

# The Arbors at Oak Park

## Events/ Activities

# OCTOBER 2019

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