

# The Arbors at Oak Park

# SEPTEMBER 2018

## Events/ Activities

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2	3 <b>Closed for Labor Day</b>	4 <b>Walking Club</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Move &amp; Popcorn</b> 11am-1pm <b>Sign up for Grocery Giveaway</b>	5	6 <b>Walking Club</b> 9am-10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Bingo</b> 12pm – 1pm	7 <b>Gentle Stretching</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Health &amp; Nutrition – Hydration</b> 11am – 12pm <b>Healthy Cooking Demo</b> 12pm – 1pm	8
9	10 <b>Gentle Stretching</b> 9am – 10am <b>Men’s Social</b> 10am – 11am (Dominoes Challenge) <b>Service Coordination</b> 11am – 12pm <b>Games</b> 12pm – 1pm	11 <b>Walking Club</b> 9am-10am <b>Hot Topics</b> 10am-11am <b>Service Coordination</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	12	13 <b>Walking Club</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Games</b> 12pm – 1pm	14 <b>Gentle Stretching</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Health &amp; Nutrition – Diabetes</b> 11am – 12pm <b>Healthy Cooking Demo</b> 12pm – 1pm	15
16	17 <b>Gentle Stretching</b> 9am – 10am <b>Men’s Social</b> 10am – 11am (Dominoes Challenge) <b>Games</b> 11am – 12pm <b>Service Coordination</b> 12pm – 1pm	19 <b>Walking Club</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Move &amp; Popcorn</b> 11am-1pm <b>Sign up for Grocery Giveaway</b>	19	20 <b>Walking Club</b> 9am-10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Craft</b> 11am – 12pm <b>Games</b> 12pm – 1pm	21 <b>Service Coordination</b> 9am – 10am <b>Gentle Coordination</b> 10am-11am <b>Health &amp; Nutrition-More Greens</b> 11am-12pm <b>Healthy Cooking Demo</b> 12pm-1pm	22
23	24 <b>Gentle Stretching</b> 9am – 10am <b>Men’s Social</b> 10am – 11am <b>Games</b> 11am – 12pm <b>Service Coordination</b> 12pm – 1pm	25 <b>Walking Club</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Hot Topics</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	26	27 <b>Walking Club</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Bingo Bango</b> 11am – 12pm	28 <b>Gentle Stretching</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Health &amp; Nutrition – Proteins</b> 11am-12pm <b>Healthy Cooking &amp; Birthday Celebration</b> 12pm-1pm	29