

The Arbors at Oak Park

DECEMBER 2019

Events/ Activities

Sun.	Mon.	Tues.	Wed	Thurs.	Fri.	Sat.
1	2 Gentle Stretching 9am-10am Hot Topic 10am-11am Service Coordination 11am-12pm Game Night 12pm-1pm	3 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Movie & Popcorn 11am – 1pm Sign up for Grocery Giveaway	4	5 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	6 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Fruits 11am – 12pm Healthy Cooking Demo 12pm – 1pm	7
8	9 Gentle Stretching 9am-10am Men’s Social 10am-11am (Games) Service Coordination 11am-12pm Games Night 12pm-1pm	10 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Hot Topic 11am – 12pm Grocery Giveaway 12pm – 1pm	11	12 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	13 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm	14
15	16 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games Night 12pm – 1pm	17 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Movie & Popcorn 11am – 1pm	18	19 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	20 Gentle Stretching 9am – 10am Service Coordination 10am – 11pm Health & Nutrition –Water 11pm-12pm Healthy Cooking Demo 12pm-1pm	21
22	23 The Arbors Christmas Party 11am-1pm	24 Closed for Christmas Eve	25	26 Work Out (gym) 9am – 10am Service Coordination 10am – 11am Arts & Craft 11am – 12pm Bingo Bango 12pm – 1pm	27 Service Coordination 9am – 10am Gentle Stretching 10am – 11am Health & Nutrition-More Greens 11am – 12pm Healthy Cooking Demo 12pm – 1pm	28
29	30 Gentle Stretching 9am-10am Hot Topic 10am-11am Service Coordination 11am-12pm Game Night 12pm-1pm	31 Closed for New Year’s Eve				