

The Arbors at Oak Park

Events/ Activities

DECEMBER 2017

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm (chicken pasta salad)	2
3	4 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Spades) Service Coordination 11am – 12pm Games 12pm – 1pm	5 Service Coordination 9am-10am Arts & Crafts 10am – 11am Movie & Popcorn 11am-1pm	6	7 Gentle Stretching 9am-10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm Signup for Grocery Giveaway	8 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Nellie kale stew)	9
10	11 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm	12 Service Coordination 9am – 10am Arts & Crafts 10am – 12pm Grocery Giveaway 12pm – 1pm	13	14 Service Coordination 9am – 10am Gentle Stretching 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	15 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm (easy turkey soup)	16
17	18 Gentle Stretching 9am – 10am Men's Social 10am – 11am (This day in History) Games 11am – 12pm Service Coordination 12pm – 1pm	19 Gentle Stretching 9am-10am Service Coordination 10am-11am Movie & Popcorn 11am-1pm	20	21 Gentle Stretching 9am-10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm Signup for Grocery Giveaway	22 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Christmas Party Pot Luck 11am-1pm	23
24	25 CHRISTMAS DAY CLOSED	26 Service Coordination 9am-10am Arts & Crafts 10am-11am Bingo 11am-12pm Grocery Giveaway 12pm-1pm	27	28 Service Coordination 9am – 10am Gentle Stretching 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	29 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Vegetable soup)	30