

# The Arbors at Oak Park

# AUGUST 2019

## Events/ Activities

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 <b>Work Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Hot Topics</b> 11am-12pm <b>Game Night</b> 12pm-1pm	2 <b>Gentle Stretching</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Health and Nutrition – Fruits</b> 11am – 12pm <b>Healthy Cooking Demo</b> 12pm – 1pm	3
4	5 <b>Gentle Stretching</b> 9am-10am <b>Men’s Social</b> 10am-11am <b>(Games)</b> <b>Service Coordination</b> 11am-12pm <b>Games Night</b> 12pm-1pm	6 <b>Work Out ( Gym)</b> 9am–10am <b>Service Coordination</b> 10am-11am <b>Sign up for Grocery Giveaway</b> <b>National Night Out</b> 4pm-6pm	7	8 <b>Work Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Bingo</b> 12pm – 1pm	9 <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	10
11	12 <b>Gentle Stretching</b> 9am – 10am <b>Men’s Social</b> 10am – 11am (Dominoes Challenge) <b>Service Coordination</b> 11am – 12pm <b>Games Night</b> 12pm – 1pm	13 <b>Work Out (Gym)</b> 9am – 10am <b>Service Coordination</b> 10am-11am <b>Game Night</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	14	15 <b>Work Out (Gym)</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Games Night</b> 12pm – 1pm	16 <b>Pancake Breakfast</b> 9am-11am <b>Hot Topics</b> 11am – 12pm <b>Service Coordination</b> 12pm-1pm	17
18	19 <b>Gentle Stretching</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Hot topics</b> 11pm-12pm <b>Game Night</b> 12pm-1pm	20 <b>Work Out (Gym)</b> 9am–10am <b>Service Coordination</b> 10am-11am <b>Movie &amp; Popcorn</b> 11am-1pm <b>Sign up for Grocery Giveaway</b>	21	22 <b>Work Out (gym)</b> 9am-10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Craft</b> 11am – 12pm <b>Games Night</b> 12pm – 1pm	23 <b>Service Coordination</b> 9am – 10am <b>Gentle Stretching</b> 10am-11am <b>Health &amp; Nutrition-More Greens</b> 11am-12pm <b>Healthy Cooking Demo</b> 12pm-1pm	24
25	26 <b>Gentle Stretching</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Hot Topic</b> 11am-12pm <b>Game Night</b> 12pm-1pm	27 <b>Work Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Game Night</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	28	29 <b>WORK Out (Gym)</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Hot Topics</b> 11am-12pm <b>Bingo Bango</b> 12pm-1pm	30 <b>Service Coordination</b> 9am-10am <b>Gentle Stretching</b> 10am-11am <b>Healthy &amp; Nutrition</b> 11am-12pm <b>Birthday Celebration</b> 12pm-1pm	31