

The Arbors at Oak Park

Events/ Activities

APRIL 2018

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2 Closed for Easter	3 Service Coordination 9am – 10am Arts & Crafts 10am-11am Moves & Popcorn 11am – 1pm Signup for Grocery Giveaway	4	5 Gentle Stretching 9am-10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Games 12pm – 1pm	6 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Taco Salad)	7
8	9 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Spades) Service Coordination 11am – 12pm Games 12pm – 1pm	10 Gentle Stretching 9am-10am Service Coordination 10am-11am Hot Topics 11am-12pm Grocery Giveaway 12pm-1pm	11	12 Gentle Stretching 9am-10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	13 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Easy Turkey Soup)	14
15	16 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm	17 Service Coordination 9am – 10am Arts & Crafts 10am-11am Moves & Popcorn 11am – 1pm Signup for Grocery Giveaway	18	19 Service Coordination 9am – 10am Gentle Stretching 10am – 11am Arts & Crafts 11am – 12pm Games 12pm – 1pm	20 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Chicken Salad)	21
22	23 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (This day in History) Games 11am – 12pm Service Coordination 12pm – 1pm	24 Gentle Stretching 9am-10am Service Coordination 10am-11am Hot Topics 11am-12pm Grocery Giveaway 12pm-1pm	25	26 Gentle Stretching 9am-10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo Bango 12pm – 1pm	27 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition - HBP 11am-12pm HEALTHY Cooking Demo 12pm-1pm (Birthday Celebration)	28
29	23 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (This day in History) Games 11am – 12pm Service Coordination 12pm – 1pm	30 Gentle Stretching 9am-10am Service Coordination 10am-11am Moves & Popcorn 11am-12pm			-	