

The Arbors at Oak Park

Events/ Activities

OCTOBER 2018

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|------|---|--|------|--|--|------|
| | <p>1</p> <p>Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm</p> | <p>2</p> <p>Service Coordination 9am-10am Hot Topics 10am-11am Movie & Popcorn 11am-1pm Sign up For Grocery Giveaway</p> | 3 | <p>4</p> <p>Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm</p> | <p>5</p> <p>Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm</p> | 6 |
| 7 | <p>8</p> <p>Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm</p> | <p>9</p> <p>Gentle Stretching 9am-10am Service Coordination 10am-11am Board Games 11am-12pm Grocery Giveaway 12pm-1pm</p> | 10 | <p>11</p> <p>Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm</p> | <p>12</p> <p>Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm</p> | 13 |
| 14 | <p>15</p> <p>Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm</p> | <p>16</p> <p>Service Coordination 9am-10am Hot Topics 10am-11am Movie & Popcorn 11am-1pm Sign up For Grocery Giveaway</p> | 17 | <p>18</p> <p>Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm</p> | <p>19</p> <p>Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm</p> | 20 |
| 21 | <p>22</p> <p>Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Games 11am – 12pm Service Coordination 12pm – 1pm</p> | <p>23</p> <p>Gentle Stretching 9am-10am Service Coordination 10am-11am Board Games 11am-12pm Grocery Giveaway 12pm-1pm</p> | 24 | <p>25</p> <p>Service Coordination 9am – 10am Hot Topics 10am – 11am Arts & Craft 11am – 12pm Bingo Bango 12pm – 1pm</p> | <p>26</p> <p>Service Coordination 9am – 10am Gentle Stretching 10am – 11am Party for October Birthdays 11am – 1pm</p> | 27 |
| 28 | <p>29</p> <p>Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Games 11am – 12pm Service Coordination 12pm – 1pm</p> | <p>30</p> <p>Gentle Stretching 9am-10am Service Coordination 10am-11am Movie & Popcorn 11am-1pm</p> | 31 | | | |