Study (BR) 11:00 Stretch and Balance (CR) 1:30 Hand &amp; Foot Game (AC) <b>1:30 Bartlett Library (LIB)</b> <b>2:30 Entertainment: Vocalist Chris Colletti" (GYM)</b> 6:30 Rosary (BR) 6:30 Men's Poker 7:00 Video Exercise (CTV) 7:00 VFW Meeting (MLDR)</p>	<p><u>Wear Purple: Cancer</u> <b>8</b></p> <p>10:15 Cardio Exercise (MPR) <b>11:00 Shopping: Meier</b> ★ <b>2:00 Healthy Heart Break (OTP)</b> 3:00 Minds Matter (CR) <b>5:30 Movie: "Beautifully Broken" (CR)</b> 6:30 Bingo for Bucks (Gym)</p>	<p><b>9:30 Water Exercise (SP)</b> <b>9</b> 10:00 Coffee &amp; Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) <b>1:00 Decorating Cupcakes w/ Bartlett NHS (AC)</b> ★ <b>2:00 Create n Make (AC)</b> ★ <b>6:00 Movie: "A Prairie Home Companion" (CR)</b></p>
<p><b>10</b></p> <p>9:30 Mass (Cpl / CTV) 11:00 Video Exercise (CTV) 1:00 Bridge/Pinocle (OTP) 2:00 Dominoes (AC) 3:00 Rosary (BR) 3:00 Wii Bowling (CR) 5:00 Video Exercise (CTV) <b>5:30 Movie: "The Journey Home" (CR)</b></p>	<p><b>10:15 Cardio Exercise (MPR)</b> <b>11</b> 11:00 Finding God w/ Sue (CR) <b>11:00 Shopping: Walmart</b> ★ <b>1:00 I ♥ Music – Name That Tune (CR)</b> 1:30 Walk &amp; Explore (OTP) <b>2:30 Food Forum (DR)</b> 6:15 Rummikub (AC)</p>	<p><b>12</b></p> <p>9:00 Resident Open Swim (SP) 11:00 UNO Card Game (AC) 1:00 Chair Fitness (CR) <b>1:30 Matinee: "Gone Girl" (CR)</b> 1:30 Mahjongg (AC) <b>2:30 Happy Hour (OTP)</b> 3:00 Brain Puzzles (LIB) 6:30 Men's Poker (AC) 7:00 Video Exercise (CTV)</p>	<p><b>13</b></p> <p>10:15 Sit 'n' Fit (MPR) <b>10:45 "Halim Time &amp; Glass Museum" w/ Lunch</b> ★ 1:00 Bridge (CR) 2:30 Caregivers Supp Grp (LIB) 3:00 Puzzle Time (AC) 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)</p>	<p><u>Valentine's Day</u> <b>14</b></p> <p>10:15 Water Aerobics (SP) 10:45 Bible Study (BR) 11:00 Stretch and Balance (CR) <b>1:00 Presentation: "Healthy Hearts" (CR)</b> 1:30 Hand &amp; Foot Game (AC) 1:30 Non-Denominational Service (CPL) 6:30 Rosary (BR) 6:30 Men's Poker 7:00 Auxiliary VFW (MLDR)</p>	<p><u>Wear Red: Heart Disease</u> <b>15</b></p> <p>10:15 Cardio Exercise (MPR) <b>10:30 Shopping @ Woodfield Mall</b> ★ 11:00 Skip-Bo (AC) <b>2:00 Healthy Heart Break (OTP)</b> 3:00 Minds Matter (CR) <b>5:30 Movie: "Coming Home" (CR)</b> 6:30 Bingo for Bucks (Gym)</p>	<p><b>16</b></p> <p>9:30 Water Exercise (SP) 10:00 Coffee &amp; Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) <b>12:00 Lunch Bunch: "Silverlake Restaurant"</b> <b>6:00 Movie: "Mission Impossible: Fallout" (CR)</b></p>
<p><b>17</b></p> <p>9:30 Mass (Cpl / CTV) 11:00 Video Exercise (CTV) 1:00 Bridge/Pinocle (OTP) 2:00 Dominoes (AC) 3:00 Rosary (BR) 3:00 Wii Bowling (CR) 5:00 Video Exercise (CTV) <b>5:30 Movie: "God Bless the Broken Road" (CR)</b></p>	<p><u>President's Day</u> <b>18</b></p> <p><b>10:00 Shopping: Jewel</b> ★ 10:15 Cardio Exercise (MPR) <b>11:00 Shopping: Jewel</b> ★ 11:00 Deacon Discussions (CR) <b>1:00 Farkle Tournament-CR</b> 1:30 Walk &amp; Explore (OTP) <b>6:30 "George Washington from Mt Vernon to Washington DC" by Terry Lynch (GYM)</b></p>	<p><b>19</b></p> <p>9:00 Resident Open Swim (SP) <b>10:30 Chat with CEO (GYM)</b> 1:00 Chair Fitness (CR) 1:30 Low Vision Supp Grp (LIB) <b>1:30 Book Club (BR)</b> 1:30 Mahjongg (AC) 2:30 Praying the Gospel (CR) 6:30 Men's