



**Life Matters Inc. is pleased to provide FREE programs to all residents of The Arbors at Oak Park**

<b>August 2016</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Service Coordination</b> 12:00pm – 1:00pm <b>Men’s Social</b> 1:00pm – 2:00pm <b>Game Night</b> 2:00pm – 4:00pm	<b>Service Coordination</b> 12:00pm – 1:00pm <b>Nutrition Class</b> 1:00pm – 2:00pm <b>Movies and Popcorn</b> 2:00pm – 4:00	<b>Service Coordination</b> 12:00pm -1:00pm <b>Fitness Class</b> 1:00pm – 2:00pm <b>Game Night</b> 2:00pm –4:00pm	<b>Service Coordination</b> 12:00pm – 1:00pm <b>Hot Topics</b> 1:00pm – 2:00pm <b>Healthy Cooking</b> 2:00pm – 4:00pm	

**Special Events and Notices**

**Grocery Giveaway** – Tuesday, August 9, 2016 starting at 1:00pm

**Birthday Celebration BBQ** – Thursday, August 25, 2016 starting at 2:00pm

For more information, call (916) 476-4891

Or visit [www.wherelifematters.com](http://www.wherelifematters.com)