

The Arbors at Oak Park

Events/Activities

NOVEMBER 2018

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Games Night 12pm – 1pm	2 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm	3
4	5 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games Night 12pm – 1pm	6 Work Out (Gym) 9am–10am Service Coordination 10am–11am Move & Popcorn 11am–1pm Sign up for Grocery Giveaway	7	8 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Games Night 12pm – 1pm	9 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm	10
11	12 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games Night 12pm – 1pm	13 Work Out (Gym) 9am – 10am Service Coordination 10am–11am Hot Topics (Health) 11am–12pm Grocery Giveaway 12pm–1pm	14	15 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Games Night 12pm – 1pm	16 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm	17
18	19 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Game Night 12pm – 1pm	20 Work Out (Gym) 9am–10am Service Coordination 10am–11am Move & Popcorn 11am–1pm Sign up for Grocery Giveaway	21	22 THANKSGIVING DINNER 11AM-1PM	23 CLOSED for Thanksgiving	24
25	26 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games Night 12pm – 1pm	27 Work Out (Gym) 9am – 10am Service Coordination 10am–11am Hot Topics (Health) 11am–12pm Grocery Giveaway 12pm–1pm	28	29 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Bingo Bango 11am – 1pm	30 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Proteins 11am – 12pm November Birthday Celebration 12pm – 1pm	