

The Arbors at Oak Park

APRIL 2019

Events/ Activities

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	1 Gentle Stretching 9am-10am Service Coordination 10am-11am Hot topics 11am-12pm Game Night 12pm-1pm	2 Work Out (Gym) 9am – 10am Service Coordination 10am-11am Movie & Popcorn 11am-1pm Sign up for Grocery Giveaway	3	4 Work out (Gym) 9am-10am Service Coordination 10am-11am Hot Topics 11am-12pm Game Night 12pm-1pm	5 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Calcium 11am – 12pm Healthy Cooking Demo 12pm – 1pm	6
7	8 Gentle Stretching 9am-10am Men’s Social 10am-11am (Games) Service Coordination 11am-12pm Games Night 12pm-1pm	9 Work Out (Gym) 9am–10am Service Coordination 10am-11am Game Night 11pm-12pm Grocery Giveaway 12pm-1pm	10	11 Work Out (Gym) 9am-10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	12 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo 12pm – 1pm	13
14	15 Gentle Stretching 9am – 10am Men’s Social 10am – 11am (Dominoes Challenge) Service Coordination 11am – 12pm Games Night 12pm – 1pm	16 Work Out (Gym) 9am – 10am Service Coordination 10am-11am Movie & Popcorn 11am-1pm Sign up for Grocery Giveaway	17	18 Work Out (Gym) 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am – 12pm Games Night 12pm – 1pm	19 Service Coordination 9am-10am Work Out (Gym) 10am-11am Easter Dinner 11am-1pm	20
21	22 Gentle Stretching 9am-10am Service Coordination 10am-11am Hot topics 11pm-12pm Game Night 12pm-1pm	23 Work Out (Gym) 9am–10am Service Coordination 10am-11am Game Night 11am-12pm Grocery Giveaway 12pm-1pm	24	25 Work Out (gym) 9am-10am Service Coordination 10am-11am Arts & Craft 11am – 12pm Games Night 12pm – 1pm	26 Service Coordination 9am – 10am Gentle Coordination 10am-11am Health & Nutrition-More Greens 11am-12pm Birthday Celebration 12pm-1pm	27
28	29 Gentle Stretching 9am-10am Men’s Social 10am-11am Service Coordination 11am-12pm Games Night 12pm-1pm	30 Work Out (Gym) 9am-10am Service Coordination 10am-11am Movie & Popcorn 11am-1pm Sign up for Grocery Giveaway				