



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

<b>March 2016</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Afternoon Stretching</b> 12:00pm – 12:45pm <b>Service Coordination</b> 1:00pm – 2:00pm <b>Hot Topics</b> 2:00pm – 3:00pm <b>Game Night</b> 3:00pm – 4:00pm	<b>Afternoon Stretching</b> 12:00pm – 12:45pm <b>Health and Wellness</b> 1:00pm – 2:00pm <b>Service Coordination</b> 3:00pm – 4:00pm	<b>Afternoon Stretching</b> 12:00pm -12:45pm <b>Fitness Class</b> 1:00pm – 2:00pm <b>Service Coordination</b> 2:00pm – 3:00pm <b>Game Night</b> 3:00pm –4:00pm	<b>Afternoon Stretching</b> 12:00pm – 12:45pm <b>Service Coordination</b> 2:00pm – 3:00pm <b>Arts and Crafts</b> 3:00pm – 4:00pm	<b>Nutrition Class</b> 3:00PM – 4:00PM <b>Healthy Cooking</b> 4:00pm – 5:15pm

**Special Events and Notices**

**Women’s History Month – March 1 – March 31, 2016**

**CLOSED for St. Patrick’s Day – March 17, 2016**

**National Nutrition Month – March 1 – March 31, 2016**

**CLOSED for Good Friday – March 25, 2016**

***Celebration of Spring & Birthday Dinner* – Friday, March 18, 2016 starting at 4:00pm**

**For more information, call (916) 476-4891**

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