

The Arbors at Oak Park

Events/ Activities

AUGUST 2017

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1 Closed	2 Gentle Stretching 12pm -1pm Service Coordination 1pm-2pm Arts & Craft 2pm-4pm	3 Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Charades 12pm-1pm	4 Gentle Stretching 12pm – 1pm Service Coordination 1pm – 2pm Health and Nutrition -Cholesterol 2pm – 3pm Healthy Cooking- W. W. pasta with zucchini & sage 3pm – 4pm	5
6	7 Walking Club 9am – 10am Service Coordination 10am – 11am Budgeting 11am – 12pm Family Feud 12pm – 1pm	8 Service Coordination 12pm-1pm Grocery Giveaway 1pm Signup Monday In Life Matters Office. Arts & Crafts 2pm – 4pm	9	10 Service Coordination 9am – 10am Walking Club 10am – 11am Arts & Crafts 11am -12pm Bingo 12pm – 1pm	11 Gentle Stretching 12pm – 1pm Service Coordination 1pm – 2pm Health & Nutrition – Diabetes 2pm – 3pm Healthy Cooking Chicken salad sandwiches 3pm – 4pm	12
13	14 Walking Club 9am – 10am Service Coordination 10am – 11am This day in History 12pm – 1pm	15 Gentle Stretching 12pm–1pm Service Coordination 1pm – 2pm Arts & Crafts 2pm – 4pm	16	17 Service Coordination 9am – 10am Walking Club 10am – 11am Budgeting 11am – 12pm Family Feud 12pm – 1pm	18 Gentle Stretching 12pm – 1pm Service Coordination 1pm – 2pm Health & Nutrition – Diabetes 2pm – 3pm Healthy Cooking – Greek tossed pasta salad 3pm – 4pm	19
20	21 Walking Club 9am – 10am Service Coordination 10am – 11am Budgeting 11am – 12pm Spades 12pm – 1pm	22 Gentle Stretching 12pm – 1pm Service Coordination 1pm – 2pm Arts & Crafts 2pm – 4pm	23	24 Service Coordination 9am – 10am Pancake Breakfast 10am – 11:30am Arts & Crafts 11:30am-1pm	25 Gentle Stretching 12pm – 1pm Service Coordination 1pm – 2pm Health & Nutrition – HBP 2pm – 3pm Healthy Cooking – Impossibly easy vegetable 3pm – 4pm	26
27	28 Walking Club 9am – 10am Service Coordination 10am – 11am Budgeting 11am – 12pm Cupcake Decorating (Donate to local shelter) 12pm – 1pm	29 Gentle Stretching 12pm – 1pm Service Coordination 1pm – 2pm Arts & Crafts 2pm – 4pm	30	31 Service Coordination 9am – 10am Pancake Breakfast 10am – 11:30am Arts & Crafts 11:30am-1pm		