

The Arbors at Oak Park

DECEMBER 2018

Events/ Activities

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	3 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm	4 Work Out (Gym) 9am-10am Service Coordination 10am-11am Move & Popcorn 11am-1pm Sign up For Grocery Giveaway	5	6 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	7 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm	8
9	10 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm	11 Work Out (Gym) 9am-10am Service Coordination 10am-11am Game Night 11am-12pm Grocery Giveaway 12pm-1pm	12	13 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	14 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm	15
16	17 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm	18 Work Out (Gym) 9am-10am Service Coordination 10am-11am Move & Popcorn 11am-1pm Grocery Giveaway 12pm-1pm	19	20 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	21 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm	22
23	24 CHRISTMAS DINNER 11AM-1PM	25 CLOSED FOR CHRISTMAS DAY	26	27 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Craft 11am – 12pm Bingo Bango 12pm – 1pm	28 Service Coordination 9am – 10am Gentle Stretching 10am – 11am Healthy & Nutrition 11am – 12pm December Birthday Celebration 12pm – 1pm	29
30	31 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Games 11am – 12pm Service Coordination 12pm – 1pm					