

# The Arbors at Oak Park

# JULY 2018

## Events/ Activities

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2 <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	3 <b>Service Coordination</b> 9am-10am <b>Hot Topics</b> 10am-11am <b>Move &amp; Popcorn</b> 11am-1pm <b>Sign up For Grocery Giveaway</b>	4	5 <b>Walking Club</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Game Night</b> 12pm – 1pm	6 <b>Gentle Stretching</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Health and Nutrition – Calcium</b> 11am – 12pm <b>Healthy Cooking Demo</b> 12pm – 1pm	7
8	9 <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	10 <b>Gentle Stretching</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Game Night</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	11	12 <b>Walking Club</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Bingo</b> 12pm – 1pm	13 <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	14
15	16 <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	17 <b>Service Coordination</b> 9am-10am <b>Hot Topics</b> 10am-11am <b>Movie &amp; Popcorn</b> 11am-1pm <b>Sign up For Grocery Giveaway</b>	18	19 <b>Walking Club</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Crafts</b> 11am – 12pm <b>Game Night</b> 12pm – 1pm	20 <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	21
22	23 <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	24 <b>Gentle Stretching</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Game Night</b> 11am-12pm <b>Grocery Giveaway</b> 12pm-1pm	25	26 <b>Walking Club</b> 9am – 10am <b>Service Coordination</b> 10am – 11am <b>Arts &amp; Craft</b> 11am – 12pm <b>Bingo Bango</b> 12pm – 1pm	27 <b>Service Coordination</b> 9am – 10am <b>Gentle Coordination</b> 10am – 11am <b>Birthday Celebration &amp; BBQ</b> 11am – 1pm	28
29	30 <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	31 <b>Gentle Stretching</b> 9am-10am <b>Service Coordination</b> 10am-11am <b>Movie &amp; Popcorn</b> 11am-1pm				