

The Arbors at Oak Park

Events/ Activities

AUGUST 2018

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2 Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	3 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm (chicken pasta salad)	4
5	6 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games Night 12pm – 1pm	7 Walking Club 9am – 10am Service Coordination 10am – 11am Movie & Popcorn 11am – 1pm Signup for Grocery Giveaway	8	9 Walking Club 9am – 10am Service Coordination 10am – 11am Game Night 11am-12pm Arts & Crafts 12pm – 1pm	10 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Italian Tuna Toss)	11
12	13 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games Night 12pm – 1pm	14 Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Grocery Giveaway 12pm-1pm	15	16 Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	17 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Turkey Veggie roll-ups)	18
19	20 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Game Night 12pm – 1pm	21 Walking Club 9am-10am Service Coordination 10am – 1pm Movie & Popcorn 11am – 1pm Signup for Grocery Giveaway	22	23 Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	24 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – HBP 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Taco Salad)	25
26	27 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 2pm Game Night 12pm – 1pm	28 Walking Club 9am – 10am Service Coordination 10am – 1pm Arts & Crafts 11am – 12pm Grocery Giveaway 12pm – 1pm	29	30 Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo Bango 12pm – 1pm	31 Gentle Stretching 9am – 10am Service Coordination 10am – 1pm Birthday Celebration & Chili Cook-off 11am – 1pm	