Poker (AC) 7:00 Video Exercise (CTV)</p>	<p><u>Birthday Dinner</u> <b>20</b></p> <p>10:15 Sit 'n' Fit (MPR) <b>TBD Movie or Shopping @ Stratford Square</b> ★ 1:00 Bridge (CR) 3:00 Grief Support Grp (LIB) <b>3:30 Dinner Seating (DR)</b> ★ <b>5:15 Dinner Seating (DR)</b> ★ 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (A&amp;C)</p>	<p><b>21</b></p> <p>10:15 Water Aerobics (SP) 10:45 Bible Study (BR) 11:00 Stretch and Balance (CR) 1:30 Hand &amp; Foot Game (AC) <b>2:00 Getting to Know Clare Oaks w/ Michelle-Gym</b> 2:00 Choir Practice (CPL) 6:30 Rosary (BR) 6:30 Men's Poker 7:00 Video Exercise (CTV)</p>	<p><u>Wear Blue: Low Vision</u> <b>22</b></p> <p>10:15 Cardio Exercise (MPR) <b>11:00 Shopping: Dollar Tree</b> ★ 11:00 Skip-Bo (AC) <b>1:00 Shopping: Aldi</b> ★ <b>2:00 Healthy Heart Break (OTP)</b> 3:00 Minds Matter (CR) <b>5:30 Movie: "Monsters and Men" (CR)</b> 6:30 Bingo for Bucks (Gym)</p>	<p><b>23</b></p> <p>9:30 Water Exercise (SP) 10:00 Coffee &amp; Chat (CR) 11:00 Games (ML) 11:00 Wii Bowling (CR) <b>1:00 Girl Scout Singing Group (CR)</b> <b>2:00 Create n Make (AC)</b> ★ 4:00 Mass (Cpl / CTV) <b>6:00 Movie: "The Old Man and The Gun" (CR)</b></p>
<p><b>24</b></p> <p>11:00 Video Exercise (CTV) 1:00 Bridge/Pinocle (OTP) 2:00 Dominoes (AC) 3:00 Rosary (BR) 3:00 Wii Bowling (CR) 5:00 Video Exercise (CTV) <b>5:00 Sunday Evening Gathering (OTP)</b> <b>5:30 Movie: "First Man" (CR)</b></p>	<p><b>25</b></p> <p>10:15 Cardio Exercise (MPR) <b>11:00 Shopping: Target</b> ★ 11:00 Finding God w/ Sue (CR) <b>11:30 "Home is Where The Heart Is" Lunch Social w/ "Vocalist: Larry Breidenbach" (GYM)</b> 1:30 Walk &amp; Explore (OTP) 1:30 Jewelry w/ Betsy (AC) 6:15 Rummikub (AC)</p>	<p><b>26</b></p> <p><b>9:00 Breakfast @ Brunch Café</b> ★ 9:00 Resident Open Swim (SP) <b>11:00 Town Hall Mtg (GYM)</b> 1:00 Chair Fitness (CR) 1:30 Mahjongg (AC) 3:00 Brain Puzzles (LIB) 6:00 Tech Help (CMPR) ★ 6:30 Men's Poker (AC) 7:00 Video Exercise (CTV)</p>	<p><b>27</b></p> <p>10:15 Sit 'n' Fit (MPR) <b>11:15 Matinee: "Angels Too Soon" (CR)</b> 1:00 Bridge (CR) 3:00 Puzzle Time (AC) <b>4:00 Supper Club: Yu's Mandarin</b> ★ 6:15 Wii Bowling (CR) 6:30 Ladies' Poker (AC)</p>	<p><b>28</b></p> <p>10:15 Water Aerobics (SP) 10:45 Bible Study (BR) 11:00 Prayer Shawl Mnstry (AC) 11:00 Stretch &amp; Balance (CR) <b>1:00 Famous Homes Social (CR)</b> 1:30 Hand &amp; Foot Game (AC) 6:30 Rosary (BR) 6:30 Men's Poker 7:00 Video Exercise (CTV)</p>	<p><b>West Suburban Bank</b> Tues &amp; Thurs. 9am – 1pm</p>	

## 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

**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 9:15am & 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!

**Calendar Review & Meeting** - **Friday, February 1<sup>st</sup> @ 1:15pm** 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, February 26<sup>th</sup> at 11:00am in the GYM.** 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.

**Non-Denominational Service** - Non-Denominational 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.

**Rosary** - **Every Thursday at 6:30pm in the Bartlett 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.**

**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 2<sup>nd</sup> 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!

