

The Arbors at Oak Park

Events/ Activities

FEBRUARY 2018

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	2 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Tortellini Soup)	3
4	5 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Spades) Service Coordination 11am – 12pm Games 12pm – 1pm	6 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Popcorn & MOVIE 11am – 1pm Signup For 2/13 Food Giveaway	7	8 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	9 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Easy Vegetable pie)	10
11	12 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games 12pm – 1pm	13 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Grocery Giveaway 12pm-1pm	14	15 Service Coordination 9am – 10am Hot Topics 10am – 11am Arts & Crafts 11am – 12pm Game Night 12pm – 1pm	16 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Chicken Soup)	17
18	19 <p style="text-align: center;">Closed for Presidents’ Day</p>	20 Gentle Stretching 9am-10am Service Coordination 10am-11am Popcorn & Move 11am-1pm Signup For 2/27 Food Giveaway	21	22 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11:00am – 12pm Bingo 12pm – 1pm	23 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – HBP 11am – 12pm Healthy Cooking Demo 12pm – 1pm (Taco Salad)	24
25	26 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Stress) Birthday Celebration 11am-12pm Service Coordination 12pm-1pm	27 Gentle Stretching 9am – 10am Service Coordination 10am-11am Game Night 11am-12pm Grocery Giveaway 12pm – 1pm	28			